ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Don't Let Holiday Stress Become a Pain in the Neck!

It is no secret that the holiday season can be a real headache - and can also lead to them!

The increased stress that we all feel around the holidays can cause the muscles around the neck and shoulders to tense up, resulting in neck pain and stress-related headaches.

At Ability Physiotherapy, we want to make sure that you are comfortable and pain-free this holiday season, so you can take some time to relax amongst all of the hustle and bustle!

If you notice yourself experiencing neck pain or headaches, don't hesitate to contact us today to consult with one of our dedicated physiotherapists.

How can physiotherapy help relieve neck pain and headaches?

Neck pain and headaches commonly stem from tension in the upper back, neck, or shoulders. Headaches can also develop due to dehydration and stress, so make sure you are taking time to drink water and allowing yourself to relax while you're running around this holiday season!

A physiotherapist can help relieve any built-up tension in the affected area of your body through manual techniques and targeted exercises/stretches. They can also help with posture training and relaxation techniques if posture or stress is the culprit of your neck pain/headaches.

Physiotherapists are movement experts who can assess the area(s) that are bothering you and design a personalized treatment plan for your specific needs - so you can get back to enjoying time with your loved ones, without worrying about pain.

How to get started:

If you have been noticing pain this holiday season and you're looking for relief, Ability Physiotherapy is here to help. Don't let persistent neck pain or headaches ruin your joy this holiday season - schedule your consultation today to get started on the first steps of your treatment plan!

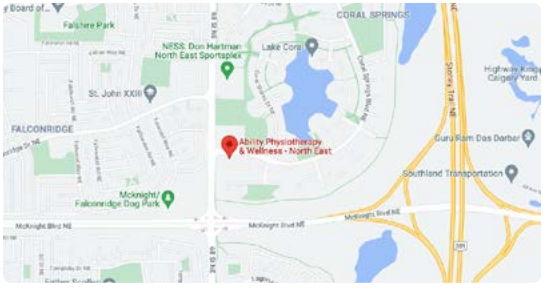
Don't wait. Schedule an appointment here.

Schedule an appointment here. We can't wait to see you!

Check out our 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.

Don't wait. Schedule an appointment here.





Schedule an appointment here. We can't wait to see you!

Patient Success Story

"I highly recommend this place. I have been getting physiotherapy treatments from Sukhjinder and his assistant Anaya; they've been doing such a great job helping me with my recovery. They are absolutely knowledgeable, professional, and always make sure I feel comfortable. Each one of the receptionists I've spoken to are also very pleasant to talk to and are always very helpful and accommodating with scheduling and such."

- Anny Asif

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

NEWSLETTER

Helping You Re-Build Your Foundation

North East
5 Coral Springs
Blvd NE #15,
Calgary, AB T3J 4J1, Canada
(403) 800-0684

South East
2016, 36 Street SE
Calgary, AB T2b0x8, Canada
(403) 800-3343



CHRISTMAS TOFFEE

INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

DIRECTIONS

Preheat your oven to 425˚ and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.