

TRIP TO ARIZONA

Hi everyone! My name is Anna, and I am one of the physiotherapists at our SOS Physiotherapy Northfield location. Today, I would like to share the incredible adventure I had on my recent trip to Arizona with my friends.

The trip kicked off with an exciting adventure in Black Canyon City, where we explored the rocky and spectacular landscape on ATVs. This was my first experience with ATV riding, and I was a little nervous at first. A few minutes in, I was having an adrenaline rush as we started to navigate through the dusty trails and the stunning desert landscape. Our desert tour lasted about two hours, and the heat (35-40 °C) was the most challenging part of this experience. But it was definitely worth it!

Evenings in Scottsdale were another highlight of our trip. The city came alive with vibrant nightlife, delicious dining, and cultural experiences. We enjoyed walking around Old Town Scottsdale, admiring boutiques, live music and tasting the local cuisine. The warm temperature at night was perfect for our long adventurous nights. One of our first stops in Scottsdale was Top Golf, which offered a unique blend of golf, entertainment, and good food. I must admit that I'm not a skilled golfer, but it was a blast trying to hit those balls at various targets. Besides, the views of the city's light against the desert backdrop made this evening unforgettable.

Of course, no trip to Arizona would be complete without enjoying the authentic local cuisine. We ate mouthwatering local tacos that were a true taste of Arizona's vibrant food scene. One thing that surprised me about Arizona was the incredible diversity in its landscapes. While driving through the cities, I was stunned to come across towering pine trees. The contrast between the deserts and the pine forests was captivating, a testament to the natural beauty and variety that Arizona has to offer.

This trip was truly a beautiful combination of thrilling experiences, beautiful landscapes, and unforgettable nights in Scottsdale that made it an adventure of a lifetime with my friends.

Anna



KNEE & HIP PAIN? PHYSIOTHERAPY CAN HELP RELIEVE YOUR PAIN!

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At SOS Physiotherapy, our team of physiotherapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depends on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At SOS Physiotherapy, our physiotherapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying The Source Of Your Hip And Knee Pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Cartilage injuries
- Sprains and strains (i.e., injuries to muscles and ligaments)

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

Arthritis: Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.

Tendonitis: Repetitive stress and overuse type injuries are more common with tendon-related pains.

Sprains/Strains or Cartilage Injuries: These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physiotherapist can identify what is causing your pain and help clarify what your next steps should be.

Effective Solutions for Your Knees & Hips

Our licensed physiotherapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, and coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What To Expect In Physiotherapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physiotherapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physiotherapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physiotherapists are skilled at hands-on intervention and selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact SOS Physiotherapy to schedule an appointment. We offer the results you are looking for!



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

COOP STUDENTS LIFE AT SOS



MEET FIONA

Hey everyone! My name is Fiona and I am one of the co-op students here at SOS Northfield for the Fall 2023 term! I am currently a third year student at the University of Waterloo studying Kinesiology. SOS Physiotherapy is my second co-op placement in my degree and I couldn't be happier to have the chance to work with such amazing people. I've learned so much of what it means to be a part of an uplifting atmosphere. If you don't see me at the front desk you can find me in the back either performing laser, as well as other modalities, or even shadowing in on some of your appointments! When I am not working I love to go on walks in Waterloo Park, play soccer with friends, and hang out with my dog and cat!

MEET ALANA

Hi everyone! My name is Alana and I'm a co-op student in Kinesiology at the University of Waterloo. I am very grateful to have the opportunity to work with the team at SOS Physiotherapy for my second co-op placement. I started off volunteering with SOS in the summer, and I realized quickly that it would be a dynamic environment which I could learn and grow from. I have gotten to experience the best of both worlds, shadowing in the back and navigating the busy world at the front. When I'm not in the clinic I love going to the gym, cooking and exploring new cafes in Waterloo.

SOS Food Drive



The SOS team at Northfield donated some non-perishable food to the food bank this Thanksgiving. Thanks to all of our patients who contributed to this!



RECORD READERS' CHOICE AWARD WINNERS 2023

Congratulations!



- Physiotherapy Clinic/Services
- Alternative Medicine/Healing
- Physiotherapist to Adam Dafoe
- Chiropractor to Dr. Rachel Goldsworthy
- Registered Massage Therapist to Natalie Yeo RMT



- Acupuncture
- Physiotherapist to Chad Beacom

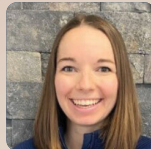


- Physiotherapist to Ryan Wark

Thank you to everyone who voted!



Adam Dafoe



Dr. Rachel Goldsworthy



Natalie Yeo



Chad Beacom



Ryan Wark

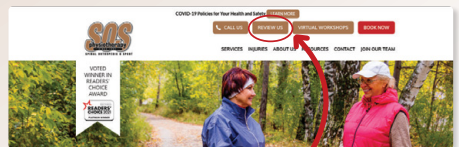
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COLD WEATHER RECIPE

Vegetarian Chili

You'll LOVE this easy vegetarian chili recipe! It's gluten-free, and without yogurt or sour cream on top, it's also vegan.



INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 1 red bell pepper, diced
- 1 (14-ounce) can diced fire-roasted tomatoes
- 1 (14-ounce) can kidney beans, drained and rinsed
- 1 (14-ounce) can pinto beans, drained and rinsed

- 1 cup water or broth
- 3 chipotle peppers from canned chipotles in adobo, diced, plus 3 tablespoons sauce*
- 1 cup corn kernels, fresh or frozen
- ½ teaspoon sea salt
- Freshly ground black pepper
- 1 tablespoon lime juice, plus wedges for serving

SERVING SUGGESTIONS

- Avocado or Guacamole
- Cilantro
- Jalapeño or serrano peppers, diced or sliced
- Greek yogurt or sour cream
- Pickled Onions

STEPS

1. Heat the oil in a large pot over medium heat. Add the onion, a few pinches of salt and pepper, and stir. Cook until the onion is translucent, 5 minutes, then add the garlic and red pepper. Stir and cook until soft, 5 to 8 minutes, turning the heat down as needed.
2. Add the tomatoes, beans, water, chipotles, adobo sauce, corn, salt, and a few grinds of pepper. Cover, reduce the heat to low, and simmer for 25 minutes, stirring occasionally, until the chili has thickened.
3. Stir in the lime juice and season to taste. Serve with desired toppings.

<https://www.loveandlemons.com/vegetarian-chili-recipe/>

GLUTE AND HIP STABILITY EXERCISE

THE ADDUCTOR BALL SQUEEZE – BY COURTNEY VOISIN

This is a great glute and hip stability exercise. It strengthens both the glute and groin muscles to create stability at the hips. I like to use it as a muscle warm up before working out or participating in sport activities!

How-To Steps:

1. Lay down on your back with your knees bent and a ball or pillow between them.
2. Squeeze the glutes and contract the abdominals to lift the hips off the ground. As you lift, squeeze the ball between the knees.
3. Hold for a few seconds at the top, then lower back down and repeat for 12-15 repetitions.

***Never do an exercise that causes you pain.**



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UPCOMING WORKSHOP!

KNEE PAIN, ARTHRITIS, AND BRACING

*In Person Workshop at SOS Northfield
Saturday, November 25th @ 10:00 am*

Hosted by Physiotherapists:



Jon Clay



Adam Dafoe



Stephen Hogan



Ryan Wark

In this 75 minute Workshop we will be discussing:

- *The 4 stages of Arthritis*
- *Their TOP 3 Exercises to help your knee pain!*
- *Why a Custom Brace can help you NOW*

*Plus special guest, Mia,
our bracing expert!*



*Mia Kulafi
Custom Brace Specialist*



*Workshops are completely free to join. Don't delay,
register today by visiting our website, scanning the
QR Code, or by calling us now!*



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