

A Mòròccàn Good Time



For those who do not know me, I am a physiotherapist at the SOS Belmont location! One of my big passions in life is travel. I feel so fortunate to be able to travel the world, experience different cultures, traditions, landscape and FOODS. Prior to covid, my goal was to travel to one new country each year! While a damper was put on that plan for the past couple of years, 2022 was the year to get back at it. This year, Harrison and I traveled to Morocco!

Neither of us had ever traveled to Africa before and it was amazing. Morocco is located at the North West corner of Africa and can actually be reached by a 30 minute ferry ride from Spain. We spent 2 weeks in Morocco. We traveled with a tour group and covered a lot of ground! We flew into Casablanca. I was surprised by how modern and lively this city was! It sits on the Atlantic ocean and has beautiful coastal views.

We headed next to Fes, the “handicraft capital” of Morocco. A city so rich with history, culture and markets of hand made crafts, clothing, textiles. The marketplace in Fes was unlike anything I have ever seen. Nestled within an

enclosed old city, the market is a series of narrow, winding pathways. I honestly would never have ventured into there solo. I think even with a map it would have taken us 6 months to find our way out.

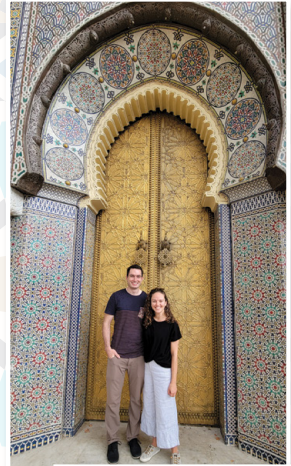
Next we headed to the stunning blue city of Chefchaouen, a stunning, more quiet city where every building and wall is painted a vibrant blue. While different stories exist, our tour guide explained that the Jewish inhabitants of that city painted the buildings blue to remind the people of the sky, and the presence of God. It is like nowhere I have ever been before. Sensory overload but stunning!

By far our highlight of the trip was driving out into the sand dunes of the Sahara, riding camels up the sand dunes and spending a night camping out in the desert. It was truly remarkable to be somewhere where no matter what direction you looked, all you could see for miles and miles is sand. The stars were amazing and it was the most quiet place I have ever been.

We ended our trip in Marrakech. We spent 5 days in the bustling city that attracts the most tourists per year. The marketplaces in Marrakech were crazy. From snake charmers, to food vendors, to hand made leather shoes. They have it all. We enjoyed a cool drink in a cafe looking over the market where you could hear the call to prayer from 5 nearby Mosques. It was incredible. We also took a cooking class with a local (in her home) and learned how to make the traditional Tagines and couscous. Morocco was such a friendly, architecturally beautiful and culturally rich country. I would recommend it to anyone for their next vacation!

Next stop: skiing in France!

Cheers,
Christine



INSIDE:

- Bracing at Belmont!
- Urge Incontinence Delay Techniques
- How Physiotherapy Can Help Common Health Risks in People Over 60



HOW PHYSIOTHERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60

Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At SOS Physiotherapy, our physiotherapists can address your overall mobility, function and guide you back to feeling good again!

As we age, our bodies become more susceptible to certain health conditions and symptoms, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physiotherapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, SOS Physiotherapy can help!

What Are The Most Common Age Related Health Conditions

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis, and diabetes have a significant impact on your health and function.

Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat composition. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia, Alzheimer's and depression. These types of health risks impair one's memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed, muscular strength and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.

How Physiotherapy Can Help

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes, the aid of a professional becomes necessary. Physiotherapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physiotherapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

Exercise programs also often include balance exercises to improve stability and prevent falls.

Call Today To Schedule An Appointment

If you are suffering from some of these health conditions or think you might be, give our team at SOS Physiotherapy a call today.

We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems – our physiotherapists can help you maintain your highest quality of life and keep you moving!

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



BRACING AT BELMONT!



Our previous kinesiology co-op student Mia will be continuing on at the Belmont location every **Friday** to do brace fittings and brace education sessions. Any questions about braces, she is the person to ask! If you have been recommended a brace, are wondering which would be the one for you, would like to come in to try them on and find the right fit, even if you have questions or concerns with an old brace she can answer any questions. **All brace fitting appointments are complimentary.**



Give the front desk a call at (519)743-8787 to book your brace appointment with Mia.



Urge Incontinence

Delay Techniques



Does this scenario ring a bell? Have you ever gone to the washroom at the end of your work shift, driven the short, 15 minute drive home, and then the second you get your key in the front door, have your bladder decide IT'S GO TIME, and start leaking? We call this the key in the door phenomenon! It is very common! In this scenario, the urge to empty is being triggered by something in your environment, as the bladder is not full. Over time, your brain has associated a cue, like coming home, with the need to pee. Here are 2 strategies to implement to help stay in control of the urgency.

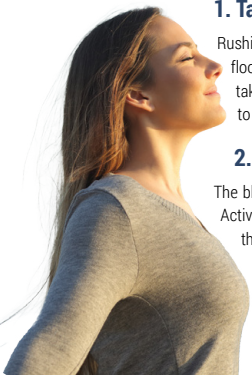
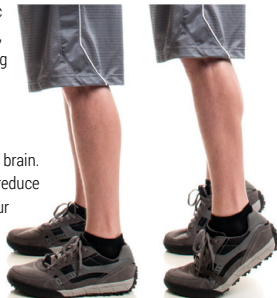
1. Take Deep Breaths

Rushing to the bathroom feeds into the association and stress can cause a pelvic floor tensile reaction which can make the urge feel more intense. Remain calm, take some deep breaths to slow the heart rate and remain in control when walking to the washroom.

2. Do Some Calf Raises!

The bladder muscle and calf muscles travel along the same nerve pathway to the brain. Activating a different muscle group sends a competing signal to the brain and can reduce the feeling of urgency. It also serves as a good conscious distraction, drawing your attention to the task rather than the cries from the bladder!

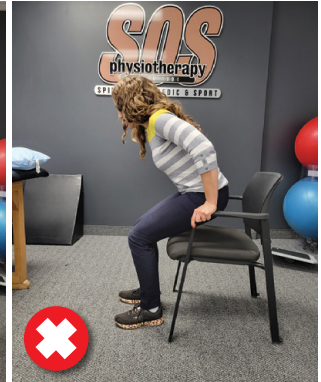
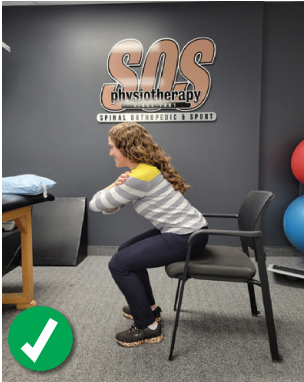
If you are experiencing any loss of urine of any volume or frequency, contact any of our locations to talk to a pelvic floor physiotherapist to help you stay dry!



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

ESSENTIAL EXERCISE SIT TO STANDS

With aging, many people lose the ability to stand from a chair without the assistance of their hands. An easy and very functional exercise that can be performed at home is the sit to stand. It can be modified easily as well. To make it easier, use a high chair or the side of the bed, for a challenge find a low stool or bench or hold a weight in front of the chest!



Do: The goal is to keep the arms crossed and raise from a chair and return down with control (no plopping down!).

Don't: Push up or use a walker or grab bar to pull yourself up.



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

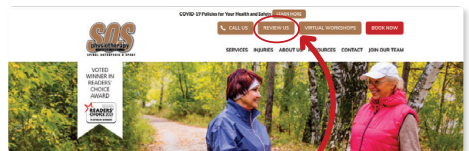
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Just click on the "Review Us!" tab at the top of our homepage, or scan the QR Code



UPCOMING WORKSHOP!

BE ON THE LOOK OUT FOR OUR UPCOMING 2023 WORKSHOPS

We are excited to provide you with educational and informative workshops on topics like Pelvic Health, Shoulder and Rotator Cuff, Low Back Pain and Sciatica, Headaches and Neck Pain, as well as special webinars on specific sports related topics.

Stay Tuned for more details on our Workshops!

HEART HEALTHY HUMMUS



Try this delicious and healthy treat with friends while watching your favorite team on the ice!



INGREDIENTS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

INSTRUCTIONS

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

For a different taste, you can substitute white, butter or lima beans for chickpeas and 1 teaspoon toasted ground cumin seeds for the paprika.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>

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CHEERS TO YOU!

ACHES AND PAINS ARE NOT A NORMAL SIGN OF AGING

ONE DAY SPECIAL OFFER FROM SOS PHYSIOTHERAPY

To start off 2023 we want to say **THANK YOU** for supporting our clinics.
We are giving away Complimentary Physiotherapy Consults with one of our owners...
that's **over 70 years of combined experience!**

WHAT YOU WILL GET...

30 MIN CONSULT WITH ONE OF OUR PHYSIOTHERAPIST OWNERS WHICH INCLUDES:

- A thorough Subjective History (we'll get YOUR story)
- Education about YOUR issues
- Brief Objective Exam (to confirm what's wrong)
- A Detailed PLAN for successful treatment
- Deep tissue class IV Laser treatment (if appropriate for you)

THE CONSULT IS IDEAL FOR PEOPLE SUFFERING FROM:

- Lower Back Pain
- Neck Pain and Headaches
- Elbow or Wrist Pain
- Hip or Knee Pain
- Foot or Ankle Pain
- Arthritis
- Shoulder Pain
- Sciatica
- Problems walking

1 COMPLIMENTARY CONSULT IS WORTH \$175!

- Complimentary Consult with SOS owner (not including treatment), valued at \$100
- Deep tissue laser treatment, valued at \$75

The appointments are FREE but spots are limited. Only 16 spots available at each location!



SCAN TO BOOK YOUR
APPOINTMENT

BOOK NOW:
226.338.6573

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