ABILITY PHYSIOTHERAPY

Empowering Your Tomorrows



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

IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

INSIDE:

- How Can I Strengthen My Core Muscles
- Exercise Essentials
- Patient Success Spotlight
- Acai Smoothie Bowl

ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping You Re-Build Your Foundation



WHAT'S INSIDE

- HOW CAN I STRENGTHEN MY CORE MUSCLES
- EXERCISE ESSENTIALS
- PATIENT SUCCESS SPOTLIGHT
- ACAI SMOOTHIE BOWL

WHY CHOOSE OUR PHYSIO CLINIC?

- INDIVIDUALIZED APPROACH
- RESTORE YOUR FOUNDATION
- EMPOWERING YOUR TOMORROW

IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE



How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Ability Physiotherapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What exactly are the core muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

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

HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Ability Physiotherapy, our licensed physiotherapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

1. **Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
2. **Avoiding Injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
3. **Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important.



Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

4. **Eating nutritious meals.** If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.
5. **Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Ability Physiotherapy, our physiotherapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

(403) 455-0077



Healthy Recipe:
Acai Smoothie Bowl

Ingredients:

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla Greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

Directions:

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

https://www.dinneratthezoo.com/acai-bowl-recipe/



Patient Success Spotlight

"She is a really good person!"

"I went to Ability after injuring my knee at work and the level of treatment I received was excellent. The staff is very friendly and accommodating. The scheduling was easy and the program, exercises, muscle machines and hot/cold packs were all perfect and exactly what was needed for a speedy recovery. Thanks so much to Krupal for being a very friendly, and good physio to help me get back to work. She is a really good person!" "

- Nate R.

Call to Schedule an Appointment
(403) 455-0077

We Provide Effective Relief For:

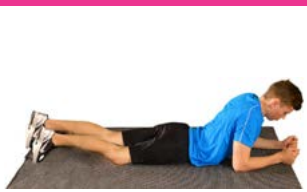
- Rotator cuff tear
- Foot Pain
- Wrist & elbow pain
- Muscle strains & sprains
- Stiffness caused by injury
- Muscle spasms
- Rotator cuff problems
- Joint pain
- Post-surgical rehab
- Knee and ankle sprains

Exercise Essentials

PRONE ON ELBOWS

Helps loosen your lower back

Lie on your stomach, hands beside your shoulders.
Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.



Exercises copyright of
SimpleSet Pro
www.simpleset.net

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

EXERCISE YOUR MIND: Sudoku

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

http://1sudoku.com n° 34560 - Level Hard

Second Location Coming Soon!

KEEP AN EYE OUT FOR OUR SECOND LOCATION COMING SOON



(403) 455-0077