



TRIP HOME

For those who don't know me, I am Anna, and I am a physiotherapist at SOS Physiotherapy Northfield. I was born and raised in Addis Ababa (Ethiopia), and I moved to Kitchener-Waterloo in 2012. Although I consider KW to be my current home, Ethiopia still holds a big part of my heart. I usually visit my family every summer since I have been here.

My favourite things to do when I go home is spend time with my family, eat lots of good food and visit different museums and parks in the city. This definitely makes my 16+ hour flight worth it. My last trip to Ethiopia was this past summer in August.

Three highlights of this trip were having delicious Ethiopian coffee every morning, visiting different parks with my little cousins, and celebrating my grandma's birthday.

Even though I do enjoy the quiet town lifestyle, going back home reminds me of how much I also love living in the big city. Every morning I would wake up from the sound of the chirping of birds, a faint sound of church service or the rainfall. Two things about myself are that I love coffee and have a big sweet tooth. I would usually start my day off with a good Ethiopian coffee/macchiato and 'bombolino' (a large, rounded donut/pastry).

Besides the great food, I also had the opportunity to visit various historical, natural, and cultural sites in the city. This year was special because I was able to visit most of the national parks and zoos with my little cousins who I haven't seen in years. One of the biggest zoos in the city was located in Unity Park, which is home to 37 mammals and various birds. Our favourite part of the day was walking through a very long man-made cave through which we were able to view closely the lions and ostriches from the windows.

Another special moment that made this trip exceptional was my grandma's birthday. I grew up having only one grandma, and she has always been a big part of my life since I was a kid. Although she currently lives in Canada, it was special to celebrate her first birthday back home together as a family since we have not had any big birthday celebration for her at home as she immigrated at young age. This day was special not only because it was her birthday, but it also allowed me to meet aunts and uncles that I have not met before. It will be memorable as it brought everyone in the family together for the first time.

-Anna



INSIDE:

- Is Stress Causing Your Neck Pain?
- Saying Goodbye to Our PT Students
- The 2022 SOS Christmas Party
- Chocolate Hazelnut Biscotti



IS **STRESS** CAUSING YOUR 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.

If you're dealing with neck pain, you're not alone. Call our office 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**

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

THE 2022

SOS CHRISTMAS PARTY



The SOS team had their first Christmas party in 3 years! It was amazing to be able to celebrate Christmas with everyone from all clinics and have a special night together. The night was filled with good food, music and so much fun.



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

STUDENT LIFE AT SOS — SAYING GOODBYE TO OUR PT STUDENTS

Seven weeks have gone by very fast! Our PT students Nick, Perry and Shamit have finished their placement this week. It was awesome having them around the clinic, and they will be missed by all of us here.



Shamit



Perry



Nicholas

Thank You Shamit, Perry, and Nick!



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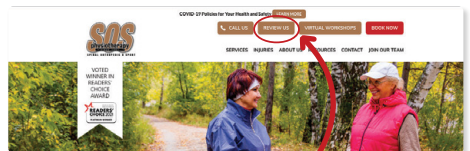
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CHOCOLATE HAZELNUT BISCOTTI



Perfect treat on a cold winter morning!

INGREDIENTS

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup chocolate hazelnut spread (recommended: Nutella)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts

INSTRUCTIONS: Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.

LEVATOR STRETCH



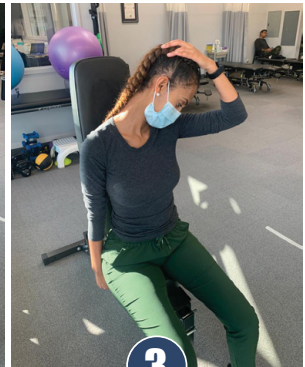
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Start by sitting up straight in a chair. Grab the underside of the chair with one hand and straighten that arm.



2

Diagonally tilt your head and aim your chin at your hip on the side facing away from where you are holding the chair.



3

Grab the top of your head with your free hand and gently pull your chin further toward your hip. Hold for 30 seconds.

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HAPPY NEW YEAR!



**ARE YOU SEARCHING FOR A WAY TO
BECOME STRONGER, FASTER, AND
HEALTHIER? PHYSIOTHERAPY IS
THE ANSWER AND NOW IS THE
PERFECT TIME TO START!**

Make 2023 Your Year!

**YOUR SEARCH
IS OVER**



The therapists at SOS Physiotherapy will help you regain lost motion, strength, balance and coordinations resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results.

Our goal is to empower you to actively manage your pain without the need for more costly, invasive, and potentially harmful treatments. We will get you back to living the life you deserve.

Call SOS Physiotherapy Today and make 2023 your year!

SAVE THE DATE — MARK YOUR CALENDAR FOR JANUARY 27 FOR A SPECIAL EVENT!

*More Details
to Come*

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