Ability PHYSIOTHERAPY & WELLNESS

*Empowering Your Tomorrows*



## FREE BACK PAIN WEBINAR

**(MORE INSIDE)**

# AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH

**INSIDE:**


- How Can I Improve the Health of My Spine?
- Exercise Essentials
- Patient Success Spotlight
- Fruit Sparklers

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# NEWSLETTER

Helping You Re-Build Your Foundation



## FREE BACK PAIN WEBINAR

Join Ability Physiotherapy & Wellness on July 24th, for a FREE back pain webinar- hosted by Physiotherapist, Krupal Rathod!

## NEW LOCATION!

Check out our new office located in Calgary! We can't wait to show you the same great care, in a new location.




**SOUTH EAST**
**2016, 36 STREET SE**
**CALGARY, AB T2B0X8, CANADA**

**CALL US TODAY!**
**Phone: (403) 764-4666**
**Fax: (403) 764-4667**

**Our Hours**
**M-F: 9AM-7PM**
**Sat: 2PM-6PM**
**Sun: Closed**

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## AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH



Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances. The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact Ability Physiotherapy today to find out how.

You may be wondering, "What does this mean? How can I tell if my spine is healthy?" When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in your body is directly connected to the health of your spine.

This is why spine health is so important. If you are living with back pain, you know how limiting it can be. In order to make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves.
- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.

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

# HOW CAN I IMPROVE THE HEALTH OF MY SPINE?

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function. Below are 5 ways to make sure you are doing everything you can to improve the health of your spine:

1. **Practice proper nutrition.**
   Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.

2. **Give up cigarettes.**
   Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.

3. **Work on the flexibility and strength of your spine.**
   Your body is meant to move – this is the most important purpose of the spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work.

   Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allows you to move without stressing the discs or nerves in your back.

4. **Maintain proper posture and balance.**
   If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting.

   Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.

5. **Go to a physiotherapist for spine check-ups.**
   Your physiotherapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At Ability Physiotherapy, our physiotherapists are experts in the field of spine health who can help your back operate as it should.

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact Ability Physiotherapy today. By catching back pain early, we can resolve the issue so it doesn't progress. Don't live with the limits of back pain – improve your spine health with us today!



## Healthy Recipe:
## **Fruit Sparklers**

**Ingredients:**
- 1 whole watermelon
- 16 ounces fresh blueberries
- Bamboo skewers

**Directions:**
Cut watermelon vertically into 1 inch thick slices. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star. Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.



## 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

# Patient Success Spotlight

***"...she also helped me to progress towards a healthy lifestyle!"***

"Amazing place. Great place. I have been getting treatment from Himani Singh and I must say that she is extremely good and has good knowledge. She took the time to listen and explain my condition. She not only helped me to recover but she also helped me to progress towards a healthy lifestyle. Highly recommend this place!"

**- Indu T.**

**Call to Schedule an Appointment**
**(403) 455-0077**

## Exercise Essentials

PRAYER STRETCH

***Good stretch if you sit at the computer all day.***

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks. Hold for 10 seconds.



Exercises copyright of
SimpleSet Pro
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Always consult your physiotherapist before starting exercises you are unsure of doing.

## EXERCISE YOUR MIND: Sudoku

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

http://1sudoku.com n° 34100 - Level Hard

## REFER-A-FRIEND




***(403) 455-0077***