



## SOS IS COMING... TO GUELPH!

By Coulton Roe – Registered Physiotherapist at S.O.S. Physiotherapy



We are thrilled to announce that we will be opening up a brand new location in the Royal City! Located at 105 Silvercreek Parkway North, we will be opening April 15th starting out with two physiotherapists. Arthur Szydowski from SOS Northfield and Coulton Roe from SOS Belmont will be transitioning to their hometown over the coming months, and can't wait to build up a new clinic in the community they both live in! We're also honoured to have Holly Karda coming back from teacher's college to manage the clinic as it gets up and running!



### MY NEXT CHAPTER

I must admit, although I am SO excited for this next chapter in Guelph, this is a bittersweet move for me. I've now been at SOS Belmont for three years, where I've learned so much from my peers and mentors, I've made so many connections with coworkers and patients, and I've truly grown to love being a physiotherapist. I started off as a student at Belmont in my last placement of Physiotherapy school. A timid guy just trying to learn the ropes, the team took me under their wing. They showed me how to develop my hands-on skills, they helped me learn to problem solve, and they'd always drop anything to give me their time to answer questions and teach me lessons. I loved my time as a student there so much that after starting my career with 6 short months at another organization, I knew I just had to come back! I knew this was going to be the place that was going to allow me to grow into a great physio.

Three years later and I couldn't be happier with my decision. I feel so confident in what I do every day, I feel so grateful for the people that I work alongside, and I feel so lucky that I get to help so many people feel better and achieve their goals through physiotherapy. I love that at work we can joke around and have a light, fun, welcoming feel at the clinic. But I like that at the same time we are always serious about helping our patients address their problems. There's a balance to be found here, and I am honestly so excited to get to build up a fresh culture and a new team with Arthur in Guelph. It feels like the perfect next step of my journey.



Over the next months I will be slowly transitioning that way. Splitting and alternating days between the two clinics to allow myself to build up in Guelph, but still see things through with my patients in Kitchener.

So there's still plenty of time for goals to be achieved, joints to be mobilized, muscles to be needed, and exercises to be taught... So this is not a goodbye! It's more of a thank you, to my patients and coworkers at SOS Belmont for making the last 3 years everything I could have asked for to start my career.



# Physiotherapy for the Aging Adult

HOW PHYSIOTHERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60

**Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At SOS Physiotherapy, our physiotherapists can address your overall health and guide you back to feeling good again!**

As we age, our bodies become more susceptible to certain health risks, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physiotherapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, SOS Physiotherapy can help!

## WHAT ARE THE MOST COMMON AGE-RELATED HEALTH CONDITIONS?

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis, and diabetes, which can have a significant impact on your health and function.

Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat makeup. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia/Alzheimer's and depression. These types of health risks impair one's memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.

## HOW PHYSIOTHERAPY CAN HELP

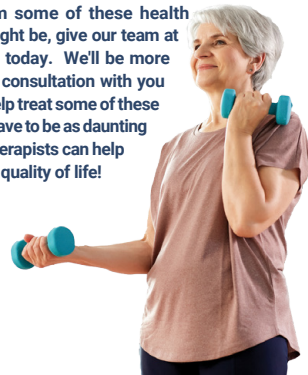
There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes, the aid of a professional becomes necessary. Physiotherapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physiotherapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

It is also essential to maintain a healthy diet, ensuring you have sufficient protein to help with bone strength and minimize muscle wasting. Our physiotherapists can help set up a meal plan for you to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your physiotherapist may also suggest at-home exercises for you to do. They may also offer another form of treatment, such as aquatic therapy, to increase muscle strength and ease discomfort.

**If you are suffering from some of these health conditions or think you might be, give our team at SOS Physiotherapy a call today. We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems – our physiotherapists can help you maintain your highest quality of life!**



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

**SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS! CALL ANY ONE OF OUR 4 LOCATIONS**

### Belmont Clinic

Belmont Professional Centre  
564 Belmont Avenue West, Suite 201  
Kitchener, Ontario N2M 5N6

519.743.8787

### Elmira Clinic

Behind Wellness Centre (Clock Tower)  
3 Wyatt Street East, Suite 2  
Elmira, Ontario N3B 2H4

519.669.1212

### Northfield Clinic

Waterloo Corporate Campus  
(Sobeys Plaza)

595 Parkside Drive, Suite 5A  
Waterloo, Ontario N2L 0C7

519.888.7070

### Guelph Clinic

105 Silvercreek Pkwy North  
Unit 105

Guelph, Ontario N1H 6S4

Coming Soon!

# March Break

For March Break this year, Coulton and his partner Kayla wanted to get away... but didn't want to spend too much money. Wanted to be spontaneous... but struggle when they didn't book ahead. Wanted to connect with nature... but Coulton doesn't do air mattresses.

They struck the PERFECT balance spending a few nights just outside of Orillia at Glen Oro Farm "glamping" as they call it. They got the experience of grounding themselves in the forest, with the comfort of an indoor fireplace, a living room to play their board games, and a mattress with a view of the sky and the stars! They also had access to a sauna and a cold tub, and you bet they made the most of their mini "spa". It was a perfect way to kick off this spring, and they'll be sure to go back again!



# Welcome to Our Newest Physio At Belmont!



**Hello! I'm Robbie Frank.** Growing up in KW, I was involved in minor sports, an experience that shaped my journey into physiotherapy. I earned my Bachelor of Science in Kinesiology from the University of Waterloo before pursuing my Master of Science in Physiotherapy at Leeds Beckett University in the UK. Ten years ago I volunteered at SOS Physiotherapy, and I am thrilled to come full circle and work alongside the fantastic team here.

Following my postgraduate studies, I relocated to Cyprus, where I spent six years establishing my own physiotherapy practice and teaching at a local university. Specializing in musculoskeletal conditions, particularly knee, ankle, and hip injuries; my goal is to help you get back to doing what you love.

During my time in Cyprus, I indulged in my passion for travel, particularly enjoying the food and soccer culture. A highlight was watching Juventus in Turin while enjoying authentic Italian pizza.

Since moving back to KW, I've reignited my love for soccer, hockey, golf, and tennis, alongside reconnecting with friends and family. I can't wait to meet you all at the clinic!

**CALL ANY ONE OF OUR 4 LOCATIONS TODAY!**

A big welcome to Physiotherapy students Jill and Jordan from Queen's University and Emma from the University of Ottawa. Being in Waterloo Region, we typically land students from the University of Western Ontario, but we were honoured to receive special requests from these three students from eastern Ontario. We love giving students the opportunity to learn and grow, and showing them what SOS is all about!



JILL



JORDAN



EMMA

## GAVIN'S BACK!

We all know and love him, and we are thrilled to announce that Gavin is back at Belmont!!! After two co-op placements totaling a full 12 months of work, Gavin has decided to join the team at Belmont upon graduating from Kinesiology at the University of Waterloo. Welcome back, Gavin!



GAVIN

## PTA/OTA STUDENTS

We have also been taking on students from the Physiotherapy/Occupational Therapy Assistant program at Conestoga College! These students have been keen to help out with odds and ends around the clinic, teaching exercises to patients, and administering different modalities including our popular laser therapy. Shout out to Riley for killing it in her first couple of weeks at Belmont!



RILEY



4 Locations to Serve You!

### Belmont Clinic

Belmont Professional Centre  
564 Belmont Avenue West  
Suite 301  
Kitchener, Ontario N2M 5N6  
519.743.8787

### Northfield Clinic

Waterloo Corporate Campus  
(Sobeys Plaza)  
595 Parkside Drive, Suite 5A  
Waterloo, Ontario N2L 0C7  
519.888.7070

### Elmira Clinic

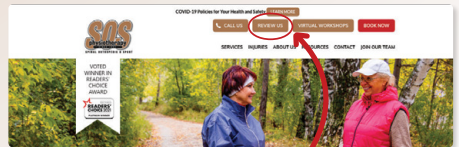
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519.669.1212

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105 Silvercreek Pkwy North  
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Guelph, Ontario N1H 6S4  
Coming Soon!



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



# UPCOMING WORKSHOPS!

## SHOULDER AND ROTATOR CUFF PAIN

In Person Workshop at our **Brand New SOS Guelph Clinic**  
105 Silvercreek Pkwy N Unit 105, Guelph, ON N1H 6S4

Saturday, April 13th @ 10:00 am



Hosted by Physiotherapists: *Coulton Roe  
and Arthur Szydowski*

## HEADACHES! IS YOUR NECK TO BLAME?

In Person Workshop at our **SOS Northfield Clinic**  
595 Parkside Drive, Suite 5A, Waterloo, Ontario N2L 0C7

Saturday, April 20th @ 10:00 am



Hosted by Physiotherapist *Ryan  
Marrin* and Chiropractor *Rachel  
Goldworthy* plus special guest  
*Morgan Sangster, RMT*



*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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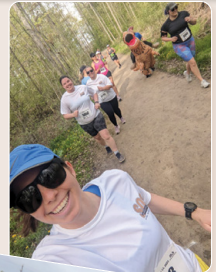
# On Your Way to 5km



Are you new to running and wondering what's the best way to start? Rachel and Ali are leading the way with another 5km running program! Things got underway on March 27th, but it's not too late to join! Ask any of our staff members, or scan the QR code below if you want to join the club every Wednesday at 7:15pm!



*Don't delay, register today by visiting our website, scanning the QR Code, or by calling us now!*



## Maternity Leave



The whole SOS team sends their best wishes to Lindsay Mortimer as she goes on maternity leave from our Elmira location! We will be patiently waiting to see you and the newest addition to the SOS family!



## We're Open Saturdays!

Did you hear?!

We're now offering Saturday appointments for massage therapy at our Belmont and Northfield locations. Call in quick, they're booking up fast!

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