

EXPLORE LOCAL



Is it just me, or did summer just FLY by?! It seemed like there was always something on the go, each weekend fuller than the last. But to end the summer I made it a priority to get out there and see what we have in our beautiful backyard. I always felt like I had done a poor job of exploring locally, and my vacation time last week felt like the perfect time to see what adventures we could get into without boarding a plane!

Elora Ontario had been on my list for a while. With a quarry to swim in, a gorge to explore, and a beautiful downtown with so many great restaurants, this day trip seemed like a no-brainer! We started at Elora Gorge Conservation Area with a hike through the forest, and then cooled off while tubing through the gorge itself. It may have been closer to a lazy river experience than a thrill-seeker's raft, but man, it was gorge-ous! We then walked the downtown core checking out the local shops, and debating where to stop for food. Elora Brewing Co. ended up being the winner, and what a good choice that was. I'm not sure what was better after the active day in the sun, the beer or the food...

The next day we were up bright and early to go Treetop Trekking just outside of Hamilton. For those who have yet to try, this is just like an obstacle course, however you do it while walking on a tightrope tied up between several different trees (Yes, you are harnessed in!). This was something we had done before, but always as an excursion on a trip abroad. We figured it was worth a shot to see if the forests in Ontario stacked up! The heights weren't too high, but the obstacle courses were quite tough! It made for a great workout, and even better views. It was a great way to experience the outdoors while also pushing ourselves mentally and physically. Another great recommendation.

Last but not least, we ventured down to Tobermory for a quick camping trip at Bruce Peninsula National Park. The hikes up that way cannot be matched. The woods are massive, the climbs are tough, and the cliffs are breathtaking. Checking out the caves at the grotto was probably the highlight of the trip. And although the water was WAY too cold to swim in, I'll never forget how crystal clear it was. I would go back again in a heartbeat, but next time I hope to not cross paths with another black bear!!!

-Coulton Roe



INSIDE:

- Does Stress Cause Neck Pain
- Warm Welcome to Kyle and Chad
- Run This Town
- Back-To-School Essentials

DOES STRESS CAUSE NECK PAIN?



Do you notice your neck seems to hurt more when you are stressed? Do you find yourself rubbing your neck after a difficult day on the job? You might be suffering from stress-related neck pain. During times of high stress and anxiety, our muscles tense up. As muscles tighten, the more pressure and pain they cause.

The pain and tension can interfere with our ability to work and do our daily activities. It can also interfere with the enjoyment of your life including recreational activities and spending time with friends and family.

The good news is that with guidance from your physiotherapist you can find solutions to your pain and how to manage your stress, so you can get back to living the life you enjoy!

What Is Causing My Neck Pain?

Our neck does not like to remain in any one position for extended periods, like when you're driving, looking down at your phone, or using a computer. Too often the posture we hold our neck is also contributing to our pain.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e. muscles, tendons, and ligaments) or negative changes to our blood flow.

The muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. This loss of mobility leads to pain and less enjoyment of your daily activities.

How Does Stress Cause Neck Pain?

Stress-induced neck pain is fairly common. The effects of stress on the body include the release of stress hormones, including adrenaline and cortisol, that when elevated for long durations, are associated with increased pain sensitivity. The more stress we experience the more likely we will also experience pain.

While chronic stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems. Modern offices confine people to chairs, poor posture, and little mobility.

In addition, a lot of people also spend a lot of time driving with poor posture and added stress due to traffic and road rage. The combination of all of these factors makes your chances of stress-related neck pain higher.

How Physiotherapy Can Help My Neck Pain

Neck pain can be alleviated with physiotherapy. Neck pain is often caused by poor postural habits or sustained positions. Relief of this pain typically occurs immediately following the correction of the abnormal postures. An easy way to find good posture is to imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out – lifting you. This helps alleviate the tension immediately and is something you can do multiple times of day!

Physiotherapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles.

For example, sit in a chair with your back resting against the rest and simply lean your chest and shoulder back (i.e. over the top of the backrest). Keep your eyes forward and lean straight back. This is called a neck retraction and is very effective at alleviating tension!

In some cases, manual techniques including mobilizations or therapeutic massage are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physiotherapist can also teach you how to arrange your working environment ergonomically and recommend various stress reduction strategies to ensure healthy life behavior.

Contact Our Clinic Today

If you're dealing with neck pain, you're not alone. Call one of our offices today, and schedule an assessment. Even if your neck pain is caused by stress, it still needs attention. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more.

*We offer the results you
are looking for!*



www.sosphysiotherapy.ca

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

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TEL: (519) 888-7070

WARM WELCOMES!

SOS WELCOMES TWO NEW MEMBERS TO THE TEAM!



Hello everyone! I'm Kyle and this past April I graduated from the Massage Therapy program at Westervelt College in Kitchener.

I grew up in a house of academics including my lovely Grandma (MD Cardiology) and my amazing Mother (MSc Biology) which sparked my interest in understanding how everything worked, especially living things. That, together with my drive to help people and my life philosophy to never stop learning, led to my wholehearted commitment towards Massage Therapy.

Outside of career goals, I enjoy activities like biking, pickleball, soccer, kayaking, and spending time at the family cottage in Bracebridge.



Hi everyone! My name is Chad Beacom, and I am a new Physiotherapy Resident at the SOS Elmira Location. I recently finished my Master's of Physical Therapy at Western University and am happy to be back where I spent many of my younger years. I was fortunate enough to have my first clinical placement at the SOS Elmira location which makes me even more excited to get started this September. Prior to my Master's degree at Western University, I completed my Honours Bachelor of Kinesiology degree at Brock University in St. Catharines.

Born and raised just outside of Elmira, I grew up playing competitive sports such as hockey and baseball. It was through these years where I experienced the world of physiotherapy dealing with a variety of injuries. My initial experiences of the positive effects that this profession could have on recovering from an injury had a major impact on me as I moved along in my life and was deciding what I wanted to pursue as a career. Through volunteer and past employment opportunities, I was sold that this was the path for me based on my love for the culture of the clinical setting and the rewarding feeling of helping clients reach their goals. I aspire to assist and motivate individuals to maintain their physical well-being through the use of evidence-based interventions such as manual therapy, exercise prescription, and education.

In my spare time, you can find me playing sports with my friends, out biking on local trails, and attempting to turn myself into a respectable golfer. On other days, you can find me on my couch cheering on the Maple Leafs, Blue Jays, and Patriots.



Run This Town



After providing a stellar **"On Your Way To 5Km"** running program for beginners, Rachel and Melissa hosted a celebratory 5km run on August 13th for all the participants of the program, along with some of our SOS staff! Shout out to everyone who came out, and congrats to the graduates of our first running program!

**Stay tuned for further events
out in the community!**



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

CONGRATULATIONS!



A HUGE shout out goes to Alicia, Anna, Karolina, and Nicki for their acceptance into physiotherapy school for the fall semester! It speaks volumes to the work you have put in through volunteering, and working as part of the SOS team. We cannot wait to see you back in action!

Best of luck with the school year!



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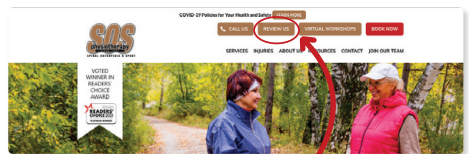
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UPCOMING WORKSHOP!

SHOULDER AND ROTATOR CUFF WORKSHOP

This In-Person Workshop will be held at our SOS Belmont Clinic
Saturday, September 24th @ 10:00 AM

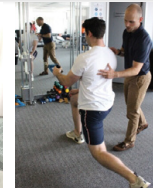


Hosted by Physiotherapists Stephen Hogan and Ali Dings.

*Workshops are completely free to join but they fill up fast.
Don't delay, register today by calling one of our clinics.*

Belmont (519) 743-8787 ■ Elmira (519) 669-1212 ■ Northfield (519) 888-7070

VOTE NOW!



It's that time of year again! If you have enjoyed your experience at any of our SOS locations, please feel free to hop online to vote for us in the Record Reader's Choice Awards!

The deadline to cast your vote is September 12th.

WATERLOO REGION
RECORD
READERS CHOICE AWARDS 2022



Scan here to vote!

Thank you!

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Back-To-School Essentials

Whether you are returning to the classroom, the lecture hall, or even just spending more time at the desk after a busy summer; these are some great ways to prevent back and neck pain from affecting your day-to-day life!

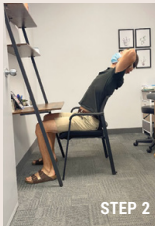
“Lean Back” – Thoracic Extension

Step 1: Sit in a chair with a backrest that is around the level of your upper back

Place your hands behind your neck to provide support to your head.

Step 2: Lean backwards, aiming to pivot your upper back over the back rest

Repeat 10 times



“The Archer” – Thoracic Rotation

Step 1: Sitting in a chair, start with both hands reaching forward

Step 2: Pretend you’re drawing a bow and arrow, with one hand holding the bow, and the other hand pulling back the string
Keep your belly button facing forward, while your shoulders turn to the side

This should feel like a good stretch through the upper back, and might even be tiring!

Repeat 10 times on each side



Postural Awareness

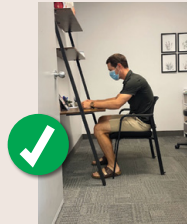
It is important to remember that there is no “perfect posture,” my biggest piece of advice is always to keep changing positions throughout the day. However, to prevent back pain and strain, I would recommend considering the following:

Step 1: Sit with your bum all the way back into the chair

Sit as tall as possible! Imagine a string is pulling the top of your head up toward the ceiling

Step 2: Slightly squeeze your shoulder blades together, this prevents your shoulders from rounding forward

Step 3: Every once in a while, add a slight chin tuck – tilting your chin down towards the middle of your neck



Remember – The best posture is the next posture!

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