



Mighty Mait!



By Evan Lukasik, a registered physiotherapist at our SOS Belmont location.

If you are a patient of mine, chances are I have talked to you about my dog numerous times. For those of you who do not know me, yes I am one of those crazy dog people who treats their dog like a child (my partner is even worse for this, and she knows it). The longer I work as a physio in this community though the more I have come to understand my partner and I are not alone in this regard, as there are many crazy wonderful fur parents out there (cat parents included)!

With that being said, I figured this was the perfect opportunity to introduce my pup to the whole SOS community. His name is Maitland, but we mostly call him Mait and he just turned 2 years old on March 25th, and yes of course we celebrated his birthday. My partner and I are both physiotherapists so obviously we had to name our dog after a physiotherapy treatment technique, corny I know. Mait is an absolute suck who runs our show, and the spoiled guy knows it. He is a huge mamma's boy, acting like her shadow around the house, and he definitely thinks he is a human, though, this is clearly our fault. Mait has his own spot on our couch to watch Netflix and cheer on the Blue Jays, and in the mornings he likes to sleep on top of our heads and snore as loud as possible.

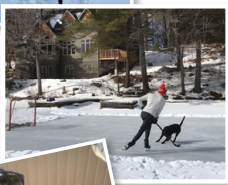
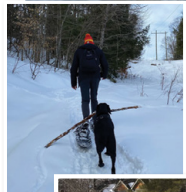
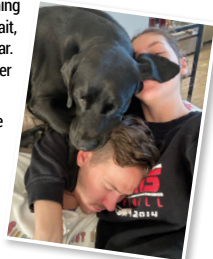
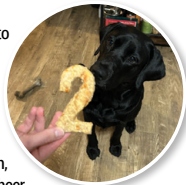
I love my dog and I love being active, so combining these two things is something I do very often. The focus of this article was not only to introduce you to Mait, but to share some things I like to do with the best good boy throughout the year. Hopefully this will give you some more ideas to get out and move no matter the weather!

In the summer we spend as much time as possible up at the cottage, and I am pretty sure this is Mait's favourite place. To stay active the two things I love to do most with him are swim and use the stand up paddle board. He definitely doesn't make balancing on the board easy, but I enjoy the added challenge and he loves the ride. If you have never tried a stand up paddle board, rent one this summer for a day and take it for a spin somewhere on the Grand River, it's a blast (kayaking is a great option too for those who aren't sure about their balance).

In the transition months of the spring and fall our favourite thing to do is take Mait on hikes and walking trails. KW has some awesome outdoor areas with great scenery so get out and explore our backyard. Some of our go to places are the Grand River Conservation Trail at Homer Watson Park, the Huron Natural Area, the Iron Horse Trail, the Hydrocut (just be aware of bikers here), and our daily walk around Victoria Park.

Lastly, those cold wintery months. It is super easy and tempting to stay inside in the warmth but if you want it to go by a little quicker, bundle up and enjoy what the snowy weather has to offer. Our two favourite things to do in the winter with Mait are snowshoeing and ice skating. Laurel Creek in Waterloo is a great winter wonderland to go around on snowshoes. On the lake, Mait loves to play keep away with hockey pucks and he is a pretty good defender, but he does not like to give the pucks back once he steals it!

I hope this gives you some more ideas to get out and be active throughout the year. And don't forget to properly hydrate for optimal recovery after your active outing, cheers!



INSIDE:

- Acupuncture and Dry Needling
- On Your Way to 5K
- How PhysioTherapy Can Help You Get Healthier

SOS JOB FAIR ON MAY 6 Details Inside

www.sosphysiotherapy.ca

HOW PHYSIOTHERAPY CAN HELP YOU GET HEALTHIER



Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physiotherapist to help you get back on track.

At SOS Physiotherapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physiotherapist.

Physiotherapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

What Does it Mean to be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physiotherapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.

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4. Joint and muscle mobility. Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

5. Nutrition matters. You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fast diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

6. Stay hydrated. Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

7. Practice meditating. Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physiotherapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

How Physiotherapy Can Help You

Our physiotherapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physiotherapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at SOS Physiotherapy would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!



**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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TEL: (519) 669-1212

Northfield Clinic

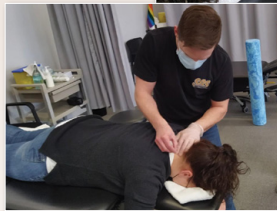
Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070



ACUPUNCTURE AND DRY NEEDLING

Is your neck or low back feeling achy and sore? If so, ask your SOS therapist if acupuncture or dry needling is right for you. The majority of our physiotherapists at all three SOS locations are certified in this advanced technique which is very effective in decreasing myofascial pain and relaxing those tight muscles!

Contact SOS Physiotherapy today and find out if Acupuncture or Dry Needling are right for you!



On Your Way to 5K



New to Running and wondering what's the best way to Start?

Join us for our FREE 5K Running Group!

It is not too late to join!

The On Your Way to 5K Running Group has already begun, but don't fret, you are not too late to join! The next session will be on Wednesday at 7:15pm at our Northfield location, see you there!

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 To Expect!

- FREE "On Your Way to 5K" digital training plan developed by our Chiropractor Dr. Rachel Goldsworthy
- Weekly Run/Walk 30-60 minute workouts led by Rachel and Ali!
- Education on mechanics and running form!
- Complete a 5KM run at the end of the 8 weeks!

So what are you waiting for?



How To Sign Up

- Register by visiting our WEBSITE: sosphysiotherapy.ca
- Under the RESOURCES tab click on the "On Your Way to 5K! Running Program" link.
- CLICK the link to Registers

Or just scan the QR code to visit the Registration page.



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

We would like to give a warm welcome to our new high school co-op student Justin Hawke, who will be joining our Belmont team until the end of June!

If you see Justin around the clinic make sure to say hello!



Meet Justin!

Hi everyone, my name is Justin Hawke and I am a grade 12 student at Bluevale Collegiate Institute. I am currently doing a co-op placement at SOS Physiotherapy to get an idea of what the workplace is like, and what the physiotherapy profession entails overall. Two facts about me are that my initial interest in kinesiology came from going to physio myself for various sports injuries I endured in the past, and I play competitive baseball in Milton. Go Jays Go!



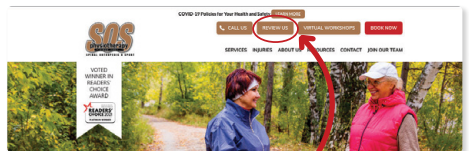
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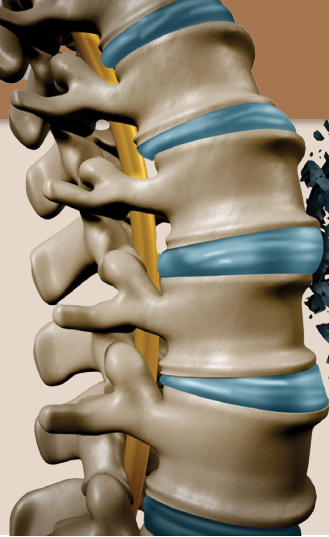
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Just click on the "Review Us!" tab at the top of our homepage, or scan the QR Code



MYTH BUSTING!

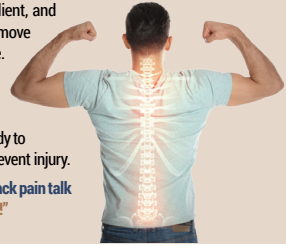


This newsletter's myth busting topic is on those wonderful spinal discs of yours. Spinal discs have been given a bad wrap and in my opinion are very misunderstood. You may have been told in the past that your discs are fragile, delicate, or can be easily damaged by bending your back when lifting something or exercising, however, this is not true and there are many other reasons why people can get disc injuries. Some of these reasons include age, previous injury, level of experience, sedentary lifestyle, over training, poor recovery (sleep, nutrition etc.), and genetics.

In reality, spinal discs are very strong, resilient, and adaptable structures that are designed to help move the spine and absorb loads that are placed on your spine.

Just like your muscles, tendons, ligaments, and bones, if you don't load your discs the risk of injuring them is higher, so don't be afraid to move and get exercising! And if you are new to exercising, start small and build it up to allow your body to be able to adapt and recover to this new demand to help prevent injury.

If you aren't sure how to do this properly or currently have back pain talk to your closest SOS physiotherapist for help! GET MOVING!"



JOB FAIR



MAY 6, 2023 FROM 1:30-3:30PM

**Want to see what it would be like to join our rockstar team at SOS?
Curious about our clinic and future job opportunities you're passionate about?
Look no further! Come join us for an afternoon so we can get to know each other.**

WHAT YOU CAN EXPECT

- Meet and greet current staff members in every position and get first-hand knowledge from them on what their role is and what their experience is like here.
- Learn the guiding philosophies and values of our clinics, including our mentoring program, and how that could benefit you and our patients.
- Slideshow of life at SOS.
- Question and answer: Ask our staff and management specific questions.
- There will be a raffle for swag bags with the **grand prize being a yeti cooler.**



**Scan the QR Code
to Register**

Or visit <https://painhero.ca/clinic/sos-physiotherapy/sos-job-fair/>

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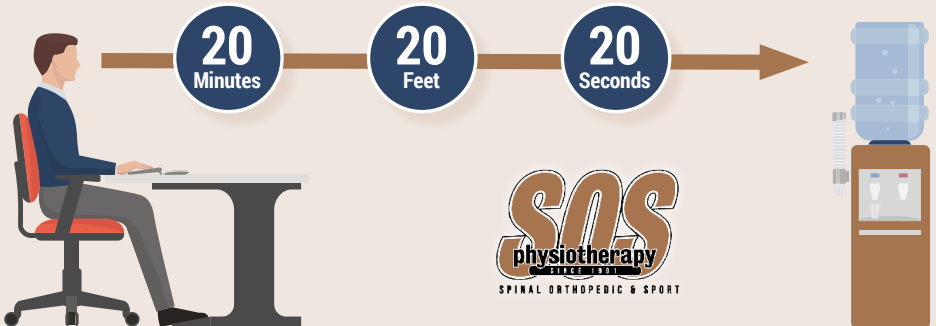
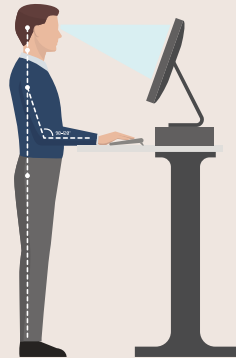
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Office TENSION?

Although we can not help with deadlines and angry coworkers, here are a few general tips/guidelines to follow to help reduce postural tension and soreness from the workplace or your home office setup. Remember, these are just guidelines and not strict rules, especially if you feel they don't work for you. The biggest keys are to find multiple setups that are comfortable and to rotate through them during the work day, your body is meant to move!

1. **Your next posture is your best posture.** Don't get too comfortable with any single position and if possible go between sitting and standing a couple times a day. While in either of these positions make micro changes to your posture often. This will help to improve circulation, keep your muscles moving throughout the day, and reduce post work soreness.
2. **Have the top of your monitor positioned at eye level** to allow for a natural 20-degree downward gaze to help reduce neck tension and eye strain.
3. **Have the most used objects on your desk within a reachable distance, however, if possible change the positions of these objects every once in a while** (ie. if you put your coffee cup on the right side of your desk every day, start switching it to the left side every second day).
4. **Follow the rule of 20's:** Every 20 minutes stand and move for 2 minutes while also looking at something 20 feet away for 20 seconds in order to reduce eye strain and decrease body tension.



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