

A COMEDY OF SNEAKERS

How I Conquered Plantar Fasciitis and My First Half Marathon!

Hey everyone my name is Arthur Szydowski and I am a physiotherapist working out of the SOS Northfield location as well as our Greystone satellite clinic! Here is the story of how I (barely) finished my first half marathon.

It was a crisp November morning when my father-in-law expressed to his family that this would be the year he finally checked running a half marathon off his bucket list. None of us were really avid runners so I was quick to congratulate him on his ambitions. Needless to say, I was quite surprised when he asked us to join him on his journey.

Naturally, being the incredibly supportive and enthusiastic family members we are, my partner and I found ourselves in a full-fledged training regimen. I might not have been a runner, but we were all in the same boat. What could possibly go wrong, right?

The journey started out as an inspiring tale of grit, determination, and... well, let's just say a lot of sweat. Week by week we increased our distance and actually found things to be going quite alright.

But as time rolled by, I quickly realized that running was less about the wind in your hair and more about the burning sensation in your legs. But hey, who am I to argue with science? Tragically, just as we crossed the 10km threshold in our training program, the burning sensation in my legs began to turn into something more sinister... Plantar fasciitis. This was a setback I did not expect but was thankfully equipped to deal with.

I began a series of stretches and exercises just as if I were one of my own patients. I also reluctantly reduced my training volume and watched from the sidelines as my training partner continued on. But my diligence paid off and in a few weeks, I was again running pain free.

Fast forward to the big day. With adrenaline pumping through our veins and the sweet scent of victory in the air, we stood at the starting line, ready to conquer the half marathon we had trained so hard for.

But here's where the plot thickens. My father-in-law, the cunning underdog, pulls off the ultimate coup. As the race unfolded, I was shocked to see him zoom past us like a gazelle. I could practically hear him whisper, "Catch me if you can!" in the wind.

As for me and my partner, we battled valiantly for the remaining podium spots. I was able to keep up for a good portion of the race but she pulled ahead in the final kilometers. I crossed the finish line, gasping for breath no longer able to feel my legs. And guess what? I came in third! This is a little less impressive after I tell you we were the only three to run the race, but I was proud to cross the finish line nonetheless.

In the end, our half marathon experience was a hilarious tale of determination, setbacks, and the unexpected triumph of a sneaky father-in-law. As I nurse my post-race blisters with a side of humility, I can't help but smile at the absurdity of it all. Running a half marathon might not have been the smoothest journey, but it sure did provide us with a barrel of laughs and a newfound appreciation for comfortable shoes. Until next time, fellow runners, keep chasing those finish lines and embracing the unexpected twists that come with every step. Who knows, your next half marathon might just be the perfect blend of challenge and comedy, complete with surprise victories and a whole lot of stretching.

Happy running, and may your sneakers always be in your favor!

Yours in hilariously sore muscles,
Arthur



MORE MOVEMENT, MORE ENERGY

Do you sometimes feel sluggish, tired, achy, sore or have low energy? You could be suffering from some basic physical problems. If you sit still for long hours in your car, at your job or at home watching TV, you are hurting your body over time.

Without frequent movement, your muscles waste away, joints become stiff and normal chemical processes in your body change. In fact, your circulation and lymphatic systems slow down causing a backup of toxic wastes, such as cholesterol, that are normally produced and excreted.

There are many studies that show changes occur in the human body with less movement. Lack of movement and poor posture are the most frequent causes of low back pain, headaches, neck pain, shoulder pain and pain in the hips / knees or legs. Slumped posture actually changes the shape of your spine, closes the joints of your shoulders, tightens the tissues around the hips and produces a host of other problems.

"There is one fundamental rule of the human body; it was made to move!"

Sometimes people find themselves not moving like they used to or having difficulty moving due to pain. The restriction in movement has the potential to lead to other health problems.

To be healthy, a big emphasis needs to be placed on movement. In order to keep moving, your body needs to be flexible, strong, have good balance and good nutrition. The medical experts at SOS Physiotherapy can help relieve your pain, re-align your body and get you moving. You can have more energy at any age!

10 Easy Steps to Relieve Pain and Have More Energy

Easy steps to pain free movement and more energy:

1. Decide to get up and get moving
2. Get up from your chair every 20 minutes and walk around, even if just for a few seconds
3. Walk or exercise at least 30 minutes everyday
4. Drink plenty of water
5. Stretch your legs, hips, spine and neck daily for 10 minutes
6. Don't push into painful movements
7. Make sure you are sitting properly at your desk or computer
8. Take frequent breaks to deeply inhale / exhale
9. Stretch your arms overhead frequently throughout the day
10. Do strengthening exercises 2-3 times/week

Get Moving!



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MY NEW FAVOURITE PASTA RECIPE



If you're anything like me, you enjoy a good bowl of pasta. I recently stumbled upon a recipe for a creamy zucchini pasta that not only tastes amazing but helps you sneak in some veggies! Give this recipe a try next time you are craving some carbs!

Here is what you'll need:

- ¼ cup extra-virgin olive oil
- 3 cups diced zucchini (2-3 medium zucchinis)
- 2 medium shallots, sliced (about 1 cup)
- 1 tablespoon minced garlic
- 1 pound long pasta such as spaghetti, fusilli or bucatini
- ½ cup pasta water (save some water after the pasta is done cooking, the starch in the water helps the sauce stick to the pasta)
- 1 cup heavy cream
- About 20 basil leaves
- 1 teaspoon sea salt, plus more to taste
- ½ teaspoon serving freshly cracked black pepper, plus more for serving
- ¾ cup grated Parmesan cheese, plus more for serving

Step 1: Sauté the zucchini, shallots and, after a couple of minutes, the garlic.

Step 2: Pour in the heavy cream, basil leaves, salt and pepper.

Step 3: Bring the cream sauce to a very gentle simmer for about 5 minutes, make sure you don't let the cream come to a boil!

Step 4: Boil the pasta of your choosing. My favourites to use are fusilli or rotini! Don't forget to save a scoop of the pasta water before you drain it!

Step 5: Add the pasta water to the zucchini cream sauce and place it in a blender! Be Careful the mixture will be hot and steamy!

Step 6: Once the sauce reaches a smooth consistency it is ready to be served over your pasta with some Parmesan cheese!

I hope you enjoy this yummy pasta as much as I do!



PILLOWISE PILLOW

SOS Is Now Offering Pillowwise Custom Fit Orthopedic Pillows!

Do you often find yourself waking up with a stiff neck? Or are you not even able to fall asleep because of neck pain? Perhaps it's time for a new pillow. But with so many options available, how do you know which is right for you? Let me introduce you to the "Pillowwise" pillow, a customized pillow expertly designed to give you the best night's sleep possible. With just a few quick questions and measurements, your SOS practitioner can have you fit with your perfect pillow in no time. The best part is Pillowwise has a satisfaction guarantee, so either you love it or you get your money back. Ask your clinician if Pillowwise might be right for you.



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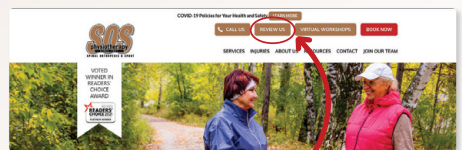
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CHOOSING THE RIGHT RUNNING SHOE

A STEP-BY-STEP GUIDE

Selecting the perfect pair of running shoes is an important step in any runner's journey, whether you're a seasoned vet or just starting out. The right shoes can significantly impact your comfort, performance, and overall running experience. To ensure you make an informed choice, here's a step-by-step guide on how to pick the right running shoe.

- 1. Understand Your Foot Type:** Begin by determining your foot type – whether you have a neutral arch, high arch, or flat feet. This information helps you narrow down the type of shoe that offers the appropriate level of support. Here is a chart to help you understand your feet:

| | | | |
|----------------------------|---|---|---|
| Flat foot (Fallen arch) |  |  |  |
| Normal foot |  |  |  |
| Hollow foot (High arch) |  |  |  |

- 2. Take a look at your old shoes:** Analyzing the wear patterns on your old shoes is a great way to get more information about how you run. If they are mostly worn on the instep, you have a tendency toward pronation. If they are worn on the outside, you have a tendency towards supination.



- 3. Consider Shoe Type:** Different running shoes are designed for specific terrains and distances. Road-running shoes are ideal for pavement and tracks, while trail-running shoes offer added traction and protection for off-road adventures. Decide on your preferred terrain before making a selection.



- 4. Get the Right Fit:** A proper fit is paramount for preventing injuries and discomfort. Ensure there's a thumb's width of space between your longest toe and the shoe's end. Check that the width of the shoe suits your foot shape, providing a snug yet not overly tight feel.
- 5. Try Before You Buy:** Visit a physical store to try on various brands and models. Walk around and jog within the store to gauge comfort and fit. Keep in mind that your feet might swell slightly during a run, so a slightly roomier fit is advisable.
- 6. Know When to Replace:** Running shoes have a lifespan of around 300-500 miles. Pay attention to signs of wear such as flattened cushioning, visible creases, or an uneven tread pattern. Replace your shoes when you notice these signs to maintain optimal support and performance.
- 7. Seek Expert Advice:** Don't hesitate to ask store staff for assistance. They are trained to guide you based on your needs, foot type, and running style.
- 8. Prioritize Comfort:** Comfort is key. A comfortable shoe reduces the risk of blisters, hot spots, and discomfort during long runs. Remember, what feels great for one runner might not be the same for another, so prioritize your own comfort.

In conclusion, these steps can help you decide on which shoe is right for you but don't overthink it. Feeling comfortable is far more important than your foot shape and wear patterns. If you find yourself unable to make a decision, don't be afraid to ask an associate at your favourite shoe store. *Happy running!*

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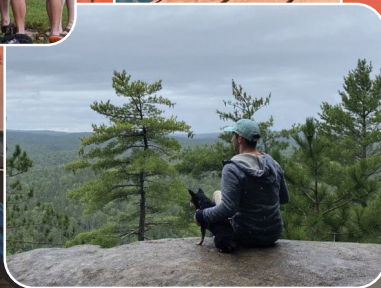
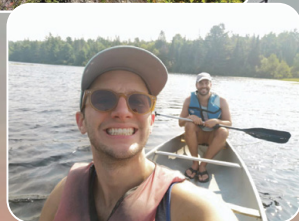
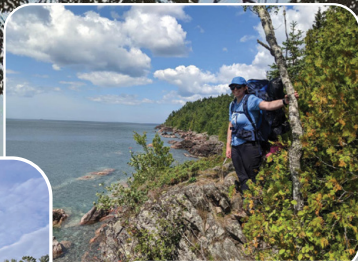
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Summer Fun

This summer sure has been a memorable one. The SOS staff certainly took advantage of the warm weather and long days. We're not quite ready to let summer go just yet, so here are a few highlights from the last couple of months!



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