

A HAUNTINGLY HAPPY HALLOWEEN AT SOS!

Hello everyone, my name is Chad Beacom and I am a physiotherapist at SOS Elmira. As another October has come and gone, I decided to write today on my favourite holiday. I may be a little biased as I was born on this spooky holiday.

As the leaves transform into shades of red and orange and the nights grow longer, there's an undeniable air of anticipation that fills the atmosphere. Yes, Halloween has come, and with it comes a world of enchantment, mystery, and delightful fright. In this newsletter, we invite you to dive into the captivating world of Halloween, exploring its rich history, modern traditions, and the magic that keeps us coming back for more. I find it exciting to write this newsletter article as my birthday falls on this spooky holiday. I have many memories of celebrating Halloween as a child and look forward to many more in the future.

Halloween, also known as All Hallows' Eve, has a history shrouded in ancient customs and superstitions. Its roots can be traced back to the Celtic festival of Samhain, a time when the veil between the living and the dead was believed to be at its thinnest. People would light bonfires and don costumes to ward off wandering spirits. As the centuries passed, Halloween evolved and absorbed elements from various cultures, including the Roman feast of Pomona and Christian traditions.

Today, Halloween has transformed into a vibrant, multicultural celebration that unites communities in the spirit of fun and creativity. Trick-or-treating, where children don costumes and go door-to-door for candy, remains a beloved tradition. Pumpkin carving, haunted houses, and spooky decorations have become staples of the season. Families come together to watch classic horror movies, and costume parties abound.

One of the most enchanting aspects of Halloween is the art of costume crafting. It's a time when anyone can become a witch, a pirate, a superhero, or even a creature from their wildest dreams. Whether you're a DIY enthusiast or prefer store-bought ensembles, the thrill of becoming someone – or something – else for a night is a feeling like no other.

Halloween allows us to embrace our fascination with the mysterious and eerie. Haunted houses, ghost stories, and horror movies captivate our imaginations. They remind us that the unknown, while sometimes frightening, is also a source of wonder and excitement. It's a time to confront our fears in a safe, controlled environment and experience the thrill of the unknown.

Turning another year older is always a reason to celebrate, but when your birthday falls on Halloween, the excitement reaches a whole new level of spooktacular! It's the perfect blend of candy, costumes, candles, scares and surprises. So, if you're lucky enough to have a Halloween birthday like myself, embrace the magic of this double delight – it's a bewitching combination of cake and costumes that promises a day you'll never forget!

Chad Beacom is a physiotherapist at our Elmira clinic.



PUT THE SPRING BACK IN YOUR STEP!

Do you suffer from knee or hip pain with walking? Do you find it harder to walk, run or exercise? Is hip, knee or leg pain keeping you from being active?

If so, understanding how your body walks and moves can be the key to putting the spring back in your step. Think of your body as a big spring that stores and releases energy with every step. The efficiency of your walk comes from the effectiveness of your flexibility, strength and balance. When any one of these is off, it affects your ability to walk efficiently and takes a lot of energy. This results in strain to different joints and makes muscles work much harder than they need to. This leads to possible pain in the back, hips and knees. It also causes fatigue after walking, even for a little while. If you are experiencing pain again after therapy, it might be because muscles or joints have tightened or become weak again.

THE REMEDY

The simple solution is to put the spring back in your step. This is accomplished by first analyzing how you walk. There are slight changes in the way that you walk and move, that our trained medical experts can pick up on. This analysis tells us just what joints or muscles are stiff, stuck or weak. By pinpointing the exact areas of your body that are not moving as they should, we can make a plan to increase motion, strength and improve coordination.

ARE YOU MOVING LIKE YOU SHOULD?

Can you do these simple tests to see if your hips and legs are as flexible and strong as they should be? Try them for yourself and let us know how you did. **Use caution and common sense when attempting these tests; do not continue if they cause pain or discomfort. Do not attempt if you have had a hip replacement.**

- **From standing, can you touch your toes?**
This indicates hip and low back flexibility.



- **In sitting can you comfortably cross your legs so that your ankle is resting on the other knee?** Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can wreak havoc with your walking and even cause knee pain.



- **Keeping your feet flat on the floor and holding onto something solid, how far can you squat down?** You should be able to squat all the way down so your buttocks almost touch your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.

- **Standing near a counter top put one foot in front of the other so that you are touching heel to**

toe. Without putting your hands down, see if you can balance for 10 seconds, keeping yourself steady. If you cannot, then you have trouble with the coordination of your balance from the nerve endings in your hip, knees, ankles and feet.



Restoring Normal Pain Free Motion – Restoring normal motion is key to alleviating pain and allowing you to do the activities you love to do safely. Physiotherapy is the key to restoring normal joint and muscle motion. Our medical experts pinpoint the key problem areas that you may not even be aware of and focus on a custom treatment plan that will restore your normal pain-free motion.

Performing at Your Best – Whether you are just out for a walk or an avid athlete, we can help you walk, run and play better. With our motion analysis, strength testing, coordination testing and more, we can spot your muscles and joints that need flexibility, strength or coordination. A specific training and treatment plan is then put together to help you reach your peak movement with the least effort.

Discover how SOS Physiotherapy transforms your pain from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life.



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
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STUDENT LIFE AT SOS



MEET BRETT

Hi, my name is Brett and I'm currently a co-op student in my third year of Kinesiology at the University of Waterloo working out of the Elmira location. My end goal is to graduate from my Kinesiology degree and do my Masters of Physiotherapy. In my time at SOS I have been exposed to a wide variety of learning experiences whether it is shadowing a physiotherapist, applying various modalities, and teaching some exercises!

When I'm not in the clinic, I currently play on the football team at UW where I play wide receiver. Most of the time I'm going straight from the clinic to practice preparing for games on Saturdays. When I do have some free time, I'm an avid Star Wars fan so I find myself re-watching the movies while relaxing. The team at SOS has been awesome to work with and I can't wait for the next few months here!

MEET KAELYN

Hi, my name is Kaelyn Vanderniet and I am a third year Kinesiology co-op student at the University of Waterloo. I am currently completing my second co-op placement with SOS Physiotherapy at their Elmira location. You will most often find me behind the front desk or lending a hand around the clinic! I grew up in Hamilton, Ontario playing all kinds of sports including soccer and volleyball, although I have more recently discovered a love for indoor rock climbing. When I graduate, I hope to continue helping people as a physiotherapist, particularly in rehabilitation with children. I love working here at SOS Physiotherapy and can't wait to learn more during my time here!



Tips for a Healthy Holiday Season



The holiday season is upon us, and getting wrapped up in the fun, festivities, and food is easy. While the joy of the season sparks a feeling of goodwill towards others, it's also important to remember our physical well-being.

Keep yourself feeling your best to enjoy the holidays by following these three tips:

- 1. Remember to Move:** Prioritize exercise by taking a 20-minute brisk walk or doing a home workout. Movement can do wonders for your physical and mental well-being.
- 2. Eat with Moderation:** With tempting holiday treats all around, balance sweets with wholesome meals that include fruits, vegetables, and lean proteins.
- 3. Mind Your Posture:** Whether cooking, wrapping gifts, or working from home, being aware of your posture helps minimize back and neck pain.

Prioritizing your physical well-being helps you to be present and active in celebrating the holiday season with loved ones!

Here's to a healthy, happy holiday season and a fantastic new year ahead!

CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

A NEW YEAR MEANS A NEW YOU!

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, SOS Physiotherapy is here to help you!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for the New Year!

AEROBIC ACTIVITIES

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking
- Swimming
- Climbing
- Dancing
- Playing a sport
- Walking, sprinting

STRENGTH TRAINING EXERCISES

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights
- Using resistance bands during a workout

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact SOS Physiotherapy today for more information.

New Year, New Goals Ahead!
MAKE YOUR NEXT STEP YOUR BEST STEP WITH SOS PHYSIOTHERAPY!

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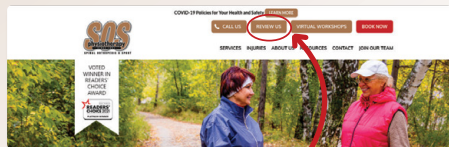
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MY FAVOURITE Comfort Food Recipe FOR THE COLDER WEATHER



Italian Sausage Soup with Tortellini

INGREDIENTS

- 1 pound sweet Italian sausage, casings removed
- 1 cup chopped onion
- 2 cloves garlic, minced
- 5 cups beef broth
- 4 large tomatoes - peeled, seeded and chopped
- 1 (8 ounce) can tomato sauce
- 1 cup thinly sliced carrots
- ½ cup water
- ½ tablespoon packed fresh basil leaves
- ½ teaspoon dried oregano
- 1 ½ cups sliced zucchini
- 3 tablespoons chopped fresh parsley
- 8 ounces fresh tortellini pasta

STEPS

1. Cook sausage over medium-high heat until browned and crumbly, 8 to 10 minutes. Use a slotted spoon to transfer sausage to a paper towel-lined plate. Drain grease, reserving 1 tablespoon drippings in the pot.
2. Sauté onions and garlic in drippings over medium heat until onions are translucent, 3 to 4 minutes.
3. Stir in beef broth, tomatoes, tomato sauce, carrots, water, basil, oregano, and sausage. Bring to a boil. Reduce heat; simmer uncovered for 30 minutes.
4. Skim fat from soup. Stir in zucchini and parsley. Simmer covered for 30 minutes
5. Add tortellini during the last 10 minutes.
6. Serve hot and enjoy!



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COMMONLY FORGOTTEN MUSCLES TO FOCUS ON:

Tibialis Anterior

Have you ever suffered from shin splints? If so, listen up!

Failing to strengthen this vital muscle – which runs along the bottom part of your leg, next to your shin bone – plays a huge role in forming a healthy gait, and can increase your risk of getting those nagging lower-leg pains. The tibialis anterior plays a vital role in walking, running and sprinting.

The Tibialis Anterior is a very important muscle in the lower leg which is very often neglected and weak. This is in part due to the fact that the calves and other muscles in the lower leg are often overactive and tight. Many people also have limited mobility in the ankle which prevents dorsiflexion and thus further impedes the Tibialis Anterior from contracting forcefully and regularly. Neglecting these muscles can lead to shin splints, calf strains, foot issues and more.

HOW TO STRENGTHEN IT

1. Stand against the wall with your feet flat on the floor, then – keeping your heels on the floor – raise your toes and forefoot off the ground for 10 repetitions. Ensure that you are going through a full ankle range of motion for the best exercise outcomes.
2. Do this exercise 2-4 times per week.
3. To increase the challenge, you can increase the repetitions or slowly move your feet away from the wall.



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