ABILITY PHYSIOTHERAPY

Empowering Your Tomorrows



RELIEVING YOUR LOW BACK, HIP & KNEE ARTHRITIS PAIN

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NEWSLETTER

Helping You Re-Build Your Foundation



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WHY CHOOSE OUR PHYSIO CLINIC?

- INDIVIDUALIZED APPROACH
- RESTORE YOUR FOUNDATION
- EMPOWERING YOUR TOMORROW

RELIEVING YOUR LOW BACK, HIP & KNEE

ARTHRITIS PAIN

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 60.4 million adults in North America are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly?
Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in North America.

The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis?
Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:
· Infections, such as Lyme disease

· An immune system dysfunction - rheumatoid arthritis

· The inheritance of osteoarthritis

· An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

Discover how our team of specialists at Ability Physiotherapy can get you moving pain-free again!

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

ARTHRITIS AND PHYSIOTHERAPY

COME BACK IN TO START FEELING BETTER TODAY!

Regardless of the cause of arthritis, physiotherapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet helps, surgical intervention may eventually be needed. However, physiotherapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce the risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists



today, and ask about ongoing physiotherapy treatment to restore mobility, comfort and quality of life.

See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.

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Book an Appointment Today
(403) 455-0077

FREE CONSULT

FREE 20-MINUTE CONSULTATION

Expires March 28th, 2021.
Limited to the first 15 people who call in.



Healthy Recipe: Stuffed Mushrooms

Ingredients:
- 1 1/2 lb baby mushrooms
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 c breadcrumbs
- Kosher salt
- Freshly ground black pepper
- 1/4 c freshly grated Parmesan
- 4 oz cream cheese, softened
- 2 Tbsp freshly chopped parsley
- 1 Tbsp freshly chopped thyme

Directions: Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove stems from mushrooms and roughly chop stems. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped mushroom stems and cook for about 5 minutes until most of the moisture is out. Add garlic and cook until fragrant for 1 minute then add breadcrumbs and let toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool slightly. In a large bowl mix together mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with more Parmesan. Bake until mushrooms are soft and the tops are golden for 20 minutes. Garnish with parsley to serve.

4 HEALTH BENEFITS OF SPRING CLEANING!

1. Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America. A 2014 study by the American College of Allergy, Asthma, and Immunity found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

2. Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles found that having a clean home can improve your mood and reduce your risk of depression.

3. Better Heart Health. If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

4. Declutter and Donate. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else.

Patient Success Spotlight

"I highly recommend this place."

"Before I went to physiotherapy I could barely walk, after my first visit I was 50 percent better. That was amazing! Himani Singh Gupta is a great physiotherapist. She is really helpful and professional. All the staff was really friendly, this is a great place. I highly recommend this place."
- AJ S.

Call to Schedule an Appointment
(403) 455-0077

Exercise Essentials

STRAIGHT LEG RAISE

While lying or sitting, slowly raise your leg, keeping your knee straight and your toes pointed outward. Hold for 2 seconds, then slowly lower your leg to the starting position. Repeat 6-10 times with 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 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° 23419

Abilityphysio.ca

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

http://1sudoku.com n° 23419 - Level Medium