

Life at the Lake

By Coulton Roe, a registered physiotherapist at our SOS Belmont location.

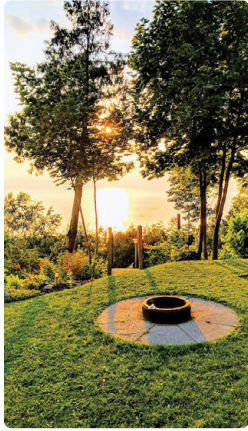
When Spring comes around, I can always count on my dad to be counting down the days until his trailer park opens for the season. It's been his perfect getaway since retiring, and it's easy to see why. With a beautiful view over Lake Huron, easy access to the beach, and the friendliest of neighbors, I would be there all summer if I were him!

Fortunately, my dad and his partner often invite us down for some weekend fun. Last year we participated in their park's version of "The Amazing Race" where pairs race around the campground to complete puzzles and games, competing for prizes, but more importantly for bragging rights. Last year's theme was "Poker Night" and we dressed up as a Royal Flush. I still don't know how we didn't win best dressed... This year we kicked the season off with a wine tasting paired with a charcuterie lunch. For this, we all won! There's always time for a game of cornhole, a bike ride, or even some pickleball. And if you know me and my partner Kayla, you know we are ALWAYS down for a board game.

As for the pickleball, my dad has found a set of courts just down the road, and a pickleball association that sets up different weekend tournaments, and even a weekday league. Playing at least twice a week he's finding improvements in his game, and his endurance, while also making new friends along the way.

It really is so refreshing to see how restorative life at the lake can be. The friendly feel at the park makes it so appealing to spend day after day. And the accessibility to so many activities makes it so easy to stay active. Each weekend there makes it so clear that we need social connection, we crave a sense of community, and obviously... we have to keep moving!!! So whether it's at a trailer, a cottage, or even in your own neighbourhood, make sure to get out with the people closest to you, and enjoy this beautiful summer!

In the wise words of my father, "Retirement's awesome, you should try it." Well Dad, I'm working on it...



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- SOS Charity Pickleball Tournament!



MORE MOVEMENT = MORE ENERGY



Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physiotherapy can help. At SOS Physiotherapy, our physiotherapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physiotherapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

How Does A Sedentary Lifestyle Affect Your Body?

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

How Physiotherapy Can Help You Get Moving

Our physiotherapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable

accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in their day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your 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.

From start to finish, we're dedicated to your ongoing well-being. On every level, physiotherapy serves to enhance your quality of life.

What To Expect In Physiotherapy

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physiotherapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physiotherapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physiotherapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physiotherapists.



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



FROM BELMONT TO BRACEBRIDGE



For the second straight year, the clinicians at SOS Belmont spent a weekend at a gorgeous resort on Lake Muskoka. The team competed in yard games, tried their best at charades, and found tranquility in the campfire and some fishing at dusk.



The water was cold enough for Andrew to treat his wrist tendonitis with some hydrotherapy, but not too cold to keep some of the brave clinicians from indulging in a quick dip.

They also made their way to Muskoka Brewery for an afternoon on the patio.



SOS Golf Day

Our staff from all three locations made it out for a round of 9 holes at Elmira Golf Club on a beautiful June afternoon. We had a few top tier golfers leading the way, and some first timers learning how to swing! We competed for the longest drive, and to see who could get closest to the pin. But in the end, we all won with a cold drink and a hot meal.



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!



STUDENT LIFE AT SOS

Emily

I'm in my third year of study at the University of Waterloo (in between terms 3A and 3B), and I applied to SOS partially because it was close to home... But I had also heard good things about the clinic being well organized and about the staff being super knowledgeable and caring. After my

interview I could tell the environment and culture was fun but also every staff member really had the goal and intention of helping each other out. After university, I plan to do my Masters in Physiotherapy (with maybe a year or two off in between). I'm also super interested in diving into the way the brain works especially around neurological disorders, so I may dive into that specialization as well. I have played soccer my whole life starting with every single recess as a kid. I'd play with my siblings, at the park, in a house league, and then up to competitive levels for a few years. In high school, I realized training 5-6 times per week on top of school, work, and social life was too much if I wasn't going to pursue it as a career, so I shifted my priorities and I settled with playing for the varsity team throughout high school, and continuing to play on intramural teams throughout all of university.



WELCOME BACK REMYA!



SOS Belmont is excited to announce the return of our beloved Massage Therapist Remya Lekshmi! Remya is opening up her schedule starting July 17th, and you know she will fill up quickly! Call in to book your appointments today!



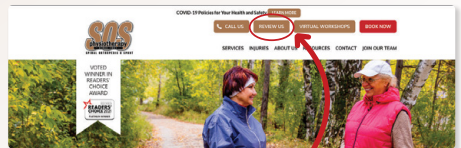
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TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!



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



SHRUG IT OFF

One of my favourite exercises just happens to be one of the simplest exercises in my tool box. This shoulder shrug can be done anytime, anywhere. In certain circumstances it can help headaches, neck tension, shoulder, elbow and even wrist pain.

Does it feel like your poor posture has your shoulders always down and forward? Does your neck always feel like it needs to be stretched out to the side? There is a good chance you need to strengthen the upper fibres of your trapezius muscles!

- Step 1.** Stand tall! Imagine there is a string pulling the top of your head towards the ceiling.
- Step 2.** Start with your palm facing forward, raise your arm out to the side (about 20° from your body).
- Step 3.** Shrug the tip of your shoulder up towards your ear. Then lower back to the starting position.
- Step 4.** Keep the movement slow and controlled.
- Step 5.** Try to go through the full range of motion, and don't let your neck move to the side or to the front.
- Step 6.** Repeat until you feel fatigue (10-20 reps), and perform 3 sets!



 **PROPER FORM**



 **DON'T DO THIS**

MADE OUR WAY TO 5K



Shout out to the crew for sticking with our 5K running group, and completing the Neil Dunford 5K Memorial Run in Baden on May 13th! Rachel Goldsworthy and Ali Dings led the way through this 8-week progressive running program, and couldn't be prouder of everyone showing up through the cold and the rain. Keep your eyes open so YOU can join the next running group!



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You Are Invited To The First Ever SOS CHARITY PICKLEBALL TOURNAMENT!



Hosted at Greystone Racquet Club
Thursday, July 27th from 5:00 to 9:00PM



All proceeds will be going to the
Canadian Mental Health Association

All entrants are guaranteed 5 matches, a tournament branded t-shirt, and a drink ticket for the Greystone Bar and Patio (proudly provided by Waterloo Brewing Co.)

Each member of the winning team will get an exclusive championship t-shirt, plus a FREE one-hour massage with an RMT at SOS Greystone!

Scan the QR Code
to Register Now!



*Entry fee of \$25 per person (Greystone members) and \$35 for non-members.

If you have any questions, please feel free to email arthur@sosphysiotherapy.ca



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington