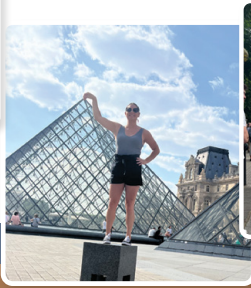
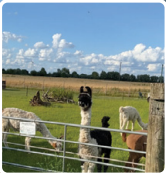


Ali's Euro Adventure!

Hello! My name is Ali and I am one of the physiotherapists that works out of our SOS Belmont clinic! I recently took a family trip to Europe, so follow along with me as I reminisce about all the adventures and sight-seeing I did!

The travel crew consisted of my parents, my brother, his girlfriend, and of course me! The reason that we went on the trip in the first place was for a wedding that we were invited to in Germany! The wedding was at the end of June, so we decided to go a week early, and stay a week later to make a big adventure out of it! So 5 days before the wedding, we flew from Toronto to Amsterdam. From there we rented a car and all five of us with our luggage squished into the car and we headed to Germany! Our Airbnb was in Alpen and was a lovely house in the countryside with gardens, fields, and a hobby farm including lamas, chickens and goats! For five days we traveled to surrounding small towns to explore, eat and shop! One day we also drove to a small town in the Netherlands (right along the border) called Venlo. It was great to at least spend one day there since my dad's side of the family is Dutch. We attended the wedding which was in Dinslaken and had a fantastic time! The next morning we headed to the train station at Amsterdam Airport. The train we wanted to take was sold out, so we took a different train which had a 4 hour stop in Brussels, Belgium. With all of our luggage, we couldn't go far on the cobblestone sidewalks in Brussels, so we sat and ate some Belgian waffles instead! After a few hours we got onto the second train to Paris, France. Our Airbnb was in Saint-Denis which is just north of Paris. For the two and a half days we were in Paris we visited the Eiffel Tower, Louvre Museum, Notre-Dame Cathedral, Arc de Triomphe, Avenue des Champs-Elysees, Montmartre, Basilica of the Sacre-Coeur, and so many coffee shops! I loved the food and the coffee in Paris! Next stop was London, England so we hopped on another train which took us underneath the English Channel to the King's Cross Train Station. We of course had to get a picture at Platform 9 ¾! Our last Airbnb was on Abbey Road in London, so we also got the iconic Beatles crosswalk picture! We also visited the Tower of London and saw the Crown Jewels, Westminster Abbey, Buckingham Palace, Big Ben, London Eye, Trafalgar Square, Tower Bridge and Houses of Parliament. We even went to High Tea! After two very full weeks of traveling we were ready to come home! We flew from London to Toronto, and arrived safely back home with lots of memories! Take a look at the awesome pictures we snapped along the way!



HOW TO AVOID BACK PAIN WHEN GARDENING

Do you find yourself apprehensive and excited at the same time when fall 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.

Fall gardening has several advantages, such as cooler temperatures and less humidity than summer months. It also offers the opportunity to clean out last season's flower beds and vegetable garden, and plant bulbs that bloom next spring.

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.

Whether you're experiencing general back pain or sciatica pain, our physiotherapists at SOS Physiotherapy are trained in helping alleviate your discomfort. We will provide you with helpful tips for avoiding back pain while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.

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, a.k.a. 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.

Preparing for the gardening season can be fun and enjoyable or painful and frustrating. Our therapists are here to help make sure you can do what you love!

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! Call today to set up an appointment with one of our therapists!



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

PRECIOUS ADDITIONS TO THE SOS FAMILY!



We wanted to send a **BIG CONGRATULATIONS** to **TWO** of our SOS team members **Jess and Robyn**, **BOTH** recently welcoming beautiful and healthy babies into this world!!!

Jess is a physiotherapist at SOS Northfield who just welcomed baby boy **Ezra** on July 17th with proud dad Tim!

Robyn is a massage therapist at SOS Belmont who just welcomed baby girl **Audrey** on July 20th with proud dad Troy! All of us at SOS Physiotherapy are extremely happy for both of you and we can't wait until the little bundles of joy can make it into the clinics for a visit!



SOS Charity Pickleball Event



On July 27th SOS Physiotherapy hosted their first ever Charity Pickleball Tournament! The tournament was hosted at the Greystone Racquet Club and ALL of the proceeds went to the Canadian Mental Health Association! The event was so much fun and a big THANK YOU goes out to all of those that came out and supported us!



Proceeds Went to:



Canadian Mental Health Association
 Waterloo Wellington

Association canadienne pour la santé mentale
 Waterloo Wellington

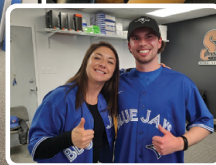


WATERLOO CO-OP STUDENT GAVIN WRAPPING UP

Gavin Lunn – SOS Belmont

You may have seen a familiar face over at SOS Belmont for the past 8 months! Gavin has done a FANTASTIC job during his Co-Op placement with us and we wanted to give him the spotlight to share some of his experiences working with us!

"My name is Gavin Lunn and I am a student at the University of Waterloo studying Kinesiology. I am currently completing my second co-op placement with SOS Physiotherapy at their Belmont location. I have had a great experience during my placements where I have been able to shadow the physiotherapists to learn about different conditions, treatment options, and exercises. I have also had the opportunity to teach and review exercises along with treating clients with modalities such as the laser. They are a very friendly, tight knit group who have made me feel welcome and a part of their team. My experience has allowed me to make lasting connections not only with the physiotherapist but the clients as well. I appreciate everything SOS Physiotherapy has done for me as it has allowed me to grow in all aspects of my life."



WELCOME PHYSIOTHERAPY STUDENTS



SOS Elmira Gordon

Gordon is a physiotherapy student from Western University, and he will be working out of our SOS Elmira location alongside physiotherapist Ryan Wark.

Fun fact about Gordon: he has been performing musical theatre for a decade and was the LEAD in Footloose as well!



SOS Northfield Skyler

Skyler will be spending 8 weeks at our Northfield location working with physiotherapist Ryan Marrin! Skyler is from Western University and fun fact: he

recently took up playing tennis!



SOS Northfield Brittany

Brittany is a Physiotherapy student from Western and will be completing her placement at SOS Northfield with Physiotherapist Arthur!

Fun fact about Brittany: when she's not studying she likes to read and ride horses!

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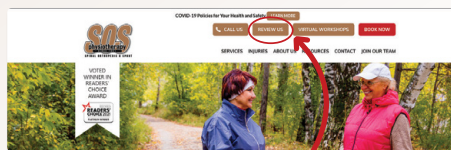
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TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!



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

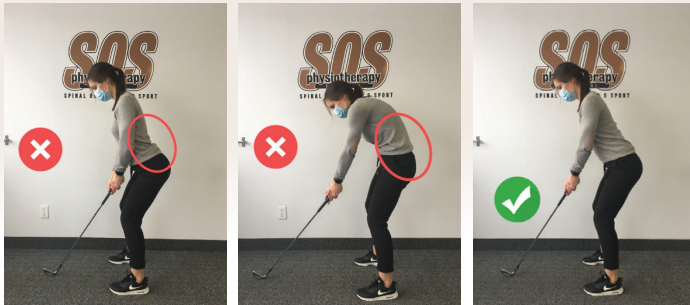


COURTNEYS GOLFING TIPS

It's golf season! You know what that means.... Golfing injuries!

SOS Belmont physiotherapist Courtney is an avid golfer, so there's no better person to teach you about improving your posture on the tee! The correct posture in the set-up position begins with a good spine angle. Bend through your hips while keeping your back relatively straight. Your knees should be slightly bent, allowing for a small amount of bounce through impact. A good rule of thumb is that the feet should be placed

approximately shoulder width apart for a 5 or 6 iron. The weight should be evenly distributed on both feet, with slightly more pressure shifted onto the balls of your feet and toward the back of the leg. For the shoulder set-up, you should imagine that you are very lightly squeezing a tennis ball between the lower corners of your shoulder blades. Due to your proper spine angle, your hands should be in a position to grip the club!



READERS' CHOICE AWARDS 2023!

The Waterloo Region Record Readers' Choice Awards is under way! We expect to be nominated in several categories and look forward to your votes as soon as voting opens up. Stay tuned and thanks to everyone who took the time to nominate us! We appreciate our community so much and we THANK YOU for your votes! It means the WORLD to us to have your support!



WATERLOO REGION
RECORD
READERS' CHOICE AWARDS 2023

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The Deadbug Exercise



Follow along with SOS Physiotherapist Ali while she shows you how to perform a modified deadbug exercise! This exercise is one of our all time favourites for keeping the core nice and strong. This simple, but very effective exercise is great for maintaining strength and stability through the core to help treat and prevent low back pain!

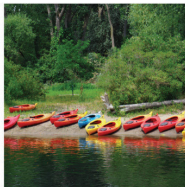
- Step 1:** Start laying on your back with your knees bent and your lower back pressed into the floor.
- Step 2:** While maintaining a steady breath and the lower back pressed down, slowly lift one leg to 90 degrees. Make sure to not let the trunk rotate or tilt while you lift the leg.
- Step 3:** Keeping the first leg up, do the same thing with the other leg so that both legs are now at 90 degrees.
- Step 4:** Hold for 10 seconds, then slowly lower the first leg back down, then lower the second leg.
- Step 5:** Repeat the exercise 5-10 times. Always remember to never do an exercise that causes you pain and if you are unsure, talk to your clinician!



**AUGUST
LONG
WEEKEND**
is coming!



**MONDAY
AUGUST 7**
CLOSED
for
Civic Holiday



AUGUST 8
OPEN FOR
REGULAR
HOURS



AUGUST HOLIDAY HOURS

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