

## THE Wedding



Hi everyone! For those who don't know me I am one of the SOS physiotherapists working in Elmira. It seems like summer has flown by – as it usually does in Canada I suppose. For me it went extra quickly as I got married and went on an amazing 2 week long honeymoon.

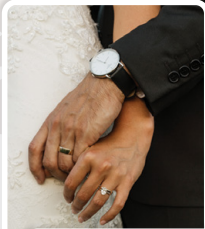
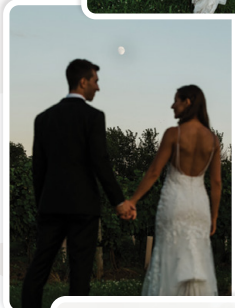
My now husband Dave and I got married on July 29th at a beautiful winery nestled in a conservation area down in Lincoln, ON. If you remember, the 29th started off ... rainy. Given the summer we had been having we knew this was a possibility so we prepared with back up plans and umbrellas. What do they say - hope for the best, prepare for the worst? Luckily the rain stopped mid afternoon and we were able to enjoy our wedding exactly as we had planned. Our ceremony was set up in front of the vineyards with our closest 90 or so friends and family looking on. We decided to write our own vows - something I nearly regretted the night before. Panic practicing and crying in the bathroom, thinking "why did I suggest this when I cry at a cute dog let alone telling the love of my life how I feel in front of everyone?" Despite all of this, it went great. It felt really special to share such sweet words in front of our families.

After a quick ceremony, the weight lifted off our shoulders and it was time to relax and have some fun! We had planned a packed evening for everyone. Cocktail hour started off with lawn games of cornhole and jumbo Jenga, wine tastings on the top deck and cocktails named after our dog and cat (of course). Dinner flew by – memorable speeches by our parents and best friends and first dances. I messed up the inside turn – as a veteran ballet dancer I was and still am upset with myself.

The evening wrapped up with a night of dancing to 90s and 2000s throwback music, more lawn games, campfires with smores and stargazing in the observatory on the top deck of the venue. It was easily the best day of our lives. All of the planning, stress and frustrating DIY crafting were worth it. We took off a week after for 2 weeks to the mountains and beaches in Northern Spain.

I'll save that for the next one though! I hope you've all been having a great summer and are ready to get back into the fall routine.

Lindsay



# HOW A STANDING DESK CAN REDUCE WORK INJURIES



Do you catch yourself slouching while sitting at your desk? Do you notice your spine gets sore by the end of your school or workday? You may benefit from a standing desk.

At SOS Physiotherapy, our therapists can assess your condition and help you decide the steps you can take to find relief!

Sitting at a desk or working on a computer, might be part of your daily work routine. Unfortunately, this routine may have adverse, long-term effects on your health. Our bodies were made to move through various positions and don't like being held in the same position for long periods.

A sedentary job may be detrimental to different areas of your body due to the lack of variety in your positions throughout the day. In general, changing your position from sitting to standing and then back to sitting is far better than just sitting all day long!

## How Physiotherapy Can Help

We will start with a comprehensive evaluation and a movement assessment to identify all the factors contributing to your condition. Using this information, we will develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and any other appropriate pain relief techniques.

We will educate you on finding your proper posture, whether standing or sitting, and targeted stretches and specific exercises to reduce your pain, restore movement, and strengthen your body.

## How a Standing Desk Can Help You Feel Better and Be Healthier

Now that you understand the long-term effects of sitting all day, you can better understand the benefits of using a standing desk!

Using a standing desk instead of a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions. Standing can boost your energy levels, concentration, and even your mood.

Here are a few steps you can take to have an immediate impact:

**Limit Your Sitting** – Prolonged sitting is not suitable for your back or your overall health. Stand up periodically throughout the day and limit your sitting to 30-45 minutes at a time.

**Find Your Proper Posture** – The spine does not like to remain in any one position for an extended time. You can counteract slouching by lifting your breast bone (i.e., sternum) towards the sky. This will straighten out your spine into your natural posture.

## Call to Schedule an Appointment

Physiotherapists are movement experts, and they are great resources to have when trying to achieve your physical performance goals.

At SOS Physiotherapy, we provide specialized programs for making the most out of your workday. We can also provide you with tips and techniques for arranging the best ergonomically efficient area to work, including a standing or adjustable desk in your daily routine.

Schedule an appointment today!

## The Benefits of a Standing Desk

The use of computers has changed how work is being done around the world. More people find themselves slumped over a computer, typing away, with their back aching and shoulders hunched. This kind of posture also results in a sore neck.

Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, back and neck pain, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in significantly decreasing these risks!

The benefits of incorporating a standing desk into your daily workday include physical and mental wellbeing as well as improvements to the work itself.

Some of the main benefits include:

- Less pain in the upper back, neck, and shoulders
- More calories burned
- Decreased blood pressure
- Increased in productivity
- Improved task engagement (i.e., interest, enthusiasm, and alertness)
- Improved mood and/or reduction in stress

Standing desks also have a positive effect on your posture and other ergonomic considerations. The ideal situation would allow for changing from sitting to standing with ergonomic computers, desks, and chairs to promote proper posture, decrease the risk of repetitive use injuries, and improve overall well-being.

[www.sosphysiotherapy.ca](http://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



# VOLUNTEER SPOTLIGHT

*Do you want to gain valuable experience?*



## MEET RACHEL MARTIN!

Hi, I'm Rachel and I'm a volunteer at the Elmira location. I'm currently on summer break, then I am going into my 4th and final year of my kinesiology program at Western University.

I plan on studying physiotherapy after I finish my program. You may see me in appointments shadowing and asking questions, or cleaning up the clinic in between patients. No matter what I'm doing, I am having a great time!

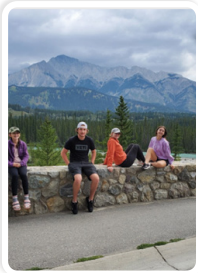
In my spare time, I love to be at my cottage or go on a run. I also enjoy reading so if you have any recommendations, let me know! I have thoroughly enjoyed my time at SOS! I have learned so many valuable skills and concepts. I am very grateful for my time here.

If you, or someone you may know, are interested in gaining valuable experience for your future – applying to graduate school or aren't sure if physiotherapy is the right career for you, please reach out to our volunteer leads at any of our 3 locations below!

**Elmira:** [lpark@sosphysiotherapy.ca](mailto:lpark@sosphysiotherapy.ca)

**Kitchener – Belmont:** [cvoisin@sosphysiotherapy.ca](mailto:cvoisin@sosphysiotherapy.ca)

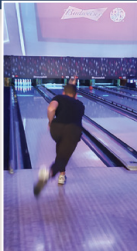
**Waterloo – Northfield:** [rmarrin@sosphysiotherapy.ca](mailto:rmarrin@sosphysiotherapy.ca)



# You're Incredi-BOWL: Goodbye Maddy!

*Sadly the SOS team in Elmira had to say goodbye to Maddy this week.*

It was bitter-sweet for all of us! For anyone that comes into Elmira, sometimes we wonder if they come to chat with Maddy or see us. Maddy is headed off to the UK for physiotherapy school this fall. To celebrate and say our farewells we enjoyed a night of snacks and bowling!



# THE READERS' CHOICE AWARDS 2023!

# WATERLOO REGION RECORD

READERS' CHOICE AWARDS 2023

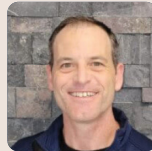
The Waterloo Region Readers' Choice Awards are underway! We have TEN clinicians nominated in various categories and have been nominated in FIVE different business categories as well. Voting completed on Sept 23rd.

Thank you so much to those who have nominated us and voted for us. Your support means the world to us! We will keep you posted on final results!

## Physiotherapist Nominees



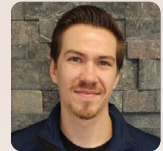
Adam Dafoe



Andrew Woelk



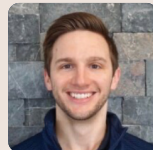
Chad Beacom



Evan Lukasik



Jessica Clancy



Ryan Marrin



Ryan Wark



Stephen Hogan

## BUSINESS CATEGORY NOMINEES

Chiropractor Clinic

Massage Therapy Clinic

Acupuncture

Alternative Medicine/Healing

Physiotherapy Clinic/Services

## Chiropractor Nomine



Dr. Rachel Goldsworthy

## Massage Therapist Nomine



Natalie Yeo

*Thank you!*

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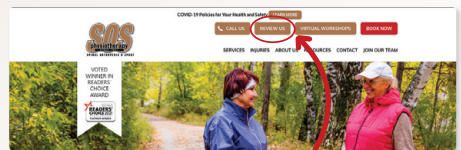
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## BACK TO SCHOOL

# Backpack Do's and Don'ts!

With back to school comes wearing backpacks! Safely wearing a backpack is important to prevent strain and discomfort on your back, shoulders, and neck. Here are some steps to ensure you're wearing your backpack safely:

### Step 1: Choose the Right Backpack

Select a backpack that fits your body well and is appropriate for the size and weight of the items you'll be carrying. Look for padded shoulder straps and a padded back panel for added comfort.

### Step 2: Adjust the Straps

Adjust the shoulder straps so that the backpack sits comfortably on your back, with the bottom of the pack resting evenly on your lower back. Don't let the bag dangle down - as cool as it may seem.

### Step 3: Use Both Shoulder Straps

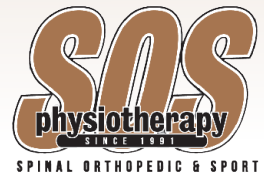
Always use both shoulder straps to distribute the weight evenly across your shoulders. Using just one strap can cause uneven strain and posture problems.

### Step 4: Use the Chest and Hip Straps (if applicable)

If your backpack has chest and hip straps, use them further offload onto your hips and stabilize the weight.

### Step 5: Pack Strategically

Place heavier items closer to your back and towards the bottom of the backpack. This helps to maintain better balance and prevent the backpack from pulling you backward. Don't overload! It should never be more than 10-15% of your body weight.



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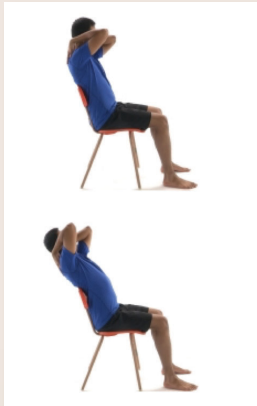
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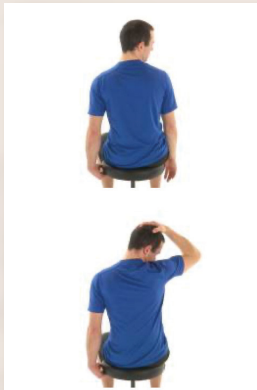
# DESK EXERCISES



## Seated Upper Thoracic Extension

Most of us sit in a slouchy posture. Working long hours without a break, gravity beating us down and weakness/stiffness around the neck and shoulders are the likely culprit. This exercise will work to extend you out of that rounded posture, giving those overloaded joints a welcomed break.

1. Start by sitting upright, chest is up and hands wrapped around the back of your neck
2. Hands shoulder tightly grab the back of the neck - so the movement occurs through the upper back rather than hinging through your neck
3. Think about lifting your elbows and chest up to the ceiling without extending through your neck or low back
4. If the back of your chair reaches mid back - you can think of extending over the back
5. Pause, repeat x 10-15 reps for every 1 hour of sitting



## Levator Scapulae Stretch

With that slouchy posture - comes your head deviating in front of your body. Our head typically weighs around 12 lbs. With a 3 inch deviation forward, it can weigh within the region of 40 lbs. No wonder our muscles ache! This stretch should give some relief to those tired muscles. .

1. Start by sitting up tall and tuck your chin in (think about making a double chin)
2. Take your affected side arm and place it behind your back if your shoulder will allow
3. Bring your head down and away from that side to your opposite shoulder (think about sniffing your armpit)
4. Hold for 20-30 seconds per every 1 hour of sitting



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