ABILITY PHYISOTHERAPY

Empowering Your Tomorrows



Ability Physiotherapy is celebrating their **4-YEAR ANNIVERSARY** this December!

ARE YOU STRUGGLING FROM BACK PAIN?

INSIDE:

- Is Your Back Pain Slowing You Down?
- Exercise Essentials
- Patient Success Spotlight
- Tips For Working From Home

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NEWSLETTER

Helping You Re-Build Your Foundation



WHAT'S INSIDE

- Is Your Back Pain Slowing You Down?
- Exercise Essentials
- Tips For Working From Home
- Patient Success Spotlight

WHY CHOOSE OUR PHYSIO CLINIC?

- INDIVIDUALIZED APPROACH
- RESTORE YOUR FOUNDATION
- EMPOWERING YOUR TOMORROW

ARE YOU STRUGGLING FROM BACK PAIN?

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the North American population will suffer from it at some point in their lifetime.

The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time..

What Causes Back Pain?

A few things cause back pain, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Continued inside

IS BACK PAIN SLOWING YOU DOWN?

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

Back Pain Solutions

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physiotherapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

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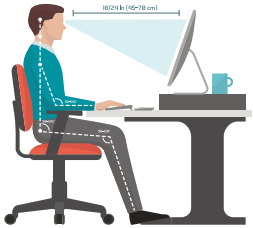
FREE CONSULT
FREE 20-MINUTE CONSULTATION
Expires December 30th, 2020.
Limited to the first 15 people who call in.



Healthy Recipe: Turkey Pumpkin Chili

Ingredients:
- 2 cup chicken broth
- 1 can pumpkin purée
- 1 1/2 tsp ground cumin
- 3/4 tsp chili powder
- 1/2 tsp cinnamon
- 1 tsp cayenne pepper
- 1 lb ground turkey
- 1 large onion
- 2 cloves garlic
- 2 cans green chiles
- 2 cans white beans
- sour cream
- shredded cheese (try sharp cheddar for an extra bite)
- sliced radishes
- fresh cilantro leaves

Directions: In a 5-to-6 quart slow cooker, whisk together chicken broth, pumpkin purée, ground cumin, chili powder, cinnamon, and cayenne pepper. Add ground turkey, separated, and mix to combine. Fold in the onion, garlic cloves, green chiles, and white beans, and cook, covered, until the turkey is cooked through, 4 to 5 hours on high or 6 to 7 hours on low. Serve with sour cream, shredded cheese, radishes, and cilantro, if desired.



Making the Most of Work-From-Home Days

If you work from your home office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

If you are at a desk for extended periods of the day, it is important to make sure your back posture is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.

It is important to make sure that you get up every 30 minutes or so and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back.

Patient Success Spotlight

"Ability Physio has helped me to return to work in just a couple of weeks"

"Amazing staff! From booking appointments to treatments, the staff are absolutely fantastic. I had a work place injury to my knee and elbow; and Ability Physio has helped me to return to work in just a couple of weeks. Thank you so much to Krupal; you are a true healer!"
- Lee Dowden

Book an appointment Today
(403) 455-0077

Exercise Essentials

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



Always consult your physiotherapist before starting exercises you are unsure of doing.

EXERCISE YOUR MIND: Sudoku

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

Discover the solution:
Scan the QR code below with your smartphone's camera.

n° 225096

					1	9	3	
		9	4	3				
						7		5
		1	8	6		5		7
6	9		5		3		2	1
7		5		9	2	4		
4		8						
				4	9	1		
	7	2	3					