



Ali's First Sprint Triathlon

It's always good to try something new! I have been thinking about doing a beginner Triathlon for a long time but I never took the next step to actually commit to one. I was a gymnast growing up, I have done lots of Crossfit training and running in the past, but never any swimming or cycling. Plus, we all know that motivation levels went way down during covid in terms of exercising and staying healthy, so I thought I needed a goal to work towards to really keep me motivated to continue working out. Near the beginning of the summer I mentioned the idea to one of my friends and she immediately said "I'll do it with you!" because she was in the same 'lack of motivation' boat as I was. So we signed up for the Wasaga Beach Sprint Triathlon which was on Saturday August 27th starting at 8:00am. NOW we were COMMITTED!

750m Swim | 20km Bike | 5km Run

We started our training with swimming at the Rec Centre twice per week. We thought that would be a good place to start, and then we will add in biking and running along the way. We stayed consistent with the swimming sessions throughout the whole summer, right up until the race. I needed a road bike, and I knew nothing about bikes at all because I have never done any type of cycling before. I researched a lot, the sizing was the difficult part. I needed quite a small frame which was hard to find, but I eventually found one on facebook marketplace. I was cutting it close because I got the bike at the beginning of July. We both had some bike troubles during our training, but ended up okay after getting them fixed, tuned up, cleaned, etc. I now know way more about bikes than I ever did! Throughout June, July and August we ramped up our running and cycling training.



Race day was coming closer, and I was getting nervous. Despite all of our training, we were never able to do a full run through of exactly what we would do during the race because it required a swim, bike and then run all in a row. Not to mention all of the equipment we needed to get organized for the race. Tri-suit, swim cap, goggles, running shoes, helmet, sunglasses, towel, water bottle, protein, electrolytes, the list goes on! We did not know what to expect on race day so we prepared the best we could. After all, we were just doing this for fun, to gain experience and to get the first one out of the way. My goal was to complete the whole race in under 2 hours which seemed like a realistic goal.

When race day came we were extremely nervous! It was a beautiful day, with the sun shining and the water was really calm (which I was so thankful for!). We got all of our gear set up and just hoped for the best! I started the swim slowly because I knew I needed to stay calm and breathe through the nerves. Once I was about 5 minutes in, I was now comfortable and the rest of the race went quite smoothly. I had no idea what my time was when I crossed the finish line. I was just happy I was done, and I was way less exhausted than I thought I'd be!! When I looked up my time, it was 1 hour and 29 minutes which I was extremely proud of!!!! I'm now motivated to do another race next summer and try to beat my time, and I definitely think I can do it!

-Ali

INSIDE:

- Shoulder, Elbow and Wrist Pain, Where Is It Coming From?
- Elmira Tree Top Trekking
- new Co-op Students at SOS





SHOULDER, ELBOW AND WRIST PAIN, WHERE IS IT COMING FROM?

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

What Is Causing The Pain?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Joint disorders
- Arthritis and bone spurs
- Referred neck pain
- Bursitis and tendinitis

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Broken and/or dislocated elbow
- Arthritis

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain are:

- Carpal tunnel syndrome
- Arthritis
- Repetitive motion syndrome
- Wrist tendonitis

Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

What Do My Symptoms Mean?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physiotherapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Physiotherapy For Shoulder, Elbow And Wrist Pain

Physiotherapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physiotherapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physiotherapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

www.sosphysiotherapy.ca

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

Belmont Clinic

Belmont Professional Centre
564 Belmont Avenue West, Suite 301
Kitchener, Ontario N2M 5N6
TEL: (519) 743-8787

Elmira Clinic

Behind Wellness Centre (Clock Tower)
3 Wyatt Street East, Suite 2
Elmira, Ontario N3B 2H4
TEL: (519) 669-1212

Northfield Clinic

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

WARM WELCOMES!

SOS WELCOMES TWO NEW MEMBERS TO THE TEAM!



Hi everybody! My name is Robyn and I recently graduated from the RMT program at Eastern College in Kitchener. I have always been into sports, both watching the pros and playing myself. With this interest came a fascination with muscles and how to keep them at their peak condition with massage therapy. In my spare time I love spending time with my dogs and family, or perhaps mixing up some cocktails. I will hopefully be taking on clients at the Belmont SOS clinic in early to mid November. Can't wait to meet and treat you all!



Blair joined the SOS Belmont team in August as a Patient Experience Coordinator. She graduated from Western University with a BA Honours Specialization in Kinesiology and recently completed an independent study in the kinetic chain approach to shoulder impingement rehabilitation. While she is working on her application for a MSc in Physiotherapy, she enjoys her free time playing basketball, reading, or joining a pilates class. Blair is new to the Waterloo area and is always looking for any local food or activity recommendations!



Elmira Tree Top Trekking



A few weeks ago the whole SOS Elmira crew took the day off on Friday and went Treetop Trekking! They had a great time doing ziplining and making their way through the high ropes course! This was a really fun and active way to do some team building, especially with some recent new faces over at the Elmira clinic!

They all would definitely recommend this activity for people looking for a fun outdoor outing.



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

INTRODUCING THE NEW CO-OP STUDENTS AT SOS BELMONT AND NORTHFIELD



Amy



Mia



Claire



Lannah

The new school year has just started and with that comes new Waterloo Co-Op Students! We have four new students in total for the Fall semester! There are two students at our SOS Belmont location (Amy and Mia) and two at the Northfield location (Lannah and Claire). All four of these students will be with us full time for the next four months! During their Co-Op placements at SOS Physiotherapy you will find them shadowing our clinicians, teaching exercises, getting to know our patients, performing modalities, lending a helping hand, learning some front-desk tasks, cleaning up after appointments, keeping up with the endless amounts of laundry, AND MORE!

If you see them around the clinic make sure to say "Hi!" and you may be lucky enough to work with one of these great students!



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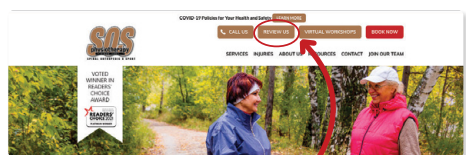
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UPCOMING WORKSHOP!

For the month of October, our team is excited to have our first in person Organization Meeting in years! We will be discussing all the ways we can give YOU the best patient experience as well as team building. That being said, there will be no webinar for the month of October.

UPCOMING EVENTS **PELVIC HEALTH WEBINAR**

Hosted By Our Pelvic Floor Physiotherapist Extraordinaires In November. Details Coming Soon.

WE'LL MISS YOU MELISSA



A big THANK YOU and WE'LL MISS YOU goes out to Melissa as she starts a new chapter in her life in Sauble Beach with her husband and two fur babies! Melissa has been with SOS for 7 years, and has been a fixture at our Elmira location as Clinic Director, Part Owner and Physiotherapist. Her absence will be felt so deeply by our SOS team, and we want to thank her for the BIG role that she played in making SOS what it is today. She was an exceptional physiotherapist who treated and guided so many patients to better health over the years. Her generosity, leadership, enthusiasm, thoughtfulness, and love of TREATS will not be forgotten! Don't forget to stay in touch Melissa!

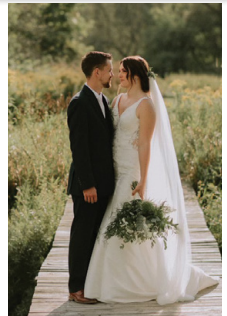
GOOD LUCK AND WE'LL MISS YOU!



KELSIE'S WEDDING

We want to send the biggest and warmest congratulations to Elmira's Physiotherapy Assistant Extraordinaire Kelsie who married her best friend and soul-mate on September 10th! We are so happy for you and Keenan! Wishing you a lifetime of love and happiness!

**CONGRATS
KELSIE!**



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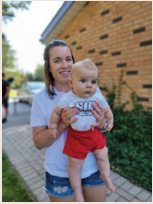
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Team Wide Annual BBQ

A few weeks ago we had our SOS ANNUAL SUMMER BBQ! Every year (besides the covid years) the WHOLE SOS TEAM gets together for a FUN SUMMER BBQ! This is an annual event that we put on to do some team building, catch up with our teammates that we don't see often, have lots of food and drinks, play some yard games, swim, relax, and end the night with a bonfire! Since SOS has grown so much over the past few years and we now have three busy clinics, it's not too often that everyone from all three clinics can get together! We even had a Food Truck from Lancaster provide us our AMAZING dinner. Another great thing about that day was that we celebrated TWO BIRTHDAYS as well! Happy 50th to Jon Clay and happy 35th to Adam Dafe! Thanks to all the organizers of the event and can't wait until next years shenanigans!



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