

ADVENTURES IN NEW ZEALAND

By Arthur Szydowski, BSc(Kin) MSc(PT), a Physiotherapist at S.O.S. Northfield & Guelph

Hey everyone my name is Arthur Szydowski and I am a physiotherapist working out of the SOS Northfield location as well as our NEW Guelph location! Here is a story about my first time visiting New Zealand last winter.

I've always loved tent camping and exploring the many wonders that nature has to offer. However, there is something to be said about bringing the simple comforts with you, like a bed and running water. So when we were planning our trip to New Zealand, it seemed like a no-brainer that the best way to explore the country would be in a camper van!

So last winter we packed our bags and braved the 24 hour travel day to touch down on "Kiwī" soil in Auckland. After this exhausting day of travel we took a cab to pick up the camper van we had arranged for our trip. I've been driving a manual car for many years, so I was not too worried initially when we got our van and realized it had a manual transmission. However, compared to this van from the 90's my old hatchback shifted like a brand new sports car.

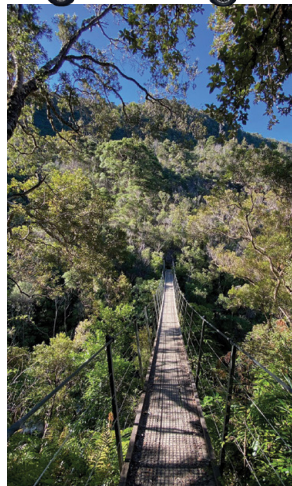
Our van also seemed to have less horsepower than a riding lawn mower so the winding roads and steep inclines on our way to our first campsite proved to be challenging. Needless to say, driving on the left side of the road did not make driving this bucket of bolts any easier. Thankfully, our van proved to be more reliable than it first appeared and despite

some tense moments we arrived at the Coromandel Forest Park. But before we could unwind at our campsite, we needed to surpass our final challenge, crossing a rushing river on what resembled a weathered "drawbridge." With no railings on either side, we were happy to move slowly across this bridge and our heart beats finally returned to normal after we successfully made our crossing.

What our van lacked in power, it made up for in comfort and we slept that night like we were staying in the priciest hotel in all of New Zealand. The next day we hiked through the Coromandel park and had an incredible time enjoying all of the unique nature the park had to offer.

From there we grew more familiar with our van and learned how to get the most out of our driving. With only a few close calls we made it through more mountain passes and around winding New Zealand roads. We explored the glow worm caves in Waitomo and relaxed on the beaches of Tauranga.

When it was time to return our van it was a bittersweet moment. We were happy to be free of the stress that driving it brought but it had become our home for the past 12 days and we were going to miss it. Someday we hope to come back to New Zealand and explore the South Island in a similar fashion, but perhaps next time we'll opt for a van from this century.





Kick Your Knee and Hip Pains to the Curb!

Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Is standing up after sitting for a long time a challenging feat? If so, the physiotherapists at SOS can help.

Constant hip and knee pains can greatly hinder your daily life. Your walking efficiency comes from a combination of flexibility, strength, and balance. When any of these aspects become abnormal, your joints may become strained and work harder than they usually need to, leading to pain in the knees and/or hips. Physiotherapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact SOS Physiotherapy today for relief!

CORRECTING YOUR KNEE AND HIP PAINS WITH PHYSIOTHERAPY TREATMENTS

At SOS Physiotherapy, our licensed physiotherapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physiotherapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair or climbing a step) taught by a physiotherapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physiotherapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect of alleviating your pain and allowing you to return to the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we determine the specific joints, ligaments, or muscles that are causing pain. The physiotherapists at SOS

will go one step farther and give you tools to prevent future instances of back pain. Your treatment plan will be based on YOUR specific needs and goals, helping you reach your optimum function.

ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact SOS Physiotherapy as soon as possible. However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause hip or knee pain.
- Keeping your feet flat on the floor while 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 you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.

CONTACT US TODAY

As noted, physiotherapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At SOS Physiotherapy, we help provide treatment for patients through movement and physical manipulation.

If you are suffering from knee and/or hip pain, don't hesitate to contact SOS Physiotherapy to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can 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 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)
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519.888.7070

Guelph Clinic

105 Silvercreek Pkwy North
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SOS GUELPH GRAND OPENING!

You may have already heard but we've just opened up a new location in Guelph! We recently celebrated our Grand Opening with a party in the clinic. We had friends, family, past patients, and even the mayor of Guelph come out for some food, prizes, games and good old fashioned SOS fun!

If you know anyone in Guelph who is in need of physio let them know we're here to help!

Here are some pictures from the event.

Grand Opening



CALL ANY ONE OF OUR 4 LOCATIONS TODAY!

SOS HAS A "FUNNY BONE"



The staff at SOS can be serious when we need to be, but we try to keep the mood light and fun. We understand that a sense of humor can go a long way even if some of our "dad jokes" get more of a groan than a laugh. We went out and collected some of our clinicians' favourite jokes to help brighten your day. Which one made you laugh the most?



Ryan M. shared this joke for all the Nintendo fans out there!

Q: Why couldn't Mario find his kart?
A: Because it was Toad!



Nimmy shared some of her favourite gardening puns:

1. Just Romaine calm!
2. Botany plants lately?
3. There's never a dill moment with you.
4. Sometimes I wet my plants.



Arthur shared his "expertise" on "dad" jokes:

Q: When does a joke become a dad joke?
A: When the punchline becomes apparent.
Q: When does the punchline become apparent?
A: After the delivery.



Stephanie had some funny jokes fresh from the farm:

Q: What do you call a pig that knows Karate?
A: A pork-chop!
Q: How do cows do their math homework?
A: With their cow-culators!



Adam had some encouraging words for one of his patients:

"I had a patient come in complaining of lower leg pain. I told them it's going tibia ok"



Jon had a bit of miscommunication with his kids:

I texted my daughter to see if she could explain to me what "DK", "ILY", and "TTYL" mean. She texted me back "I don't know, I love you, talk to you later". I responded and said, "No problem, I'll ask your brother, maybe he knows. Love you too..."

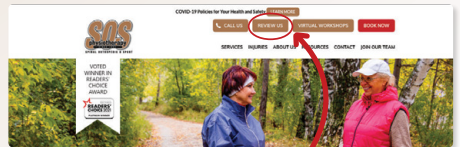


Grace shared her Starbucks order:

Q: What's a physiotherapist's favourite drink?
A: A Tensor Fascia Latte



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MY NEW FAVOURITE NOODLE STIR FRY



This recipe I found several weeks ago has quickly become one of my favourites. The vegetables add plenty of vitamins and fiber and the pork is a great source of flavourful protein. In my opinion the sauce brings just the right amount of heat to the dish, but spice it up as you please!

Here is what you'll need for the dish:

- 1 pork tenderloin (about 1 lb/454 g), cut into bite size cubes
- 1 tbsp (15 mL) sesame oil
- 1 tbsp (15 mL) each chopped fresh cilantro and ginger
- Pinch each salt and pepper
- 8 oz (250 g) rice vermicelli noodles (pad Thai noodles)
- 1 tbsp (15 mL) canola oil
- 1 lb (454 g) baby bok choy, coarsely chopped
- 1 red bell pepper, thinly sliced
- 1 green onion, thinly sliced

And for the sauce you'll need:

- 1/4 cup (60 mL) soy sauce
- 1/4 cup (60 mL) vegetable broth
- 3 tbsp (45 mL) rice vinegar
- 2 tbsp (30 mL) sugar
- 1 tbsp (15 mL) cornstarch
- 2 cloves garlic, minced
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) each sesame oil and tamari
- Sriracha to taste (I recommend about 5mL)



Directions:

For the Sauce: In a bowl, whisk together tamari, broth, vinegar, sugar, cornstarch, garlic, paprika, sesame oil and sriracha; set aside.

Step 1: In a large bowl, coat pork cubes with sesame oil, cilantro, ginger, salt and pepper.

Step 2: In a pot of simmering water, cook noodles for 3 minutes. Rinse with cool water and drain well.

Step 3: In a large nonstick skillet, heat to medium high, add canola oil and sauté bok choy, red pepper and green onion for 4 minutes or until bok choy is wilted. Remove to a bowl on the side.

Step 4: Add your pork to the skillet and brown it well. Add the sauce and bring to a simmer. Return vegetables and noodles to skillet and simmer until sauce thickens. Toss well with pork and vegetables until coated and cooked through.

I hope you enjoy this yummy stir fry as much as I do!

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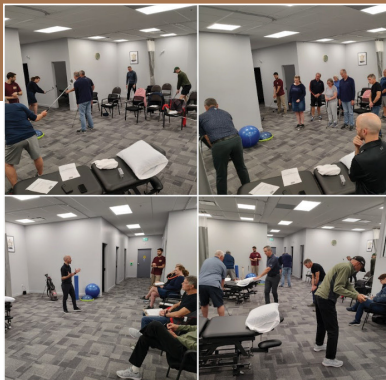
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Getting Ready for Golf!



Jon and Adam Recently Hosted *Fit Fore Golf*, a Workshop All About Golf!

In their workshop they talked all about how to adjust your swing to keep you feeling healthy. It seems that every year we feel more and more sore after a round of golf, especially after your first couple rounds of the year. But let's make this year different! Here are a couple of exercises you can try to get the most out of this year's golf season!



1. **Thoracic Rotation:** Place a golf club or any stick across the shoulders.

Make some smooth slow backswings, focusing on the shoulders moving down and across as they rotate back – as if you were sweeping the ground with the club across your shoulders.

What this exercise is for: This is a great warm up for when you're already on the course. It can really help you get more rotation out of your upper back and spare the joints for your lower back.



2. **Hip Openers:** Stand on one foot in an "airplane" position with your hips parallel to the floor and your arms outstretched. You can make this exercise harder by placing your hands on your hips. Rotate your whole body, opening-up completely at the hip of the support leg.

Slowly return to the initial position. Maintain balance on one leg with your knee slightly bent and stable at all times. You can make this exercise easier by pressing the heel of your free leg against a wall or by holding onto something for balance

What this exercise is for: This is a great way to get more mobility and stability in your hips. It's super important to be able to rotate freely through your hips in order to spare your knees and back when golfing.



3. **Ball "Woodchoppers":** Start in a stable and athletic position with your feet wider than your hips and knees bent. Bring the ball overhead on your dominant side. Then lower it in a diagonal movement towards your non-dominant side. In a powerful rotational motion, bring the ball back upwards and around to the other side of your body. Use your glutes to create power in this motion. If you have the space to allow it, you can even throw the ball against a wall to really work on your power.

What this exercise is for: This is a great way to practice and train rotational power through your swing.



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