ABILITY PHYSIOTHERAPY

Empowering Your Tomorrows



ABILITY PHYSIOTHERAPY WAS SELECTED AS ONE OF THE TOP 30 PHYSIO CLINICS IN CALGARY FOR 2021!

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

INSIDE:

- Don't Let Pain Sideline You
- Exercise Essentials
- Patient Success Spotlight
- Berry Almond Smoothie Bowl

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NEWSLETTER

Helping You Re-Build Your Foundation



WHAT'S INSIDE

- DON'T LET PAIN SIDELINE YOU
- EXERCISE ESSENTIALS
- PATIENT SUCCESS SPOTLIGHT
- BERRY ALMOND SMOOTHIE BOWL

WHY CHOOSE OUR PHYSIO CLINIC?

- INDIVIDUALIZED APPROACH
- RESTORE YOUR FOUNDATION
- EMPOWERING YOUR TOMORROW

HOW YOU CAN AVOID SURGERY AFTER

A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare-up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physiotherapy.

KNEE INJURIES: The knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

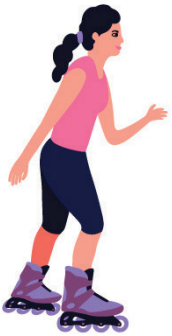
SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Ability Physiotherapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physiotherapy first before recommending any other procedures.

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

DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.



How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physiotherapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physiotherapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Ability Physiotherapy can get you back to enjoying your activities pain-free. **Call today to learn more about how our programs can help you feel great!**

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Book an Appointment Today
(403) 455-0077

FREE CONSULT

FREE 20-MINUTE CONSULTATION
Expires April 28th, 2021.
Limited to the first 15 people who call in.



Healthy Recipe: Berry Almond Smoothie Bowl

Ingredients:
- 2/3cup frozen organic raspberries
- ½ cup frozen sliced organic banana
- ½ cup plain unsweetened almond milk
- 5 tbsp sliced almonds, divided
- ¼ tsp ground cinnamon
- 1/8 tsp ground cardamom
- 1/8 tsp vanilla extract
- ¼ cup organic blueberries
- 1 tbsp unsweetened coconut flakes

Directions: Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth. Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.



Patient Success Spotlight

"I've referred my family to her and II had amazing results."

"Himani is a compassionate, highly skilled and knowledgeable physiotherapist that committed to my healing no matter how chronic my condition was or how much my body hurt. She has delivered exceptional results, beyond all expectations. My body hasn't moved and functioned this great in years. I've referred my family to her and I had amazing results."
- Randhir S.

Call to Schedule an Appointment
(403) 455-0077

We Provide Effective Relief For:

- Rotator cuff tear
- Foot Pain
- Wrist & elbow pain
- Muscle strains & sprains
- Stiffness caused by injury
- Muscle spasms
- Rotator cuff problems
- Joint pain
- Post-surgical rehab
- Knee and ankle sprains

Exercise Essentials

SINGLE-LEG STANCE FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg. Hold for 10 seconds. Repeat on each side.



Abilityphysio.ca

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

EXERCISE YOUR MIND: Sudoku

					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					

http://1sudoku.com n° 227580 - Level Medium

FREE HEALTH WORKSHOP

Staying Pain Free In Your Home Office • APRIL 24TH



LEARN ALL ABOUT:

- How to prevent pain while working from home
- Postural awareness
- The importance of movement
- Psychological and emotional impact from working at home

CLICK HERE TO CALL AND SIGN UP
LIMITED AVAILABILITY!
(403) 455-0077