

The Clancy-Dyck Family is Growing. We're Expecting!

By Jess Clancy, a physiotherapist and pelvic physiotherapist at our SOS Northfield location. She will be taking her maternity leave starting June 9th, 2023, and plans to be back in the clinic with her patients after a year.

2023 is going to be a pretty big year for Tim and I! We are so thrilled to share that our little baby will be joining us in July. We found out we were expecting in early November 2022, and it has been quite the journey since that day.

I was quickly overwhelmed with joy (and just a bit of panic), imagining how our lives were going to change forever. Yet Tim and I are so excited for the changes to come. We are excited to become "Mom and Dad," meet our little one, and nurture and love them as they grow into their own person! It truly is an incredible privilege and miraculous blessing to become parents, and we want to enjoy each moment of this journey.

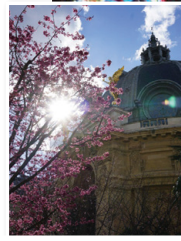
Unfortunately, the early stages of my pregnancy came with some pretty severe nausea, crushing fatigue, weight gain (without the perk of the cute baby bump), and generally feeling unlike myself. From 8 weeks onward, I was able to take nausea medication that helped me to get through the busy work days at SOS, but left me feeling even more exhausted at the end of the day. Pregnancy has been a very challenging journey, and it can certainly feel isolating to go through the symptoms of your first trimester while hiding it from the world. I won't deny that it can be hard to remember what a precious gift your pregnancy is when you feel terrible all day every day.

Now I am so very thankful to report that I am in my second trimester with very little nausea, a lot more energy, and feeling much more like my usual happy self. I have had such a wonderful time sharing the good news with my family, friends, patients and community! I am overwhelmed by the immense joy and support Tim and I have surrounding us – our baby is already so loved, and we don't underestimate the value of this support system as we enter our new era as parents!

In mid February, Tim and I found out that we are expecting a little baby boy. We have had a wonderful time dreaming up names, envisioning the future, and buying him the cutest little outfits. It still feels surreal to me to write that I'm going to have a son!

My little man and I have already seen a few places together. At 18 weeks pregnant I traveled to Vancouver to visit some close girlfriends of mine from my physio class, as well as my best friend who lives in Van with her husband. I had a great time hiking, walking, and visiting my cherished friends. At 20 weeks pregnant, we took a family trip to Paris to celebrate my sister's 30th birthday! We had such a great time seeing the sights, enjoying Parisian pastries, and walking absolutely everywhere.

Baby Dyck is due on July 11th, and I am looking forward to meeting him, loving him, and becoming a Mama! Tim and I are so grateful for all of the support and congratulations from our SOS family and community – thank you!



INSIDE:

- SOS on Instagram!
- On Your Way to 5K
- Exercise Do's and Don'ts During Pregnancy



6 EASY STEPS TO PUT YOU ON THE PATH TO A HAPPIER, HEALTHIER, MORE ACTIVE YOU!

Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

If you want to improve your health and increase your energy, here are some simple ways to change your lifestyle for the better.

1. Begin the day with protein.

Eating protein for breakfast helps curb your appetite throughout the day and tends to improve your overall diet as well. While you may wind up consuming the same number of calories over a day's time, you'll be less tempted by high-fat snacks around dinnertime. Keep in mind that there are plenty of plant-based proteins available, including hemp seeds, black beans, almonds, edamame, and pumpkin seeds among them.

2. Limit your drinks.

By this, we aren't only referring to alcohol. Instead, try to cut back on the calorie-laden drinks popular this time of year. Concoctions such as sweetened coffee drinks, sodas, diet sodas and energy drinks can be detrimental to a healthy diet. Focus on a higher consumption of water during the day and to make it easy have a glass by your desk or carry a bottle around with you.

3. Try wearable technology.

Research shows that people who use wearable technology, gadgets such as Fitbits, Garmin, and Withings, tend to stick to their exercise routine more faithfully than those who don't. With many of them, you can track your heart rate, steps per minute, sleep cycles, and more.

4. Increase Your Range of Motion.

Avoid shortcuts when it comes to exercising. Strive for using the greatest range of motion. This may include making longer lunges, stretching arms more while jumping rope, or leaning over further during yoga. Whatever the case, doing so helps your muscles do more work per rep, which results in breaking down more tissue by the end of your workout. If you have difficulty reaching a full range of motion, or have discomfort, consult your physiotherapist.

5. Reduce fatigue.

As anyone who has tried and failed at establishing a regular exercise routine can agree, fatigue is the number one enemy. To help combat this, drink beet juice. Studies show that it can increase stamina by up to 16 percent. Furthermore, listen to music that keeps you motivated. Listening to the right music can actually expand your blood vessels by 26 percent. Work on a schedule routine that ensures you get enough rest, exercise, and activity.

6. Switch it up.

If you've been plugging through the same fitness routine day after day, you may notice a reduction in strength gain. To avoid this, try different exercises, working out at different times of day, using different repetitions, or lifting different weights.

Consider ways to add healthy decision-making to your lifestyle. Remember that putting things off doesn't get you to where you want to be. We are here to help you reach your goals and achieve a healthy, pain-free lifestyle. Talk to your physiotherapist today to make this spring your healthiest yet.

Call us today to schedule an appointment!



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)
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Northfield Clinic

Waterloo Corporate Campus (Sobeys Plaza)
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SOS ON INSTAGRAM!

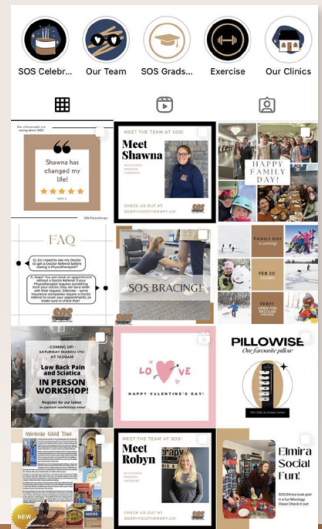
Are you an Instagram user? SOS Physiotherapy is! We have been working hard to make our Instagram page an additional resource for our valued patients – our extended SOS family!

The SOS Physiotherapy Instagram page is a wealth of information! Check it out to see:

- Exercise tips & tricks, including FORM FRIDAYS
- Posts to introduce you to the SOS Team
- Information on upcoming events, workshops & webinars; as well as quick-links to register
- Frequently Asked Questions
- Wellness tips to keep safe and healthy at home
- Details on SOS Community Engagement
- Patient Testimonials & Graduation Celebrations
- And SO MUCH MORE!

We're excited to use this platform to share our expertise (and our personalities) with the greater community. Feel free to engage with us, ask questions in the comments, and share posts you found helpful!

We can't wait to connect with you online! Find us @sos_physiotherapy –let's get digital!



On Your Way to 5K: Spring Session Starting March 22!

SOS Physiotherapy's own chiro and running enthusiast Rachel Goldsworthy and superstar physio Ali Dings will be running this fun and free beginner's running program!

This 8 week program will start on March 22, and happen weekly on Wednesday evenings from 7:15-8:15pm. The group will meet at the SOS Northfield clinic in Waterloo (595 Parkside Dr. Suite 5A in Waterloo Corporate Campus).

This running group is open to EVERYONE who is ready to learn to run safely, and is already physically capable of WALKING at least 30 minutes without pain.

NO running experience is necessary to join the group.

What can you expect from this group?

- FREE "On Your Way to 5K" digital training plan
- Weekly Run/Walk 30-60 minute workouts led by Rachel and Ali!
- Complete a 5KM run at the end of the 8 weeks!



So what are you waiting for?

Go to the SOS Physiotherapy website to register for the running program!



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!



SOS Physiotherapy Belmont is happy to have a Western Physiotherapy student joining us for a student placement.

We love welcoming physio students into our space and helping them to learn and develop their physiotherapy skills.

Meet Blaire! Blaire is working with Belmont physiotherapist Steve over the next 8 weeks. Blaire participates in triathlons! We look forward to all of the learning and growth ahead.

If you see Blaire around the clinic, be sure to say hello and ask him about his training regimen!



MEET BLAIRE!



Blaire does Triathlons!



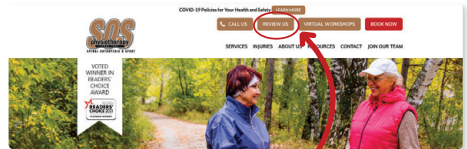
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UPCOMING WORKSHOP!

LOW BACK PAIN & SCIATICA

In Person Workshop at SOS Belmont
Visit Our Website To Register / Saturday, March 11th @ 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](#)

EXERCISES AND PREGNANCY

STUDIES SHOW PHYSICAL ACTIVITY THROUGHOUT PREGNANCY CAN REDUCE THE RISK OF:

Pregnancy-related illnesses such as depression by at least



25%

See **Exercise Do's and Don'ts During Pregnancy** on the reverse side of this page for ways you can remain active throughout your pregnancy!

Developing gestational diabetes, high blood pressure and pre-eclampsia by



40%

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Exercise Do's and Don'ts During Pregnancy

There is SO much information out there about exercising during pregnancy, and unfortunately a lot of misinformation. According to the 2019 Guideline for Physical Activity During Pregnancy, ALL women without medical restrictions* should be active throughout pregnancy!

Physical activity is NOT associated with fetal complications such as miscarriage, stillbirth or preterm birth!

Here are my recommendations as a pelvic physiotherapist and 22-weeks pregnant Mama-to-be:

DO

- ✓ Achieve 150 minutes of moderate-intensity exercise each week (this can include WALKING, swimming, cycling, resistance training, and more)
- ✓ Include resistance exercises (body weight strength or resistance training) TWICE a week
- ✓ DAILY mobility work (can be 5 minutes of gentle stretching and breathwork)
- ✓ Choose exercises that you LOVE and WANT to do!
- ✓ Keep up the exercise that you want to be doing post-partum
 - If you want to run after you give birth, then you should keep running through your pregnancy – just recognize you may have to adjust your pace, duration or intensity!
- ✓ Pay attention to the signals your body sends you!
 - Not every day will feel the same (fatigue, energy, motivation) – give yourself the grace to move your body how it feels right day by day!

DON'T

- ✗ Stop the activities you LOVE (the exercise you WANT to do is the exercise you WILL do!)
- ✗ Push through the signals your body is giving you
- ✗ Signs that your Exercise is TOO MUCH at this time:
 - Spotting or bleeding
 - Abdominal doming/coning or bulging
 - Vaginal or pelvic heaviness/pressure
 - Prolonged/persistent exhaustion or pain
 - Urinary or fecal leakage
- ✗ Try out challenging exercises you aren't used to
 - If you are NOT a runner, this is probably not the time to start training for that marathon
- ✗ Limit yourself more than you need to! Exercise based on YOUR level of fitness and exercise participation pre-pregnancy!
 - For example, core training like sit-ups and crunches, high-intensity interval training, higher load weight training, and non-contact sports like volleyball, are all safe to continue during pregnancy! (pay ATTENTION to your body and the signals it sends you!)

NOTE: Participation in high-risk activities is not recommended during pregnancy (contact sports, downhill skiing and extreme sports, horseback riding, etc). If you are a confident athlete with a high skill level, you as the pregnant Mama may choose to continue participation in these activities with some modifications.

Do You Have More Exercise Questions?

When in doubt, have LESS fear! Have FUN and MOVE your body! It is safe for most women during pregnancy to lift heavy, jump and run!

Talk to your midwife, doctor or pelvic physiotherapist if you need further guidance making these decisions!



Photos of Jess exercising at 20 weeks pregnant.



*Women with restrictions such as pre-eclampsia, placenta previa, ruptured membrane, persistent vaginal bleeding, etc should consult obstetric care before participating

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