ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Nip Hip & Knee Pain in the Bud!

Spring has sprung! The beautiful weather calls for being outside and bringing out the gardening tools. However, one thing can stand in the way of you being able to beautify your front yard: hip and knee pain.

Hip and knee pain can get in the way of your everyday life. Contact Ability Physiotherapy to schedule an appointment with your physiotherapist to have your hip or knee pain assessed and treated!

Causes of hip and knee pain

The hips and knees often suffer the same diseases, disorders, and injuries. Overuse injuries such as tendinitis and chronic muscle strain are common in both the hips and knees because both joints are always in use. They are also both subject to acute injuries, such as sprains, strains, and dislocation.

Painful injuries that cause instability in the hips can also affect the knees. Tight hip flexor muscles and weak gluteus medius muscles can cause the hip to rotate inward. This results in painful issues such as iliotibial band friction syndrome or patellofemoral stress syndrome, as stress is put on the knee or kneecap.

How physiotherapy can help

Physiotherapy can help to strengthen your joints and improve your range of motion. Our clinic believes that natural and conservative treatment options are just as effective (if not more!) for hip and knee pain relief than medications and surgery.

We will examine your hip and/or knee for signs of misalignment or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam, you'll be prescribed a physiotherapy treatment plan, aimed at relieving unnatural stresses and strains. The goal is to normalize your joint function so you can live a comfortable life.

Call our clinic today

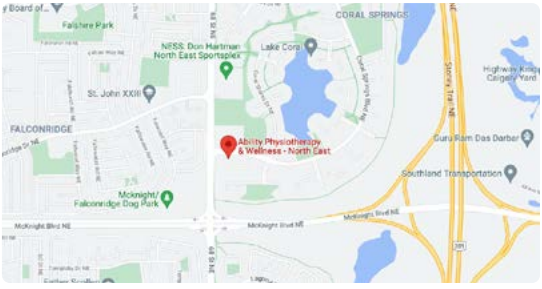
You deserve to enjoy all of the wonderful things spring and summer have to offer, including being active outside. The best way to know the true reason behind your hip or knee pain is to come see one of our licensed physiotherapists for an in-depth evaluation.

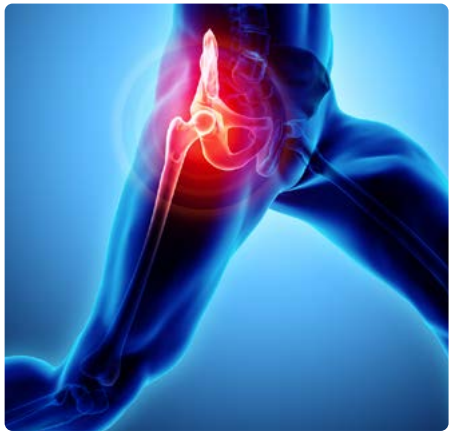
Schedule an appointment here. We can't wait to see you!

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

"I would like to state how pleased I am, from my experience with Himani, and all the caring, and friendly staff at Ability Physiotherapy. Himani went above and beyond her role through dedicating extra time from her busy schedule of tending to clients, to see me regarding my health concerns. Her sound advice, and caring, and real insight was helpful in addressing, and alleviating my concerns. I highly recommend anyone with physiotherapy issues, to consider the wonderful team at Ability Physiotherapy in NorthEast Calgary. I'm looking forward to future potential visits. Thank you again everyone!"

- Parina J.

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

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Helping You Re-Build Your Foundation

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South East
2016, 36 Street SE
Calgary, AB T2b0x8, Canada
(403) 764-4666

MEDITERRANEAN CHICKEN SALAD



INGREDIENTS

1/3 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey

1/4 tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

DIRECTIONS

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.