ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you rebuild your foundation



Back Pain is No Joke! It Could be Sciatica.

April Fool's Day may be right around the corner, but at Ability Physiotherapy we know that back pain is no joke.

It can sometimes be difficult to determine the cause of back pain, but sciatica is a common culprit. Sciatica develops when the sciatic nerve (which, by the way, is the longest nerve in your body!) becomes inflamed. This can result in painful or tingling sensations in the lower back, buttocks, thighs, or legs.

Additionally, sciatica can make certain movements difficult. If you have been living with back pain and you think it could be caused by sciatica, don't hesitate to schedule an appointment with us today! We'll be happy to see you and figure out the root of your pain - so you can get back to living life comfortably ASAP.

Find relief for your sciatica aches and pains today

If the pain or discomfort you are experiencing is in fact determined to be caused by sciatica, your physiotherapist will quickly develop an individualized treatment plan aimed at relieving tension on the sciatic nerve and providing you with relief.

Sciatica is commonly treated through manual methods, such as massage and stretching, but additional modalities (such as ice/heat therapy, ultrasound, or electrical stimulation) may also be added into your treatment plan as deemed fit by your physiotherapist.

At the end of the day, our physiotherapists will do what is best for your specific needs to help alleviate the inflammation on your sciatic nerve and get you back to living life without persistent pain.

What are you waiting for?

At Ability Physiotherapy, we are here to help you find the relief you need! The answer to your back pain blues is just a phone call away.

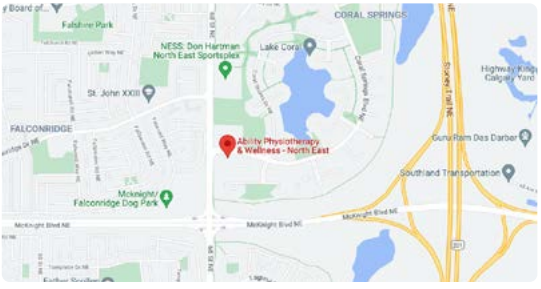
Don't wait. Schedule an appointment here.

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

Schedule an Appointment!

Take back your life, just in time for spring! Just click here.

We can't wait to see you!





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

Patient Success Story

★★★★★

"Himani is a great physiotherapist. She is kind, professional and great at what she does. I have been experiencing significant shoulder pain for the past few months and Himani improved my condition. The pain is officially gone. There are also two assistants, Anaya and Shweta, who aided in my healing. They regularly assisted me with my exercises. Thank you for all of your help!"

- Naznin J.

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

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Helping You Re-Build Your Foundation

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South East
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PROTEIN PB & J SMOOTHIE BOWL



INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

DIRECTIONS

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/