

RIDE THE WAVE MY EXPERIENCE WITH SURFING



Ontario is known for many things, its surfing culture is not one of them. Despite the lack of accessible surfing in Ontario, for as long as I can remember, I've dreamt of spending my days on a beach surfing the time away. Like many Ontarians who develop an affinity for surfing, I was drawn towards the coast. Last September, Liv and I packed our bags and made our way to Halifax. We had some friends move to the east coast and I saw this as the perfect opportunity to finally experience the thrill of surfing first hand.

We arrived in Halifax and I (easily) convinced our group to head to the most famous surf spot on all of the east coast, Lawrence town beach. When we arrived the scenery was like something out of a movie. The sight of the waves crashing onto the beach gave me butterflies. After a quick on shore lesson, I eagerly slipped into my wet suit and waded into the water. Maybe it was the excitement, maybe it was the wetsuits, or a combination of both but I wasn't cold at all despite it being September.

I paddled out deeper into the water and found the spot where I would make my first stand. It wasn't long before the perfect wave hurtled towards me, I began following the instructions given to me on the beach, and before I knew it... I was underwater and my board tumbled away from me. Unfortunately, I was not a natural but a few more waves came by and eventually I found my way onto my board. The thrill of riding a wave was everything I had hoped for. We splashed

and laughed for almost 3 hours until we called it a day.

We flew back to Ontario soon after, and I immediately began looking for my next surfing opportunity. Months went by and the thrill had faded, but when I got a call from an old friend living

on Vancouver island, the flame was reignited. Liv and I booked our flights and soon found ourselves in Tofino, the surfing capital of Canada.

We decided to skip the lesson this time around as, naturally, we felt like pros. However, as we pulled up to the beach we quickly realized we might be outmatched. The waves were much bigger out West. Nonetheless, we waded out into the water like we had once before. We spent about an hour battling the waves, however, several mouthfuls of saltwater later we had to head for dryland. Defeated, we sat on the beach and watched the waves crash onto shore.

Despite our disappointing performance, it wasn't long before we began cracking jokes and the sound of crashing waves was drowned out by our laughter. I realized that day that I was never going to be the talented surfer I had once dreamed of becoming, but this didn't bother me. I knew as long as my friends were around it didn't matter whether or not I could "hang 10", as long as we could "hang out" I'd be happy.

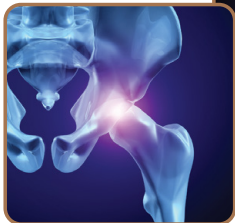
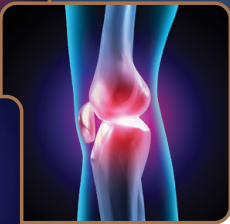
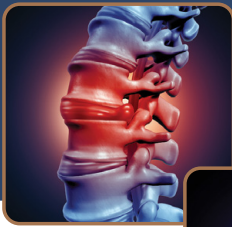
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INSIDE:

- Relieving Low Back, Hip and Knee Arthritis Pain
- Accelerator conference
- Morning Mobility

RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN



If you're constantly facing lower back, hip or knee pain – you might be feeling arthritis. Tens of millions of adults are diagnosed with some form of arthritis every year. As we

age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis – or the painful stiffness, or inflammation, of joints – isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

Discover how our team of specialists at SOS Physiotherapy can get you moving pain-free again!

Arthritis and Physiotherapy

Regardless of the cause of arthritis, physiotherapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physiotherapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physiotherapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.

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

ACCELERATOR CONFERENCE

INVESTING IN OUR CLINICIANS



At SOS we are always looking for ways to improve the experience of our patients. One of the best ways we can think to do so is by investing in our clinicians. A few weekends ago we sent some of our staff to the "Clinic Boss" summit where they learned all about clinic leadership and managing patient experiences.



Morning Mobility



Like many others, I tend to wake up with my back feeling a little stiff. However, since I started my new morning routine my stiffness has been much better managed! So before you go blaming your mattress, give these 3 exercises a try!

Thoracic Spine Foam Rolling

I always like to start on my foam roller. To perform this exercise, place the foam roller just below your shoulder blades. Lift your hips off the ground in a bridge position, then use your legs to push and pull you over the foam roller. As you push the roller down your back move your shoulders and head towards the ground. Be sure to support your neck. Repeat this action for about 30 seconds. Take a break and do another 30 seconds.



Thread the Needle

Start on all fours, take one arm and reach it all the way through the opening created by your opposite arm. Then rotate back the other way reaching as far as you can looking up at your fingers. Repeat this motion about 10 times and then perform on the other side.



Hip Flexor Stretch

Start in a lunge position with one knee on the ground. Tilt your pelvis forward and tighten your core. If you are having trouble with this motion imagine you have a tail and you are trying to tuck it between your legs. Maintaining the tension in your core, lean forward. You should feel a stretch in the front of the leg with the knee on the ground. Hold this for 30 seconds and then perform on the other leg.



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RECORD READERS' CHOICE AWARD WINNERS 2022

Congratulations!



Physiotherapy Clinic/Services,
Alternative Medicine/Healing,
Physiotherapist to **Arthur
Szydlowski**, and Registered
Massage Therapist to **Remya
Lekshmi**



Acupuncture, Massage Therapy,
Chiropractor to **Dr. Rachel
Goldsworthy**, and Physiotherapist
to **Ryan Wark**



Chiropractic Clinic,
Physiotherapist to **Ryan Marrin**,
and Registered Massage
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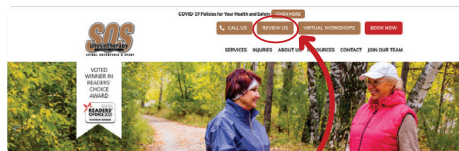
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tab at the top of our homepage,
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UPCOMING WORKSHOP!

PELVIC HEALTH WEBINAR

Visit Our Website To Register / Wednesday, November 23rd @ 4:30 pm



Hosted by: Pelvic Floor Physiotherapists:
Jessica Clancy, Christine Ecclestone, and
Nimmy Thomas



Workshops are completely free to join. Don't delay, register today
by visiting our website, scanning the QR Code, or by calling us now!

[Click Here to Register](#)

THANKSGIVING AT SOS

There are so many things to be thankful for this year! We here at SOS are thankful for all of our wonderful patients and clinicians. We are also so thankful for our friends and family. What are you thankful for? Here are some pictures of us enjoying turkey and the company of loved ones!



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SOS & Greystone Preventing Tennis Elbow

Have you heard? SOS is teaming up with Greystone Racquet Club! We will be opening a brand new clinic space in the Greystone facility, just across the street from our Northfield location. The new clinic space will offer massage, chiropractic care, and physiotherapy. The new facility will offer plenty of rehab potential for tennis and non-tennis players alike. So whether you are a Greystone member or not, this satellite clinic is another convenient way for you to get back to doing the things you love.

It seems only fitting we introduce the new space with a guide on how to avoid and treat a condition that is often associated with tennis but impacts a wide variety of people: "Lateral epicondylalgia" more commonly known as "tennis elbow."

People develop tennis elbow when they overwork or injure their forearm muscles, particularly the ones that move your wrist like pictured.



This motion is very common in tennis and hence many tennis players develop the condition. However, other common causes include raking leaves, home renos, and sometimes even sewing!

But have no fear, here are three things you can try to help you manage your tennis elbow:

1. Ice

Tennis elbow is an inflammatory condition, meaning that there is a build up of various chemicals at the elbow that can contribute to your pain. Ice may help numb this pain and flush out these chemicals. Place the ice on the outside of your elbow for 10-15 minutes with a cloth between the ice and your skin for best results.



2. Cross friction massage

Scar tissue may develop in your forearm tendons. Cross friction massage may help make this tissue stronger and less sensitive. Place two fingers over the sore area and rub back and forth for about 2 minutes. It may feel a little sore at first but should begin to feel better around the 60 second mark.



3. Extension Eccentrics

This easy exercise can help strengthen the injured muscles. Grab a light weight (1-5lbs) and hold it with the hand of the affected arm. Use your other hand to help you lift the weight up and then let go and lower it with only the affected arm. Repeat this about 10 times.



While these three things are a great start, tennis elbow can be a persistent condition and booking an appointment with your SOS clinician will help you get better even faster.



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