Ability PHYSIOTHERAPY & WELLNESS

Empowering Your Tomorrows



ARE YOU AT RISK OF SUSTAINING A FALL-RELATED INJURY?

INSIDE:

- How Can I Prevent These Injuries?
- Exercise Essentials
- Patient Success Spotlight
- Rainforest Smoothies

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

NEWSLETTER

Helping You Re-Build Your Foundation



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

ARE YOU AT RISK OF SUSTAINING A FALL-RELATED INJURY?

No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact Ability Physiotherapy today!

What are some common injuries?

At Ability Physiotherapy, our licensed physiotherapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physiotherapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physiotherapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated

(continued inside)

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

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

HOW CAN I PREVENT THESE INJURIES?

(continued from outside)

While it is always a wise decision to consult with a physiotherapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- Stretching. This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- Hydrating and eating nutritious meals. Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- Staying within your abilities. It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physiotherapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.
- Using the proper equipment. When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What should I do now?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Ability Physiotherapy today. One of our dedicated physiotherapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

Can't seem to recover from an injury? Call us today to schedule an appointment with one of our physiotherapists. Your body will thank you!

(403) 455-0077



Healthy Recipe: **Rainforest Smoothies**

Ingredients:
- 3/4 cup frozen mango chunks
- 3/4 cup frozen pineapple chunks
- 1/2 cup frozen chopped kale
- 2 cups reduced-fat milk or plant-based milk
- 2 tbsp honey

Directions:
In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

https://www.savoryonline.com/recipes/177717/rainforest-smoothie



Patient Success Spotlight

"I've referred my family to her...!"

"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."

- Indu T.

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

Good stretch to improve your balance.

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.



Exercises copyright of
SimpleSet Pro
www.simpleset.net

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

EXERCISE YOUR MIND: Sudoku

				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