

Happy PRIDE Month Everyone!

Since 2016, June 1st to June 30th is Pride month here in Canada and the United States and it is an opportunity to celebrate and promote the equality and increasing visibility of the LGBTQIA+ community. Local festivals such as Toronto Pride and Tri-Pride give the members of our communities ample opportunity to enjoy, support and experience Pride in their own way. Above and beyond the traditional Pride Parade, many other events are held such as concerts, fundraisers, drag shows, parties, performances and panels that highlight many of the different cultures, identities, religions and age groups in the community. Events range from family friendly to more adult oriented, as well as fun and upbeat to more solemn and respectful. It is not only a time to celebrate what we now have but also a chance to reflect and offer our respects to those inspiring people who have been discriminated against, fought back, spoken out and risked their lives in the name of changing and bettering the world. Regardless of the activity, Pride is an opportunity for people of all ages, creeds and identities to come together, learn about each other and celebrate!

To provide some history and context, in 1969 a popular gay bar in Greenwich Village, New York called the Stonewall Inn was raided by police and ignited what is known today as the Stonewall Riots. The subsequent uprising led to Pride marches being held in cities such as Chicago and San Francisco, which then led to the first Pride March held in New York City. This was the beginning of the Pride Parades that are still held to this day all over the world.

This year was the first time that they have held an in-person festival since 2020 with the official Pride weekend falling between June 24th and 26th. Pride festivals are becoming more and more inclusive and there are now more events highlighting Indigenous groups, the Black Community and the Trans Community. It makes me so happy to see how much has changed over the past 50+ years. However, there is still a long way to go. For example, research shows that suicide related deaths in LGBTQ+ youth continue to be much higher compared to the general population so there is still a need for further support, education and reform.

I truly believe that true change starts with education and having an open mind. We are all still learning as human beings and I believe the best way to support others is through forgiveness and growth within ourselves. This may look different from person

to person and may happen at a different pace but we are all capable of improving ourselves. So do not be afraid to ask questions, seek answers and to be a bit uncomfortable because this is how it all begins. If Pride has taught us anything it is that change is absolutely possible! So get out there, have some fun, educate yourself and let your flag fly high!

Ryan Marrin

INSIDE:

- Exercise Essential: The Good Morning
- SOS Low Back Workshop & Job Fair
- Chicago: And All That Jazz!
- Do's and Don'ts of Downhill Walking



EXERCISE ESSENTIAL THE GOOD MORNING

One of my favorite exercises to teach people of all different abilities is a "Good Morning." It is a low impact exercise that helps train one of the most common everyday movements: bending forward. For someone recovering from low back pain, this is a great way to train how to keep your spine neutral during everyday movements as well as activate your core and hips. For those who are active exercisers and who might be looking to prevent injury, this is a great exercise to train and perfect your Deadlift form and can help strengthen your core, glutes and hamstrings.

Here's How It's Done

- To begin, grab a lightweight pole (a broom handle or a golf club works well) and place it along your back so that you feel contact along your tailbone, shoulder blades and the back of your head.
- Hold the pole in place behind your head and your low back while maintaining a space that is about the size of the width of your hand.
- Stand a bit wider than hip width apart and soften your knees.
- Without changing the position of your spin, hinge forward from your

hips until you either feel a stretch in your hamstrings or until you can no longer keep your back from bending.

- Slowly hinge back towards the starting position by pushing through your heels and engaging your glutes.
- Engage your core during the entire movement by pulling your belly button inwards
- *Don't forget to breathe!*
- Start with 1-2 sets of 10-12 repetitions. You may feel some muscle fatigue but you should not feel any sharp pain or ache in your low back as you do this exercise.

To Advance

- Once you can comfortably complete 2-3 sets of up to 15 repetitions, begin to advance yourself by completing the exercise without the pole.
- To strengthen and challenge, complete the same exercise but with a barbell, light dumbbell or kettlebell held in front of you.

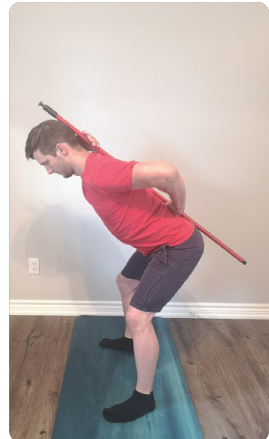
START



HAND POSITIONS



FINISH



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**SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS!
CALL ANY ONE OF OUR 3 LOCATIONS**

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564 Belmont Avenue West, Suite 301
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Behind Wellness Centre (Clock Tower)
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Northfield Clinic

Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070

SOS LOW BACK WORKSHOP AND JOB FAIR



This month, S.O.S. took a big step forward into 2022 and was able to host our first in-person workshop since before COVID-19 as well as our first Annual S.O.S. Job Fair. In the morning, jokesters Jon Clay and Adam Dafoe educated and entertained a group of about 30 people suffering from low back pain during their Low Back Pain and Sciatica Workshop. They talked about some of the common causes of low back pain, gave suggestions on self-management, explained how S.O.S. Physiotherapy's multidisciplinary approach can help while still managing to have some fun and take a few jabs at each other in the process! The group had a lot of fun with this webinar and we hope that this is the first of many to come in the future.

Later that afternoon, S.O.S. hosted their first annual Job Fair to allow jobseekers to explore potential career opportunities within the organization. Staff from all different positions came and helped by highlighting and answering questions about their roles including physiotherapist, chiropractor, massage therapist, patient experience coordinator and volunteer. We are all very proud to be members of the S.O.S. team and as a growing company we are always looking for other amazing people that will help strengthen our patient experience. It was a pleasure to be back in person talking face to face with people again (in masks, of course) and we hope all those who attended learned a little more about the company and made S.O.S. one of their top choices for future employment!



UPCOMING EVENTS INCLUDE

- **On Our Way to 5K** with Dr. Rachel Goldsworthy and Melissa Norris
July 6 - Aug 13 Weekly – Register on our Facebook Group
- **Outdoor Activities Do's and Don'ts Webinar** hosted by Jon Clay
July 20 at 4:30pm – Register on our website
- **Virtual Running Webinar: Running + You** hosted by Rachel
August 17 at 4:30pm – Register on our website

Chicago: And All That Jazz!



To celebrate reaching 200 Google reviews, the staff at S.O.S. Northfield enjoyed a day trip to the Stratford Festival to see the musical Chicago on the Festival Theatre stage.

What a show! The talented cast and crew delivered a high energy performance full of glitz, glamour, sequins and of course, Murder! Telling the story of two rival vaudevillian murderesses locked up in the Cook County jail, the musical features many show stopping numbers such as All That Jazz and The Cellblock Tango.

We all had a blast seeing the show together as a group and having a chance to enjoy some beautiful summer weather as well.

I cannot wait to see what we get to do when we reach 300!

CALL ANY ONE OF OUR 3 LOCATIONS TODAY!



Your Vote Matters!

WATERLOO REGION
RECORD

**READERS'
CHOICE 2022**

NOMINATE US!

Show your
appreciation
for **SOS**
Physiotherapy!



Come back often and
nominate as many
times as you like,
until July 11th, 2022.



*Moving Kitchener-Waterloo to
Better Health for Over 30 Years!*

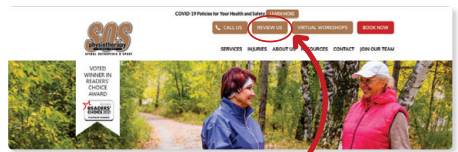
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UPCOMING WORKSHOPS!

OUTDOOR ACTIVITY TIPS TO AVOID INJURIES

Visit Our Website To Register / Wednesday, July 20th @ 4:30 pm



Hosted by Physiotherapists Jon Clay,
Andrew Woelk and a special guest.

Workshops are completely free to join. Don't delay, register today
by visiting our website, clicking below, or by calling us now!

[Click Here to Register](#)

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Do's and Don'ts of Downhill Walking

At S.O.S., we treat a lot of patients with knee pain and one of the most common aggravating activities is walking downhill. Whether this is happening while walking down a gentle slope in your neighborhood or on a much steeper slope while on a hike in the woods, these tips on how to walk downhill properly may help decrease pain and help you safely participate in the summer activities that you love.

When walking downhill, we are putting a lot of extra force through our knee joints (up to 7-8x on very steep slopes!). Our leg muscles (quadriceps, hamstrings, glutes etc.) are designed to help absorb this force and decrease the amount of impact. However, if our muscles are not strong enough to stabilize the knee and we have adopted strategies when walking downhill that put all the force into the bones, then we are likely to experience knee pain. Here are some suggestions on how you can protect your knee when walking downhill:

- **Move slowly and take your time** – Taking shorter steps can help you to stay in control and decrease impact on your joints.
- **Avoid leaning back** – Hinge at the hips like you are doing a mini squat and lean forward slightly so your center of gravity is over your hips and knees.

- **Keep your knees soft** – Do not lock your knees! Keep them bent with every step to make sure you are using your muscles.
- **Use a Brace** – Adding a bit of extra stability to your knee by using a brace may help decrease pain. S.O.S. offers many bracing options from custom to off-the-shelf and we can help you find the best solution.
- **Wear Proper Shoes** – A strong, supportive pair of hiking shoes with good treads will help prevent slipping and falls.
- **Try using trekking poles** – These help to share some of the work with your upper body and core and may help improve stability.
- **Strengthen your muscles** – Squats, single leg step downs, and clamshells are among the many exercises that can be done to help strengthen your thighs and hips. If unsure and what you should be doing, ask your therapist!



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