

Starting Off The New Year With A **GROWTH MINDSET!**

By Evan Lukasik, a Registered Physiotherapist at our SOS Belmont location

Before I look ahead to the new year I just wanted to quickly reflect on some of the things that occurred in my life this past year. 2023 did not come without its challenges but it was a great year filled with family, friends, fun and growth! I feel incredibly fortunate to have such a great support system in my life from my family, friends, and coworkers, some of whom I was able to celebrate some great milestones with this past year. From trips to sporting events and concerts, to outdoor adventure and time spent at the cottage, to weddings and new family members, cheers to 2023!

As we embark on a new year, new opportunities and the chance for personal and professional growth come upon us. Over the last few years I have found that embracing a growth mindset is important for navigating the unknown, fostering resilience, and unlocking untapped potential, so I thought I would share some of my strategies to do this!

Part of having a growth mindset means taking the time to set realistic and attainable goals for the year ahead. The key is to have a balance between ambition and feasibility, so rather than fixating on very big long term aspirations, it is helpful to focus on smaller steps that align with your long-term vision. Break down larger objectives into smaller more manageable tasks, which will help to create a sense of accomplishment with each goal achieved. This not only increases motivation but also provides a sense of self confidence that encourages further progress.

Additionally, setting specific, measurable, achievable, relevant, and time-bound (SMART) goals is a very helpful strategy. This framework helps to make goals that are clear, quantifiable, realistic, appropriate, and within a set timeframe, offering a roadmap for success. I find it is also helpful to categorize goals so they are not redundant and address different areas of life. For example, you can set personal goals, professional goals, health and wellness goals, and social/relationship goals to name a few. So sit down, take a few minutes and come up with some goals for 2024 and master that growth mindset!

Approaching the new year with a growth mindset and realistic goal-setting not only helps with personal development but also creates resilience in the face of challenges that life throws at us. With an optimistic outlook and a strategic approach, let 2024 become a year for continuous improvement, learning, health, and success! At SOS we look forward to seeing you in the clinic this year and helping you in achieving some of your goals.



HAPPY NEW YEAR!

How to Improve Your Health, Energy and Fitness

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physiotherapists at SOS Physiotherapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially if you are living with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physiotherapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact SOS Physiotherapy today!

HOW PHYSIOTHERAPY CAN HELP YOU TO BE HEALTHIER

Physiotherapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being.

A physiotherapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physiotherapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

PHYSIOTHERAPY TREATMENTS TARGET YOUR NEEDS AND GOALS!

Our physiotherapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We will also work with you to help you achieve your fitness goals and lead an active life.

Our physiotherapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We

will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physiotherapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physiotherapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physiotherapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

WHAT TO EXPECT FROM YOUR PHYSIOTHERAPY SESSIONS

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physiotherapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physiotherapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physiotherapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

If you want to improve your health, strength, and physical activity, SOS Physiotherapy is here to help. Please schedule a consultation with one of our physiotherapists today and get started on your journey toward better health and wellness!



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

2023 STATS!



We had a GREAT 2023 year, and we'd love to share our accomplishments with you! As we reflect on our year, there are some great stats to share! Take a look at these ASTOUNDING numbers that we are so proud of and worked so hard to accomplish!

We also can't forget the Physiotherapy students, Co-Op students and the many volunteers that we welcomed to our team in 2023! SOS Physiotherapy continued to grow and expand in 2023 as well, now encompassing three clinics and two affiliate locations!

THANK YOU SO MUCH to our amazing community for your support and allowing us to do what we LOVE every day! Without our community we wouldn't be where we are today and we can't wait to see you in 2024!

THANK YOU!

HELPING OUR COMMUNITY!



SOS Physiotherapy recently visited the KCI Athletics Program and donated 12 fully stocked MEDICAL KITS! Thank you KCI for letting us use our knowledge and expertise as a Physiotherapy clinic to educate you and keep your athletes SAFE!



GO RAIDERS!



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

WELCOME NEW CO-OPS!



EMMA

Hi everyone! My name is Emma and I am one of the co-op students here at SOS Belmont for the Winter 2024 term. I am a second year student at the University of Waterloo in the Health Sciences program. This is my first co-op placement so I am very excited to learn many new things and join the friendly and exciting environment here at SOS Physiotherapy. You can find me up at the front desk this term but when I'm not working I love to run, read, and travel.



NOLAN

Hi everyone my name is Nolan and I'm a second year Kinesiology student at the University of Waterloo. I'm so excited to get started at SOS Belmont and get to know you all. When I'm not around the clinic I love to stay active and social which includes assistant coaching a 17U boys volleyball team. Looking forward to seeing everyone around the clinic!

MOVEMBER TOTALS + HOLIDAY FOOD DRIVE



CONGRATULATIONS to the Moubilizers!

We wrapped up Movember on a great note, raising \$1222 for men's health! We are so proud of our SOS team for surpassing their goal! Not only did they raise money for a great cause, they looked good doing it too!

Take a peek at the final moustaches.

SOS Physiotherapy would also like to thank our community for helping us with our Holiday Food Drive!



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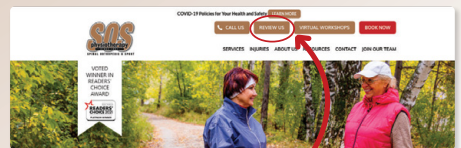
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TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!



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





Complimentary Consultation Day

We've decided to bring back the same special offer we did for the first time last year:

As a token of our gratitude for supporting our clinic, we wanted to do something really special! We are hosting a day of Complimentary Physio Consults with our owners for:

- All past clients who have not been seen by SOS's team in more than 3 months.
- All present clients who have another problem currently not being treated.
- All loved ones, family, friends, neighbours and co-workers of our past and present patients. If you are referring a friend or family member, please forward them this email to print and have them call (226) 338-6573 to schedule their complimentary consult.

The day of Complimentary Physio Consults with our owners is on:

February 2, 2024 from 7:00am to 5:00pm

The Consult consists of a 30 minute one-on-one appointment with an SOS owner/physiotherapist.

WHAT SHOULD YOU EXPECT?

- The PT will talk with you about the history of your problem.
- They will take measurements to test how well you are moving and test your strength.
- After a thorough exam, they will give you a written copy of:
 - The cause of your pain or problem.
 - A plan for successful treatment.

Your appointment is FREE! However, spaces are limited!

Schedule your Complimentary Consult with an owner now before time slots fill up.

Don't miss out on this opportunity!

Call (226) 338-6573 or click the button below to register for your appointment on February 2, 2024.



Register for Your FREE Feb. 2, 2024 Appointment

← Or scan the QR Code to register.



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Myth Busting!

This newsletter's myth busting topic is on those wonderful spinal discs of yours. Spinal discs have been given a bad wrap and in my opinion are very misunderstood. You may have been told in the past that your discs are fragile, delicate, or can be easily damaged by bending your back when lifting something or exercising, however, this is not true and there are many other reasons why people can get disc injuries. Some of these reasons include age, previous injury, level of experience, sedentary lifestyle, over training, poor recovery (sleep, nutrition etc.), and genetics.

In reality, spinal discs are very strong, resilient, and adaptable structures that are designed to help move the spine and absorb loads that are placed on your spine. Just like your muscles, tendons, ligaments, and bones, if you don't load your discs the risk of injuring them is higher, so don't be afraid to move and get exercising! And if you are new to exercising, start small and build it up to allow your body to be able to adapt and recover to this new demand to help prevent injury.

If you aren't sure how to do this properly or currently have back pain, talk to your closest SOS physiotherapist for help!

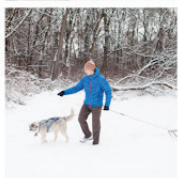
GET MOVING!



**FAMILY DAY
IS COMING!**



**MONDAY
FEB 19TH
ALL CLINICS
CLOSED**



**TUESDAY
FEB 20TH
OPEN FOR
REGULAR
HOURS**



Family Day Closures!

All three SOS clinics will be closed on Monday, February 19th! We will re-open for regular hours on Tuesday, February 20th! If you have any questions or concerns about your appointments, please call and we will be happy to help!

We wish our whole community a happy Family Day!

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