

Forever Has A Nice 'Ring' To It

Just when you thought wedding season was over – here I am to tell you all about how I got engaged this past summer!

My fiancé David (a word I am now getting used to saying) and I traveled up to my family cottage on the Bruce Peninsula this past August. I was looking forward to a week away from busy life and enjoy some rest and relaxation. The week started normally - hiking, swimming, paddle-boarding, camp fires and exploring with our pup. The weather was perfect – 28 degrees and sunny everyday, the lake chilly but perfect for a quick plunge.

Near the end of the week my family showed up “unannounced”. I didn’t think too much of it – oblivious of course still at this point. We spent the morning jet skiing and came back to relax on the dock. David went up to the cottage and brought a cooler bag down and then asked if I wanted a pop - I said sure. He asked “Coke or Ginger Ale,” to which I requested Ginger Ale. Next thing I know he says “well how about this instead” and pulls out a ring box! I was shocked, speechless and still kind of thirsty. I really couldn’t even tell you what he said after that. All I remember saying was “OK... yeah!!!”

Despite my post jet-ski hair and my tattered cottage shorts – it was perfect. It meant so much to have him ask me at my absolute favourite place on earth with my family surrounding us. We celebrated with an abundance of champagne, good food, camp fires and calling the rest of our friends and family to tell them the news.

As you can probably tell from the photos – I was hoping it would happen soon. I think I have packed a ‘white dress’ to every place we’ve been to for the last 6 months just in case it happened. My dad did a great job taking some engagement pictures of us on the water out front of our cottage. For an amateur – I thought he did a great job. Despite knowing it would inevitably happen it was so emotional and the single most happy moment of my life thus far.

Now it is time for the wedding festivities (and planning) to begin. We will be getting married at a small family-run winery in Beamsville, Ontario at the end of July next summer. I can’t wait to spend the rest of our lives together and share it with the people we love most. I will be sure to keep everyone informed on all the excitement (and stress) that unfolds!

-Lindsey



INSIDE:

- How Strengthening Helps Back and Neck Pain
- Food Drive And Moonlight Madness

HOW STRENGTHENING HELPS BACK AND NECK PAIN

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At SOS Physiotherapy, our highly trained physiotherapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call SOS Physiotherapy today to make an appointment. With guidance from our physiotherapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

How Muscles Affect Neck Pain

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles 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. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physiotherapist to address neck pain is a wise decision!

How Muscles Affect Back Pain

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles
- The lower back muscles
- Your buttock muscles
- The muscles of the hips and pelvis

Physiotherapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physiotherapist to improve core strength can significantly reduce the severity of your back pain.

How Physiotherapy Can Help You Strengthen Your Back And Neck Muscles

Our physiotherapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physiotherapist is a great place to start. Your physiotherapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

You deserve to feel your best. Call SOS Physiotherapy today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

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

IT'S GETTING TO BE...

THAT TIME OF YEAR AGAIN

We will be collecting non-perishable food items for our local food banks. You can drop them off at any of our 3 locations.

To celebrate Moonlight Madness we will be hosting our annual Colouring Contest in Elmira! Pick one up at our Elmira location or print one off our website and bring it into the clinic before December 2nd! All children under the age of 12 welcome! You could win one of three 50\$ gift cards to Toy Soup in St. Jacobs.



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

WELCOME NEW PT STUDENTS

A warm welcome to three Western Physiotherapy students. Shमित will be at our Elmira location. He loves to travel and is a huge NBA fan! Perry will be at our Northfield location and also loves to watch and play basketball. Finally Nicholas will also be at Northfield and loves water sports. These active guys will be at the clinic for 8 weeks learning from our amazing physiotherapists! If you see them, say hi!

SOS Elmira



Shमित

SOS Northfield



Perry



Nicholas



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

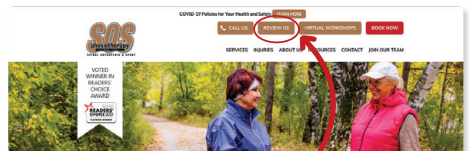
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CHOCOLATE PEPPERMINT TOFFEE!

Ingredients

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

Instructions

Preheat your oven to 425° and line an 8 x 8 baking dish with parchment paper. Cover the bottom of the pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>



A STRONGER CORE AND NECK



4 Point

- Hands under shoulders, elbows not 'locked', push hands into the floor
- Chin tucked towards your sternum
- Neutral spine – slight curve in the neck and low back
- Draw belly button up into the spine
- Hold for 20-30 seconds, repeat x 4



4 Point – “Bear” Pose Lift Off

- Find the above posture
- Curl your toes under into the floor
- Hover your knees 1-2 inches above the floor
- Hold for 20-30 seconds, repeat x 4

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Halloween at SOS



Our SOS team members got into the Halloween spirit this year! SOS Belmont decked out as – Top Gun Pilots, bagels, and leopards. SOS Northfield dressed up as “Puns” – we have a smart cookie, pumpkin spice, “when life gives you lemons” and a deviled egg. Last, but not least Elmira put together a fun WORDLE challenge. Can you guess the answers?



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