ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Melt Your Frozen Shoulder This Summer

Don't let shoulder pain get in the way of summer fun!

Summer is in full swing. This means tons of fun outdoor activities and celebrations are in order! If you want to participate, you need to be feeling your best.

However, if you are dealing with a nagging pain in your shoulder, it may be hard for you to fully enjoy yourself this season. You may have a condition called "frozen shoulder."

Contact Ability Physiotherapy to schedule an appointment with your physiotherapist to have your condition assessed and treated, so you can get back to doing the things you love this summer season.

What is "frozen shoulder"?

Adhesive capsulitis, also known as frozen shoulder, is a condition that occurs following an injury or alongside another shoulder condition such as bursitis, tendonitis, or arthritis.

This condition happens when scar tissue forms after a period of physical inactivity. The shoulder can become stiff or inflamed, and your range of motion will become limited. This can put a damper on your ability to enjoy outings with your family and friends!

Physiotherapy can help ease your pain

Most people struggling with frozen shoulder complain of discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder.

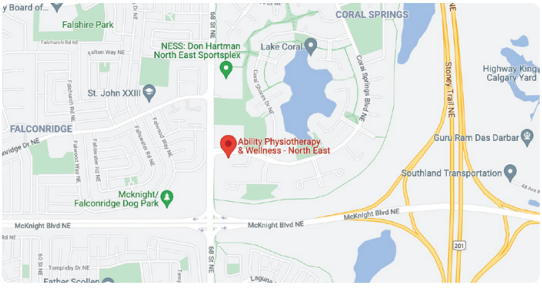
Frozen shoulder doesn't have to be the end of your summer fun. Physiotherapy can help ease your pain and improve your condition! Physiotherapists are movement specialists whose ultimate goal is to restore mobility and range of motion to your shoulder.

Your Ability Physiotherapy physiotherapist will teach you how to relieve pain with stretching techniques and strengthening exercises. They will focus on pain relief using modalities such as manual therapy, exercises, and at-home treatments.

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

Ready to Feel Better?

You should be enjoying your summer festivities without pain. If any of the symptoms above ring a bell, contact Ability Physiotherapy for an in-depth evaluation of your condition. We'll have you feeling better in no time!





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

Patient Success Story

"Had an injured shoulder and was able to pin point the pain and regain my range of movement within only 2 weeks of seeing Dr. Krupal Rathod. She has been amazing with my therapy and helping me feel more comfortable and helping me understand why I was feeling this way. I would 100% recommend this place to anyone needing physio the whole staff is welcoming and also very helpful!! Definitely worth my time and effort. Zero complaints!!"

- Kevin L.

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

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Helping You Re-Build Your Foundation

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CAULIFLOWER STEAKS W/ ROASTED RED PEPPER & OLIVE SALSA



INGREDIENTS

- 1 cauliflower
- 1/2 tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- 1/2 tbsp red wine vinegar
- 2 tbsp toasted flaked almonds

DIRECTIONS

Heat oven to 425 degrees and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and 1/2 tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through. **Meanwhile, make the salsa:** Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste.

When the steaks are cooked, spoon the salsa over them and top with flaked almonds to serve.