ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Don't Let Pain Hold You Back This Year

Happy New Year! We all know what this time of year represents to most: new beginnings. Everybody wants to set goals for themselves and plan out the most successful year possible. After all, new year, new you, right?

Are you struggling to figure out what you want your New Year's resolution to be? Consider making your health a top priority, especially after a year like 2020. One option that can propel you forward on your quest to better health is physical therapy.

If your goal for this year is to become a more active and stronger version of yourself, contact us today for more information or to schedule your appointment.

What kinds of conditions can physiotherapy help improve?

Physiotherapy often provides the best treatment for a variety of different pain conditions and symptoms. Treatment at our clinic not only provides relief, but it also can teach you techniques to prevent re-injury and avoid future pain.

There is no shortage of solutions a physiotherapist can offer when it comes to helping a patient overcome physical obstacles they've run into because of pain. Tons of conditions can be improved (and in some cases, even eliminated) through the help of physiotherapy, including:

- Sports/work-related injuries
- Neck and back pain
- Foot and ankle pain
- Recovery after surgeries
- Dizziness and balance issues
- Fibromyalgia
- Osteoarthritis

Physiotherapists know how to assess a person's condition and pinpoint the underlying cause of their pain. The goal is to solve the problem at its source, not just treat the symptoms.

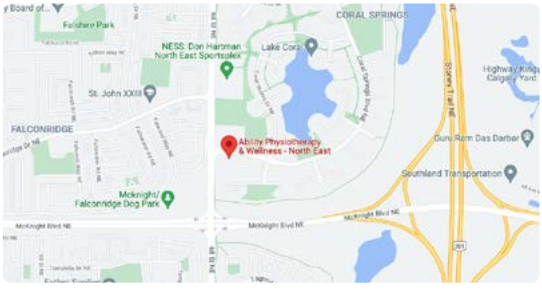
Do you have a painful condition that has been plaguing you since last year, but you were too afraid to come in? Throughout any COVID-19 shutdowns, physiotherapy is considered an essential service, and improving your health is probably more essential to you now, more than ever.

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

"Professional well trained staff, neat & clean environment, excellent music/tonnes background make you relax. Timely follow-up, well-maintained privacy of patients. Consultants like Sumandeep Kour are an asset for their business and working relationships. I will strongly recommend as the therapy helped to reduce my muscle pain. I have low black and shoulder pain. The therapist helped me to relax, reduce my pain and I can sleep well at night. Massage benefited me to relax my body, gave me mental relief, and powered up the blood circulation of my body."

- Mushtaq Hussain

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South East
2016, 36 Street SE
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BALSAMIC BERRY VINAIGRETTE SALAD

INGREDIENTS

- 1/4 cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 1/2 tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- 1/4 tsp kosher salt
- 1/8 tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- 1/2 cup crumbled blue, feta/goat cheese
- 1/2 cup pomegranate seeds
- 1/4 cup chopped walnuts

DIRECTIONS

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/