

HOCKEY NIGHT AT SOS

By Courtney Voisin, a registered physiotherapist at our SOS Belmont location.

My hockey career started on the road in front of my parent's house, playing street hockey with other kids in the neighborhood like so many other Canadian kids. After a few of the supervising parents suggested I sign up for ice hockey I started playing in the local league later that year. Little did I know I'd still be playing hockey 18 years later!

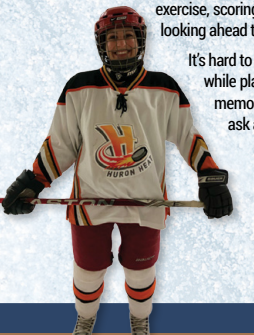
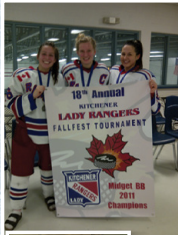
My first year was challenging, learning how to combine my road hockey skills with ice skating, but I had never had so much fun! I didn't mind the 6am wake up calls as long as I got to go to the rink, but my parents might have had a different opinion. I focused some extra attention on power skating that year to help strengthen my skating skills, and by the next season I was playing rep hockey.

For the next seven years I was fortunate enough to play competitive hockey. I had the opportunity to travel all over Ontario playing in tournaments as far away as Ottawa. Over the years I became friends with so many teammates, including my two best friends to this day. I'll always cherish the memories with my teammates in the dressing rooms, on the ice, and in the hotel rooms while away at tournaments. Looking back on my minor hockey years I now also appreciate all of the quality time I got to spend with my parents. Lots of car rides with praise after good games, and constructive criticism after losses, with many valuable life chats in between.

As I got older my academic goals started to become a priority, and I had to make the difficult decision to stop playing rep hockey and instead play recreationally to allow for enough time to study and maintain a part time job. Although I missed the competitiveness of rep hockey, recreational hockey brought me back to my road hockey days playing purely for fun.

After completing my physiotherapy education, all that time studying suddenly became free time, and I was looking to get back into playing hockey at a more competitive level to fill that void. Fortunately, several of my friends were one step ahead of me, playing Senior Women's hockey for the Huron Heat. I was lucky enough to join the squad, and have been playing with the Heat ever since. We play in the OHF sanctioned Senior C loop, playing several teams around the area such as Milverton, Stratford, Wilmont, and Monkton. This league brings together women who had previously played rep level hockey, and want to continue playing competitively as adults. Each week I look forward to spending time with my teammates and getting some exercise, scoring the odd goal is an added bonus! This year we are leading the league standings, and looking ahead to making a run towards the Provincial championships in April.

It's hard to believe all these years later I'm still playing hockey and feeling that same passion I felt while playing street hockey with my friends as a child. Hockey has given me so many friends, memories and life skills that I cherish. Next time you see me in the clinic, don't be afraid to ask about how my games went that weekend!



INSIDE:

- How To Improve Poor Sleep Issues
- SOS On Sleeping Positions
- Greystone Satellite Clinic Is Up And Running



HOW TO IMPROVE POOR SLEEP ISSUES WITH PHYSIOTHERAPY

Have you been struggling to get a restful night's sleep? Does pain wake you up and make it hard to fall asleep again? At SOS, our physiotherapists are highly skilled at helping to identify the sources of your sleep problems and helping you find solutions so you can enjoy a good night's sleep!

It has been reported that up to 70% of adults report experiencing insufficient or inadequate sleep at least one night every month. For some, their sleep issues are more significant, with over 10% of people reporting difficulty every night.

More and more research has demonstrated significant health problems associated with sleep problems, from poor mental focus to increased mortality. Sleep apnea is associated with heart disease and can be fatal if left unchecked. For younger people, especially school-aged children, performance in school is directly related to adequate sleep.

More recently, lack of sleep has dramatically increased athlete injury rates. Athletes that get less than 6 hours of sleep per night are up to 150 times more likely to get injured than those that sleep 8 hours or more.

What Are The Common Causes Of Sleep Disturbances?

The severity and the cause of the sleep issues vary from person to person. Some estimates indicate that sleep-related problems affect between 50 and 70 million Americans. Some of the most common reasons for restless nights include the following:

- Physical conditions (i.e., ulcers, chronic pain, lower back pain or sciatica, MS)
- Medical disorders like asthma, diabetes, GERD, thyroid disease, and heart disease
- Psychiatric conditions like depression and anxiety disorders
- Neurological disorders like Parkinson's or Alzheimer's disease
- Lifestyle choices like overeating or drinking alcohol and drug use.
- Working the night shift
- Medications and/or the incorrect use of medication

For some people falling asleep is the biggest problem, whereas others wake up from a restful sleep and then struggle to get back to sleep. One of the most common complaints in physiotherapy is how the pain intensifies when trying to fall asleep.

It is often thought that as the night approaches, the number of distractions diminishes, making the pain more noticeable. For some people, it is hard to believe that lying still could be the problem, but certain pain conditions are worse when people are still, which is a problem if you are trying to sleep.

What To Expect From Your Physiotherapy Sessions

A physiotherapist with experience helping people struggling to sleep through the night will conduct a thorough evaluation and determine if/how an injury or physical condition influences sleep. Our team will identify any other weaknesses or limitations that may be causing pain or interfering with their recovery and overall health.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. We will guide you through a series of exercises designed to help with any injury and pain so you can be physically ready to get a good night's sleep.

Research has shown there are specific steps you can take to help ensure a restful night's sleep, including the following tips:

- **Be consistent:** Make you go to bed and wake up simultaneously every day.
- **Prepare your bedroom:** Make sure it is quiet, dark, and at a comfortable temperature. Some research says a cool room is ideal.
- **Remove electronic devices:** The light that comes off of our technology can interfere with the brain's ability to shut down for sleep. Remove all TVs, computers, and smartphones from the bedroom.
- **Be careful with food:** Avoid large meals, caffeine, and alcohol before bedtime.
- **Exercise daily:** Getting some exercise earlier in the day can help when it comes time to sleep at night.

Whether you are dealing with pain from arthritis or back pain or just need some guidance, physiotherapy will provide the foundation for a successful night's sleep to ensure you are rested and ready to take on the activities you enjoy!

At SOS, our highly trained physiotherapists can guide you to resolve your pain and improve your mind and body for a good night's sleep!

www.sosphysiotherapy.ca

Call us today to schedule an appointment!

**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

BRACE FITTING AT SOS

Our former kinesiology co-op student Mia will be offering custom brace fittings and brace education sessions every Friday at our Belmont location. If you are wondering if a brace is right for you, have been recommended a brace, have issues with an old brace or would simply like to come in to try one on, you can book a brace consultation appointment with Mia on Friday's – **FREE OF CHARGE!**

One of Mia's favorite braces is the The Ossur Unloader One custom knee brace. The Unloader is designed to slow the progression of knee osteoarthritis and relieve knee pain related to osteoarthritis and meniscus injuries. The brace consists of a single hinge as well as a strap system designed to unload the affected side of the knee. The lightweight, low profile brace fits comfortably and is easy to apply so you barely notice it there! The brace will improve mobility, function and overall quality of life while being worn. During a brace consultation you can try the brace on, have all your questions answered and be measured right on the spot! **Don't hesitate to book an appointment with Mia to see if this brace is right for you!**



Greystone Satellite Clinic Is Up And Running

Sos Is Excited To Announce Our Satellite Clinic At The Greystone Wellness Centre Is Now Up And Running!

Lots of work by the SOS Greystone team was put in to convert a racquet court into a fully functional clinic. Check out the before and after pictures below to see the transformation. To show off the new space and kick-off the grand opening we hosted a successful in-person workshop last month. Members of the Greystone Racquet Club and the general public will have access to massage therapy, physiotherapy, and chiropractic care right inside the club. If you haven't been to Greystone before, be sure to check it out for all your tennis, squash, pickleball, indoor golf and fitness needs!



Before | After

CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

STUDENT LIFE AT SOS

We are happy to welcome 5 new University of Waterloo Co-op students across our 3 locations!

At SOS Belmont we have Gavin and Sandy. Gavin loves hockey and is returning for a second co-op term with us for the next 8 months. Sandy likes to explore new places like art museums and will be working at the front desk. At SOS Northfield we have Owen and Krista. Owen loves to hike and do other outdoor activities like mountain biking and skiing. A fun fact about Krista is that she has tried the spiciest chip in the world - over 2 million scoville units! Last but not least, we have Rita at our SOS Elmira location. Rita loves to travel around the world and has most recently traveled to Spain.



Sandy



Gavin



Rita



Owen



Krista

When you see them around the clinic be sure to say hi and ask them about all their fun experiences!



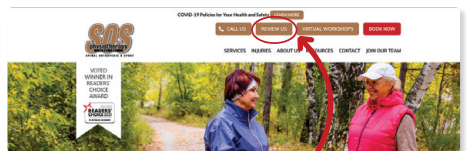
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Northfield Clinic
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595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
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TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!



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



UPCOMING WORKSHOP!

LOW BACK PAIN & SCIATICA

In Person Workshop at SOS Belmont
Visit Our Website To Register / Saturday, March 4th @ 10:00 am



Hosted by: Physiotherapist Stephen Hogan



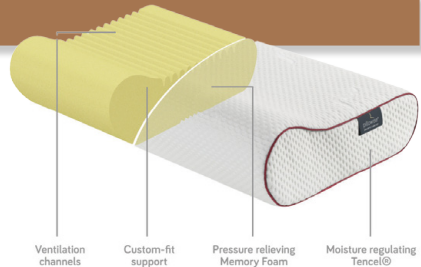
Workshops are completely free to join. Don't delay, register today by visiting our website, scanning the QR Code, or by calling us now!

[Click Here to Register](#)

NEW PRODUCT ALERT!

PILLOWISE PILLOW

SOS Is Now Offering Pillowise Custom Fit Orthopedic Pillows!



A good night's sleep begins with finding the right pillow for your unique body. The Pillowise pillow is tailored to your dimensions to give you the best possible sleeping experience. It is designed to adapt to the contours of your neck, is comfortably soft and gives you great support. They are made from the best materials, such as natural Tencel for excellent temperature and moisture control, and top-quality memory foam for excellent pressure distribution. We will measure you right at the clinic to ensure you get the best fit for your neck and keep your cervical spine aligned throughout the night. The best part is you can try the pillow for 30 days and bring it back to the clinic if you aren't completely satisfied!



Call Sos Today To Be Measured For Your Perfect Size Pillow!

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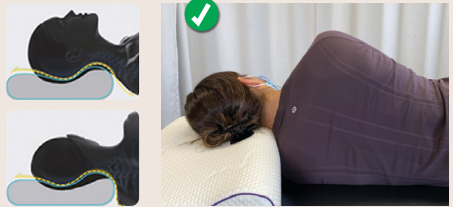
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SOS On Sleeping Positions

Sleep plays a crucial role in the injury recovery process. Whether you're dealing with a muscle, tendon or joint injury, sleep is key to getting your body back in shape. Muscles and tissues repair and rejuvenate as we sleep, so if you're not getting a sufficient amount of rest each night, it's going to be harder for your body to bounce back from an injury. Finding the right position to sleep in will be critical to get the rest your body needs. Check out the sleeping positions below recommended by our Physiotherapists.

Pillow Height

- When sleeping on your back or side your choice of pillow is important. A pillow that is too high will bend your head upwards and a pillow that is too flat will allow your head to hang downwards, both increasing the strain on your cervical spine
- Check out our new Pillowwise custom fit orthopedic pillows to find the right size for you



Sleeping On Your Back

- Lay on your back with a pillow supporting your head and neck
- Place a pillow or two under the crease of your knee to create a small bend in the knees
- This position is great for neck and back pain as it keeps the spine aligned



Sleeping On Your Side

- Lay on your uninjured side with your head and neck supported by a pillow
- Keep your back relatively straight with a slight bend in the hips and knees
- Place a pillow between your knees to help maintain proper alignment of the spine prevent twisting at the hips, pelvis and lower back
- You can also add a pillow under your top arm to support the shoulder – this is great if you are experiencing shoulder pain



Have Questions? Sos Is Here For You! Call Today!

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