ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Do You Have Nagging Back Pain?

Your Posture Could Be The Culprit...

Posture refers to the position(s) of a person's body in space. Prolonged postures, like sitting or standing for long periods, often lead to stiffness and soreness in the spine.

The good news is that Ability Physiotherapy's physiotherapists can help you improve your posture over the long-term!

Give us a call today to schedule an appointment!

Causes of poor posture

In the upper part of the spine, slouching will cause a forward-head posture. This, in turn, creates a strain on the neck muscles and joints, resulting in neck pain and upper back pain, and may lead to arm pain or chronic headaches.

Slouching also affects the mid-back by altering the way your ribs align. Over time, sitting and standing like this may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

The lower back can be affected by slouching as well. Slouching causes increased pressure to the lumbar discs and causes the muscles in your hips and legs to tighten. This tension affects how the pelvis and spine move and often leads to lower back pain!

How can physiotherapy help?

Working with a physiotherapist to improve your posture with exercises is an effective way to overcome chronic pain.

PT offers ideal methods for providing you with an opportunity to understand what may be causing your pain. A therapist can help you to mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

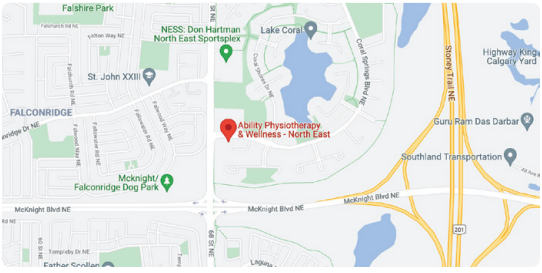
Your therapist will teach you strategies like:

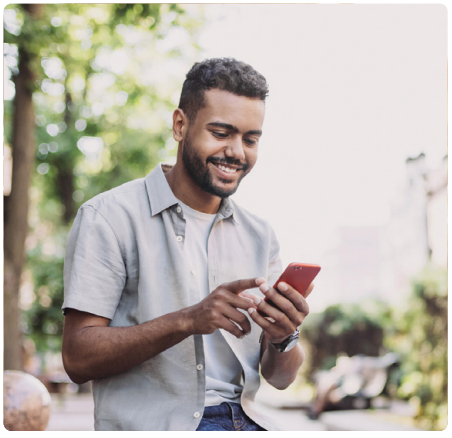
- Standing tall whenever you are standing or walking.
- Using lumbar support when you sit to keep your posture correct.
- Maintaining a straight spine when you lift heavy objects.

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

Call us today!

Physiotherapists at Ability Physiotherapy are dedicated to getting you back on track to a pain-free life. They will evaluate your posture to determine the best treatments necessary for you, and create a treatment plan catering to your needs. Give us a call today to schedule an appointment!





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Patient Success Story

"When I visited this place for the first time I was in so much pain in my elbow and it was affecting my daily activities. I remember Himani did the assessment and found the issue right away. I started my therapy with Krupal and it has been a game-changer, I feel sooooo much better. They are very knowledgeable, and the place is very clean and inviting. All of the staff is so kind and friendly. A big shout out to Krupal and all the team! Thank you!"

- Eva O.

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
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SUMMER GREEK PASTA SALAD



INGREDIENTS

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta

DIRECTIONS

In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/