ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Could Your Pain be Related to Posture?

We've all been there. Summer rolls around, you're lounging on the beach, not a care in the world, and then - suddenly you notice pain.

Poor posture is a common culprit for seemingly unexplainable pain, especially if you notice it in your back, neck, or shoulders.

When poor posture becomes a habit it can be difficult to reverse, but at Ability Physiotherapy, we've got your back - literally!

Contact us today to discover how we can help you become posture perfect so you can get back to doing what matters most - lounging comfortably this summer!

How can a physiotherapist help with posture?

Posture is an important part of physiotherapy, as body form has a significant impact on body function. If your form is off while sedentary, it is likely that it is also off during movement. This means that your entire body dynamic is off! Fortunately, our physiotherapists are movement experts who can analyze your body posture while sitting, standing, and moving. They will discover problem areas that may be causing your pain and develop a treatment plan that includes the best methods for your specific needs.

Your physiotherapist will provide you with exercises and stretches to help promote core strength and improved posture. By practicing the correct form during these exercises and stretches, your posture will begin to get better and better.

For pain relief, your physiotherapist may also prescribe additional modalities as best suited for your needs.

Ready to get started?

At Ability Physiotherapy, we know that the last thing you want is to spend your summer living with pain. So why wait? Contact us today to discover how improved posture can open up a new world of comfort!

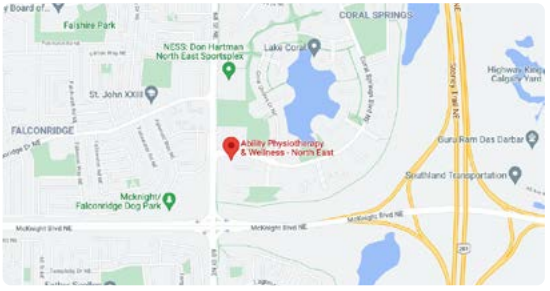
We'll help you recover from your pain and discomfort ASAP so you can get back to enjoying your summer activities. Don't wait. Schedule an appointment today.

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

Schedule an Appointment!

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

We can't wait to see you!





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

Patient Success Story

"This will always be the first place I recommend to anyone who needs to go to physiotherapy. I have had back issues on and off for the last few years. I have been going to Ability for physiotherapy for the last 4 months and had great results.

Himani has honestly been the best physiotherapist ever I have worked with. She has encouraged me when I felt like I was regressing and has helped me create an exercise plan that works for me. I always look forward to seeing the staff at Ability. They are cheerful, efficient, and professional."

- Jagveer K.

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

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Helping You Re-Build Your Foundation

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SHRIMP FRIED RICE



INGREDIENTS

- 1 1/2 cups water
- 1 cup instant brown rice
- 2 tbsp hoisin sauce
- 4 tsp reduced-sodium soy sauce
- 2 tsp toasted sesame oil
- 4 tsp canola oil, divided
- 2 large eggs, lightly beaten
- 8 oz peeled & raw small shrimp
- 2 tbsp minced fresh ginger
- 4 cups stringless snap peas
- 1 medium red bell pepper, cut into 1/2-inch pieces
- 2 medium carrots, thinly sliced
- 4 scallions, chopped

DIRECTIONS

Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until the water is absorbed, 10-12 minutes. Spread the rice out on a large baking sheet to cool. Combine hoisin sauce, soy sauce and sesame oil in a small bowl; set aside. Heat 1 tsp canola oil in a large nonstick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces, until just set, about 45 seconds. Transfer the egg to a bowl. Add another 1 tsp canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally, until pink, 1 1/2 to 2 minutes. Transfer the shrimp to the bowl. Heat the remaining 2 tsp oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 seconds. Stir in snap peas, bell pepper, carrots and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture.