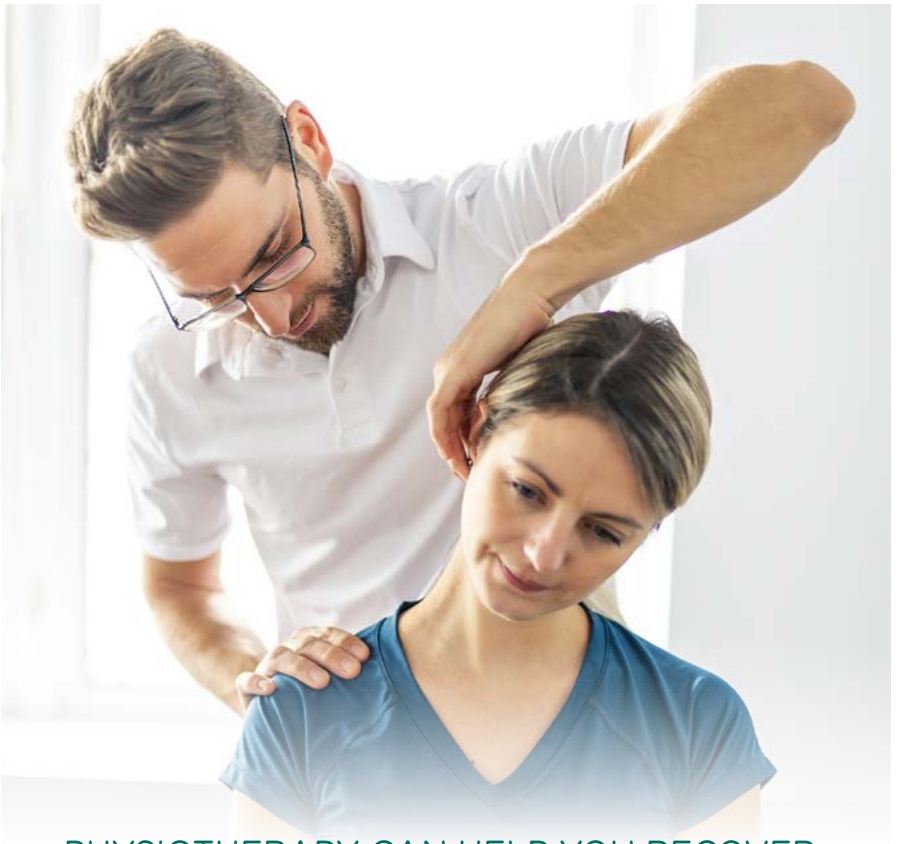
Ability PHYSIOTHERAPY & WELLNESS

Empowering Your Tomorrows



PHYSIOTHERAPY CAN HELP YOU RECOVER

FROM MOTOR ACCIDENTS

INSIDE:

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NEWSLETTER

Helping You Re-Build Your Foundation



NEW LOCATION!

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

PHYSIOTHERAPY CAN HELP YOU RECOVER

FROM MOTOR ACCIDENTS

Have you been injured in a motor vehicle accident? Ability Physiotherapy may be able to help provide the relief you need to start feeling better. Our physiotherapists are trained in motor vehicle accident injury recovery and have the tools to help you recover from all types of motor vehicle injuries.

Even if your injury occurred years ago, there is a chance you're still living with pain symptoms that have yet to be addressed. Contact our clinic today to schedule an appointment with a physiotherapist who may be able to help you find the long-lasting relief you're searching for, and in the meantime, keep reading to learn more about the benefits of therapy for accident injury recovery!

Common Motor Vehicle Accident Injuries

Recovering from a car accident can be a very lengthy, tough road to go down. The number of ways a person can be hurt from the impact of an accident is endless, however, there are quite a few common ones that Ability's physiotherapists treat on a daily basis.

Head injuries from a car wreck are typically the most serious. They can lead to vision problems, skull fractures, and concussions. With a concussion, you may experience dizziness and headaches, as well as impaired balance and coordination.

Back pain is a common experience after car accidents, especially when it comes to herniated discs. This condition often occurs when a person's vehicle is rear-ended, or hit from behind. Many people don't even realize that they've sustained this injury until much later, but it can have lasting symptoms that disrupt their daily lives.

Herniated disc pain can happen anywhere along the spine, but the lower back area is the spot most commonly affected. If the cartilage in your spinal disc is damaged after an accident, the gel-like substance that makes up your discs can break through. This herniation will result in added pressure on the nerves. The result is intense pain in your lower back. Even small amounts of pressure on your spinal nerves can cause numbness, weakness, and pain.

(continued inside)

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

HOW CAN A PHYSIOTHERAPY **HELP ME?**

(continued from outside)

Whiplash can be very painful and restrict movement. The sudden movement of the neck and head in a car accident can cause whiplash. Blunt force trauma from a car accident can collapse lungs and break ribs. This injury happens when the weight of the head and spine is whipped back and forth with the fast movement; the muscles in the neck don't have time to react, which then results in strains and tears of the surrounding muscles, ligaments, and tissues.

Due to the initial shock and trauma following the accident, whiplash typically feels worse 1-2 days after the injury, as inflammation sets in and tissues become swollen. This can lead to headaches, pain with movement, and even a numbness or tingling sensation in the upper extremities.

TMJ, or temporomandibular joint disorder, can also develop after a car accident, especially if there is trauma received to the face or jaw. This is a disorder of the jaw muscles and nerves caused by injury to the joint between your jaw and skull. The injured temporomandibular joint leads to pain with chewing, clicking, and popping of the jaw; swelling on the sides of the face; nerve inflammation; headaches; tooth grinding, and other unpleasant side effects.

Pelvic floor injuries can occur after accidents as well. If you're experiencing pain near your pelvis, it can be a sign of a very serious injury. You may feel pressure on your bladder, experience frequent urination or bowel movement changes. Pelvic floor therapists are specialists in treating injuries to the pelvic floor.

While these injuries are very painful and can cause lasting side effects that are difficult to get rid of on your own, the good news is physiotherapy offers a variety of treatment methods that can help you kick your pain once and for all.

How Can a Physiotherapist Help Me?

There are many, many reasons to undergo physiotherapy after you've been in a car crash, as it supports the recovery process and can also prevent long-term damage from a car accident, including migraines and chronic pain.

After a car accident, you may experience pain, reduced range of motion, headaches, or stiffness. Keep in mind that not all symptoms may not appear right after a car accident. When they do show up, physiotherapy can help you to keep pain symptoms at bay, improve flexibility, increase strength and recover faster.

The sooner you receive treatment after a car wreck, the better chance you'll have at avoiding chronic pain later down the road.

Ability Physiotherapy takes a holistic approach to healing for car accident injuries. Types of physical therapy treatments used to treat motor vehicle accident injuries include:

- Soft tissue mobilization
- Manual therapy
- Ice and cold therapy
- Specific exercises, targeted resting positions, stretching
- Post-Concussion therapy

Call us today to schedule an appointment; we can't wait to help you get back to feeling your best!

HEALTHY RECIPE: **HONEY GARLIC SHRIMP**



Ingredients

- 1/3 cup honey
- 1/4 cup soy sauce (reduced sodium)
- 1 Tablespoon minced garlic
- 1 lb medium uncooked shrimp, peeled & deveined
- 2 teaspoons olive oil
- optional: chopped green onion garnish

Directions

1. Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl. **2.** Place shrimp in a large zipped-top bag or tupperware. Pour 1/2 of the marinade mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator 15 minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, steam broccoli and microwave quick brown rice). **3.** Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. Discard used marinade. Cook shrimp on one side until pink--about 45 seconds--then flip shrimp over. Pour in remaining marinade and cook it all until shrimp is cooked through, about 1 minute more. **4.** Serve shrimp with cooked marinade sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed veggies on the side.



Patient Success Spotlight

"I was not able to walk on the first day"

"Krupal is amazing physiotherapist. She is knowledgeable, caring and helpful. She understands what you need or not. She helped me a lot with my back pain after my baby. I was not able to walk on the first day when I came to the clinic but Krupal helped me with her therapy treatment to walk easily. I had such a wonderful experience during my therapy. I highly recommend this place and Krupal is the best."

- Amandeep G.

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

WRIST EXTENSOR STRETCH

Good stretch to improve your wrist movement.

Hold your arm straight in front of you with the palm down (facing the floor). With your other hand, gently press your hand down. Only press down until you feel a gentle stretch. If you experience elbow pain, either decrease the amount of pressure or slightly bend your elbow. Hold the stretch for 30-45 seconds.



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

EXERCISE YOUR MIND: Sudoku

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

http://1sudoku.com n° 328411 - Level Hard

REFER-A-FRIEND



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