



POP! THERAPY

ADULT VOCAL GROUP

Introducing KW Glee Pop Therapy

By Ryan Marrin, a registered physiotherapist at our SOS Northfield location.

"It's About Damn Time!" KW Glee has finally created its 1st ever KW Adult Glee group! Pop Therapy is a community music program that allows vocalists aged 19 and over who love to sing to come together as a group and perform music of all genres backed by a professional band! This year, the show featured classic rock and pop songs by artists like Lizzo, Mumford and Sons, Queen, Shania Twain and many more. There were even a few sprinkles of Musical Theatre songs and T.V. Themes! Pop Therapy debuted on May 6th with four completely sold out shows at the Conrad Centre in Kitchener and was a blast for both the cast and the audience alike.

After almost 9 years in the making, Producer and Music Director Steve Lahman and Artistic Director Amanda Kind were finally able to make their dream of an adult glee group a reality. KW Glee was originally founded in 2010 for young singers aged 12-20 that allowed participants to sing songs right off the pop charts and deliver high energy choreography while even including some original music. The original plan for Pop Therapy was to accept a group of about 40-60 performers but the response was so overwhelmingly positive that they decided to expand their original size to an ambitious 110 members. Many people who auditioned expressed how music had been missing in their lives since COVID and became emotional talking about how difficult it can be to find an outlet where adults can sing and perform without completely taking over their lives.

Programs like these develop performance skills, confidence and leadership while also providing opportunities to connect with others and de-stress. Pop Therapy's mission was to create a non-competitive program that broke down some of the barriers that would normally limit people from being able to participate. They used a very low stress audition process and have chosen music that is fun to sing, sounds incredible but is at a level that even people without any choral experience will still be able to thrive, succeed and have fun. They created many solo opportunities and have done their best to share these evenly amongst the group for anyone who is interested so that all members have chances to shine!

It has been a true joy to have been a part of this group and to have been able to share this experience with my loving partner Ken. It has rekindled my love of music, singing and performing. Seeing this incredibly passionate group of people come together and become more confident and powerful each rehearsal has been amazing to experience. Community music truly brings so much joy to performers and provides a safe and encouraging environment where people can grow and learn together while creating something beautiful. The amount of love and support that has been shared between members is a true testament to the power of music and I am so thankful that I was able to be a part of this group that I know has been so important and special for so many people. If you are interested in joining next year, keep an eye on their Pop Therapy page at www.kwglee.com for future audition information.



HOW TO AVOID BACK PAIN WHEN GARDENING



Do you find yourself apprehensive and excited at the same time when spring gardening approaches? You may benefit from learning how to stay in "gardening shape!"

At SOS Physiotherapy, we can help guide you through the steps needed to prevent injuries and enjoy the season.

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. It's essential to take the necessary steps to protect your back from injury during gardening.

How Gardening May Cause Back Pain

Back pain typically develops due to an injury, poor postural habits, or repetitive movements, like bending. This is why back pain is so common with fall gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Gardening is a great way to get physical activity, and for a lot of people, the mental/emotional benefits are as important as the physical.

Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season.

Fortunately, our physiotherapists can teach you the strategies to resolve injuries, old and new, and how to get into "gardening shape."

How To Prevent Back Pain While Gardening

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is essential to take the necessary steps to protect

your back from injury while gardening. Below are three tips for pain-free gardening:

- 1. Warm-up first.** Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.
- 2. When in doubt, stick your butt out!** One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain the natural curves. In the lower back, the curve is called lordosis.

When you stick your butt out, you will naturally increase the curve, aka lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

- 3. Safety First.** You can take simple steps to ensure you are safe while gardening. The most important include:

- Take frequent breaks or alternate tasks such as digging, lifting, and walking. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.
- Choose the right gardening tools to limit the stress on your body
- Use your hips and knees to lift, rather than your back.

How Physiotherapy Can Help Back Pain

Fortunately, physiotherapy can effectively treat and/or prevent back pain. Our licensed physiotherapists will determine the source of your pain and then create a plan to resolve it once and for all.

Your treatment plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physiotherapist deems fit.

As you progress and improve, your physiotherapist will expand on your exercises and stretches by making them more intensive over time. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again.

We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do!

Physiotherapy can help speed up your recovery by giving you the tools to succeed. At SOS Physiotherapy, our therapists want to empower you to prepare for the fall gardening season with a program tailored to your individual needs!



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

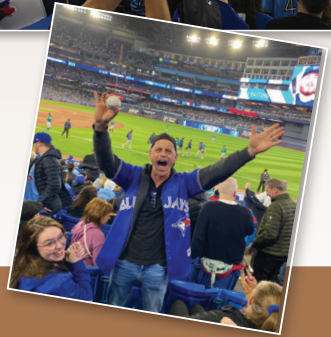
Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070



TORONTO BLUE JAYS STAFF EVENT



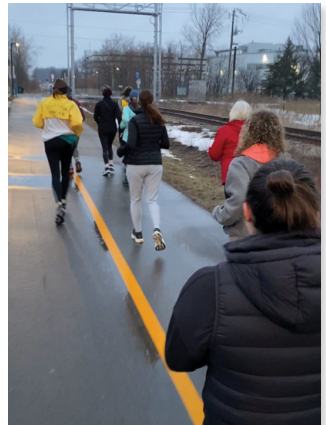
As a group, the S.O.S. Physiotherapy staff headed to Toronto to see the Blue Jays play at the Rogers Centre. We had an absolute blast at the game where the Jays won against the Seattle Mariners 3 to 2. We enjoyed great food and drinks, got to see some of the beautiful new renovations to the Rogers Centre and even caught a ball! Despite Arthur not getting on the Jumbotron (despite his best efforts), and a soggy bus ride home through construction delays, we still managed to have a great time together. We shared tons of laughs and created some amazing memories as a group. Thank you to the S.O.S. Team for making this happen and for always making the staff feel valued through all of these amazing company events!



On Your Way to 5K

S.O.S. Northfield's Chiropractor Dr. Rachel Goldsworthy and Belmont's Registered Physiotherapist Ali Dings have been working hard alongside a small dedicated group of patients and staff with their 2nd annual On Your Way to 5K running group.

The free 8-week progressive running program started on March 22nd and is aimed towards people who are looking to safely begin distance running in a safe and supportive environment. Members have been meeting up once a week either in person or virtually where they have increased their running endurance using a progressive walk-run approach in the community around the Northfield clinic in Waterloo. To celebrate their progress, some of the members will be participating in the Neil Dunford 5K Memorial Run in Baden on May 13th. **If you are interested in joining one of the future running programs or supporting our runners, please talk to our staff today!**



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

STUDENT LIFE AT SOS



We are excited to introduce a few new Western Physiotherapy students at the S.O.S Northfield and Elmira locations! Adam, Alana and Yi Zhen will be with us until midway through June and they have already gotten off to an incredible start. Great job students! We're happy to have you and cannot wait to see your growth throughout the term!



MEET YI ZHEN!



Yi Zhen recently took up indoor rock climbing!



MEET ADAM!



Adam is looking "fore"ward to golfing this season



MEET ALANA!



Alana took the plunge and got married in 2019!

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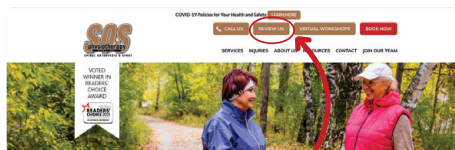
Reliant Wellness Centre (Clock Tower)
3 Wyatt Street East, Suite 2
Elmira, Ontario N3B 2H4
TEL: (519) 669-1212

Northfield Clinic

Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
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Just click on the "Review Us!" tab at the top of our homepage, or scan the QR Code



UPCOMING WORKSHOPS!

SHOULDER AND ROTATOR CUFF

In Person Workshop at
SOS Elmira
Saturday, May 13th
@ 10:00 am

DANCE INJURY PREVENTION

In Person Workshop at
SOS Northfield
Saturday, June 3rd
@ 10:00 am

FIT FORE GOLF

In Person Workshop at
Greystone Racquet Club
Tuesday, June 6th
@ 7:00 pm



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](#)

EXERCISE

Y'S, T'S AND W'S

Strengthening our shoulders and upper body needs to start with strengthening our shoulder blades. Also called Scapular Stability, building strength in the many complex muscles that stabilize and rotate our shoulder blades is essential for progression and injury prevention. Body weight Y's, T's and W's are a great way to start strengthening your back muscles in a low impact way that will help you progress your shoulder exercises, decrease pain and decrease your risk of injury. If these exercises are painful, please do not push through them and ask your physiotherapist for assistance.

Step 1 – Start in a bent forward position with your feet hip width apart, back straight and core engaged.

Step 2 – Beginning with your arms straight and pointed towards the ground, raise your arms up into a "Y" position (like you are doing the YMCA!) in a slow and controlled movement with your thumbs pointing towards the ceiling. Gently engage your shoulder blades and return to the starting position.

Step 3 – Next, raise your arms out to the sides with your palms facing towards the ground into a "T" position. Gently squeeze your shoulder blades and return to the starting position.

Step 4 – Lastly, bend your elbows and raise your arms into a "W" position with your palms towards the ground. Gently squeeze your shoulder blades and then return to the starting position.

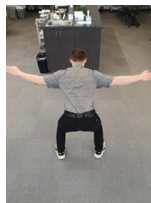
Repeat steps 1-4 between 8 and 10 times to start or until fatigued. If pain free, complete 2-3 sets of these during your upper body workouts. To progress, use a light hand weight or a can of soup in each hand to add some extra resistance.



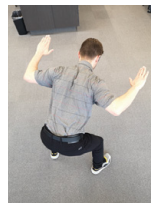
Start



Y



T



W

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PICKLEBALL & RACQUET SPORT

Injury Prevention



As the weather slowly gets better and better, I know many of us will be returning to some of the summertime sports that we all love and miss dearly. Pickleball is currently one of the most popular sports out there and if you haven't been able to play indoors over the winter, knowing how to safely return to this type of sport is essential for making sure you don't injure yourself and potentially lose an entire season of physical activity and fun! Some of the most common injuries we encounter from recreational players include strained/torn knee ligaments, low back strains, rotator cuff tendonitis/tears and tennis elbows. Here are some tips on how to prevent injury and enjoy the game to your full potential.

- 1. Your next posture is your best posture.** We all generally experience some sort of age-related wear and tear of our joints and muscles and may also have some pre-existing injuries. Physical activity can be very beneficial for us, but when starting a new sport or returning to one after a few months of rest it is important to listen to your body, start slowly, and work within your limits. Start with shorter games, lower the intensity and/or play doubles and then slowly build yourself up as long as you do not develop any pain. Using braces can also be helpful if you have any pre-existing injuries that have been properly rehabilitated.
- 2. Warm-up!** Always, always, always start with a proper 5-10 minute warm-up before starting any exercise or physical activity. A well rounded warm-up will include a low impact cardio-vascular exercise to get your heart rate up as well as full body dynamic movements for strength and range of motion. Hitting all the major muscle groups is important for Pickleball because it is such a full body activity, and do not forget about the smaller joints like the wrist and ankles. Finish off with sport specific movements such as volleys, serves, back-hands and smashes before getting into the more competitive part of the game.
- 3. Prioritize Rest and Recovery** (An equally important aspect of physical activity and growth is allowing the body to properly cool down and rest between work-outs. A certain degree of muscle soreness after a work-out is normal but a proper stretch and cool down can help to minimize this.

Reversing your original warm-up and doing less intense versions of those exercises is a great place to start. Then finish off with gentle full body stretches. It is normal to be sore for 1-2 days after a workout but you should not be experiencing anything beyond this and it should not be accompanied by pain in your joints or any change in physical ability/range of motion (i.e. limping, loss of overhead movements, etc.). Talk to your health professional as soon as possible if you experience this.



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