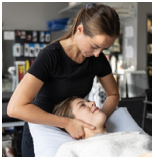
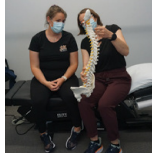
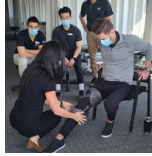
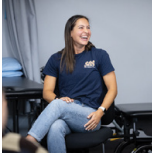
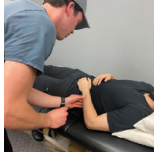
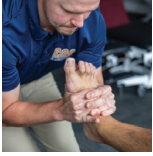
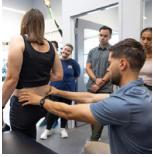
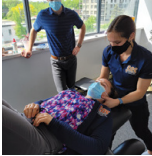
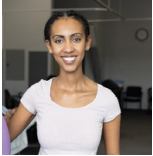
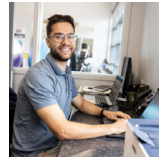


MAY IS NATIONAL PHYSIOTHERAPY MONTH

By Ali Dings, BSc(Kin) MSc(PT), a Physiotherapist at S.O.S. Physiotherapy Belmont



May is a significant time for recognizing the invaluable contributions of Physiotherapists in Canada as it marks National Physiotherapy Month! Throughout this month, the spotlight is cast on the vital role that Physiotherapists play in promoting health and wellness across the country. It's a time to celebrate their dedication to helping individuals recover from injuries, manage chronic conditions, and improve their overall quality of life through tailored exercise programs, hands-on therapy and education. National Physiotherapy Month also serves as an opportunity to raise awareness about the importance of rehabilitation and physiotherapy in achieving optimal health outcomes. From athletes striving for peak performance to seniors enhancing mobility, Physiotherapists are instrumental in empowering people of all ages and backgrounds to live active, fulfilling lives! As May unfolds, communities come together to honor and express gratitude for the tireless efforts of these healthcare professionals who make a tangible difference in countless lives! So we will end off with a big THANK YOU to all of our AMAZING Physiotherapists at SOS for their tireless efforts in MOVING YOU TO BETTER HEALTH! After all... it can't be "SOS Physiotherapy" without the Physiotherapists!



How Physiotherapy Can Help You Get Active Again

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physiotherapy can help. At SOS Physiotherapy, our physiotherapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physiotherapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

HOW DOES A SEDENTARY LIFESTYLE AFFECT YOUR BODY?

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

HOW PHYSIOTHERAPY CAN HELP

Our physiotherapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in your day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physiotherapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physiotherapy serves to enhance your quality of life.

WHAT TO EXPECT IN PHYSIOTHERAPY

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physiotherapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physiotherapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physiotherapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

SCHEDULE AN APPOINTMENT TODAY

At SOS Physiotherapy, we are dedicated to helping you live the best life you can.

If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physiotherapists.

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 301
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!

SOS GUELPH GRAND OPENING!

And the Free **FIT FORE GOLF WORKSHOP**

You probably know by now that our SOS Guelph clinic is up and running! **The GRAND OPENING is coming up soon on Saturday, May 11th!!!** To celebrate the grand opening of our new clinic, we will also be hosting a **free Golf Workshop hosted by Physiotherapists Jon and Adam!** If you're a golfer or know anyone who is, you won't want to miss this one! Get yourself signed up by either stopping into one of our clinics or giving any one of our four clinics a call! To kickstart the Grand Opening festivities, the workshop will start at 10 am, followed by refreshments and social time at noon!



Adam Dafoe



Jonathon Clay

Grand Opening

Guelph Grand Opening Events

Saturday, May 11th

10 am

Fit Fore Golf Workshop

Hosted by Physiotherapists Jon and Adam!

12 Noon

SOS Guelph Grand Opening Party

Everyone is invited to celebrate the opening of our new clinic with **Refreshments** and **Social Time** and a special **ribbon cutting** by Mayor Guthrie, **door prizes** and a **grand prize draw** for a yeti cooler!

See you there!



Million Reasons Run

The Million Reason Run Fundraiser was kickstarted by our former Co-op student and PEC extraordinaire, Alana. She put together a team of SOS staff and people from our 'On Your Way To 5km' running group to form a team for this fundraiser. We will run during the month of May to raise money for children's hospitals in our area.

To support our team and learn more, [click here](#).



CALL ANY ONE OF OUR 4 LOCATIONS TODAY!

MEET OUR CO-OPS!



MEET ANNA
AT NORTHFIELD FROM
MCMaster UNIVERSITY



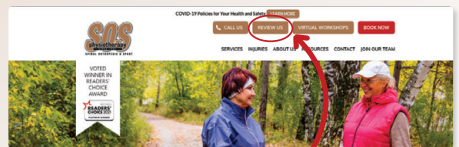
MEET EMMA
AT ELMIRA FROM
UNIVERSITY OF OTTAWA

GRACE MOVING TO PETAWAWA

Goodbyes are always so sad!!! We are wishing Registered Massage Therapist Grace GOOD LUCK as she moves out to Petawawa! We have been blessed with having her on our team since August and we know our SOS Belmont and Northfield locations will miss seeing her around! Grace, we wish you all the best with your new adventure in Petawawa, and make sure to come and visit if you're ever in KW again! Her last day treating clients at SOS will be June 8th and she will be consulting with each one of those clients to make sure they are smoothly transitioned to another clinician!



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



Belmont Clinic

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Suite 301
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Northfield Clinic

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

Elmira Clinic

Behind Wellness Centre
(Clock Tower)
3 Wyatt Street East, Suite 2
Elmira, Ontario N3B 2H4
519.669.1212

Guelph Clinic

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

UPCOMING WORKSHOPS!

HEADACHES! IS YOUR NECK TO BLAME?

In Person Workshop at our **SOS Northfield Clinic**
595 Parkside Drive, Suite 5A, Waterloo, Ontario N2L 0C7
Saturday, June 1st @ 10:00 am



Hosted by Physiotherapist Ryan Marrin and Chiropractor Rachel Goldsworthy 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!

ADMINISTRATIVE PROFESSIONALS DAY!



Happy Administrative Professionals Day! On April 24th we recognized all the amazing administrative staff at SOS Physiotherapy! Your hard work, organization, and dedication play a crucial role in keeping everything running smoothly and ensuring patients receive the care they need!

Thank you for all that you do!

Belmont Clinic
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Unit 105
Guelph, Ontario N1H 6S4
Coming Soon!

Lunge Exercise

This exercise might be helpful to strengthen up those legs before gardening season arrives! There is a lot of kneeling and bending involved in gardening and yard work, so get your body ready to prevent injury! Ryan Marrin will help us with this exercise. First step one foot comfortably in front of you with the heel of your back leg slightly raised. Keep your hips facing forward and your front foot firmly planted on the ground as you bend both knees to 90 degrees. Bend the knees until your back knee almost touches the ground, and then raise back up. Repeat 10 on each side and feel the burn! Remember: never do an exercise that causes you pain and if in doubt, ask your SOS clinician if this exercise is right for you!



SAFE GARDENING TIPS!

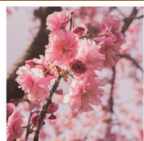
Follow along as Physiotherapist Ali shows you some safe gardening tips to keep in mind this spring season! She is outlining some common mistakes people make when lifting, reaching and kneeling in their gardens and yards! Following some of these simple tips might help you to prevent pain and injury this spring!



May Holiday Hours



MAY LONG WEEKEND
is coming!



MONDAY MAY 20
CLOSED
for
Victoria Day



TUESDAY MAY 21
OPEN FOR
REGULAR
HOURS



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