ABILITY PHYISOTHERAPY

Empowering Your Tomorrows



LEAVE HIP, KNEE, & LEG PAIN BEHIND

WITH PHYSIOTHERAPY

INSIDE:

- How Physiotherapy Can Provide Relief
- Exercise Essentials
- Patient Success Spotlight
- Tips For Shoveling Snow Safely

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NEWSLETTER

Helping You Re-Build Your Foundation



WHAT'S INSIDE

- How Physiotherapy Can Provide Relief
- Exercise Essentials
- Tips For Shoveling Snow Safely
- Patient Success Spotlight

WHY CHOOSE OUR PHYSIO CLINIC?

- INDIVIDUALIZED APPROACH
- RESTORE YOUR FOUNDATION
- EMPOWERING YOUR TOMORROW

DO YOU HAVE PAIN IN YOUR HIP, KNEE, OR LEG?

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries, and age, however, pain can flare-up. If you're experiencing hip, knee, or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

What Causes Hip, Knee, and Leg Pain?

Hip, knee, and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause. Mayo Clinic has pinpointed several leading causes of hip, knee, and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

Click To Call & Talk to a Physiotherapist: (403) 455-0077

HOW PHYSIOTHERAPY CAN PROVIDE RELIEF

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death or necrosis. If you're experiencing redness, inflammation, and immobilized joints, the condition may be severe.

What Are the Symptoms?

While leg pain is noticeable by a slew of symptoms, several symptoms stick out. Aching or stiffness around the hip, groin, back, or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee, or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching, or are experiencing bad balance, contact a physician. While some hip, knee, and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How Physiotherapy Can Help

In many cases, physiotherapy can help patients increase leg mobility. In doing so, they can stretch, flex, and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physician immediately.

A good physiotherapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation, or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physiotherapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.

Sources: https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684

https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx

https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain

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FREE CONSULT
FREE CONSULT

FREE 20-MINUTE CONSULTATION
Expires January 30th, 2021.
Limited to the first 15 people who call in.



Healthy Recipe:
Winter Citrus Smoothie

Ingredients:

- 2 1/2 cups pineapple juice
- 2 1/2 cups freshly squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon, plus more for garnish

Directions: Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl and set aside. Rinse blender then fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from freezer and top with orange ice mixture. Garnish each glass with cinnamon and a slide of an orange, if desired. Share with your friends before it begins to melt!



Tips For Shoveling Snow Safely

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

Warm-up. Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.

Push rather than lift. Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.

Lighten your load. Consider using a lighter weight plastic shovel instead of a metal one to help decrease the weight being lifted.

Consider multiple trips. Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.

Keep up with the snowfall. Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

Patient Success Spotlight

"Suman is the best massage therapist I've come across"

"Ability Physiotherapy is my one-stop shop for all my physiotherapy and massage needs. Suman is the best massage therapist I've come across. She has the best techniques to relieve you of any pains and discomforts. The front staff is equally good. I highly recommend them!"**- N.K.**

Call to Schedule an Appointment (403) 455-0077

Exercise Essentials

HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg to a leveled position. Repeat 10 times on each leg.



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 have 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° 23419

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