ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Is Your Balance Setting You Up For An Injury?

Don't fall for it!

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time?

Most of us don't think about our balance until it is too late and we have a harsh fall that results in injury. The good news is that most falls can easily be prevented, simply by taking care of your balance system.

Ability Physiotherapy is happy to offer our vestibular rehab services to any patients dealing with balance issues. **Contact our clinic today to make an appointment.**

Are You At A High Risk For Falls?

It's important to seek care if you experience any of the following symptoms, as they may point to an underlying issue that may cause a fall.

- Dizziness or vertigo
- Double vision
- Arm or leg weakness
- Difficulty standing up from a seated position
- Inability to focus
- Nausea
- Abnormal eye movements

Some people have a higher risk of falling than others. Certain risk factors include:

- History of falls
- Stroke or heart attack
- Advanced age
- Heart disease
- Parkinson's and Alzheimer's disease
- Vertigo, dizziness
- Arthritis
- Fatigue
- Diabetes

How Can Physiotherapy Prevent Falls?

A physiotherapist can design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your pain and risk of falling, but they will also improve your balance, strength, flexibility, endurance, and overall movement.

Some common forms of treatment include:

- **Endurance training.** Endurance training involves working up to more advanced levels of the same form of treatment. Your physiotherapist will provide you with an aerobic exercise program and will slowly add time to those exercises as your endurance improves.
- **Balance training.** A lack of stability is one of the main reasons why people fall. Your physiotherapist will design a balance training plan for you as part of your treatment and may ask you to perform certain balance-based activities.
- **Strength training.** Strength training plans focus on specific muscle groups in need of improvement. The goal is to improve your standing and walking balance.

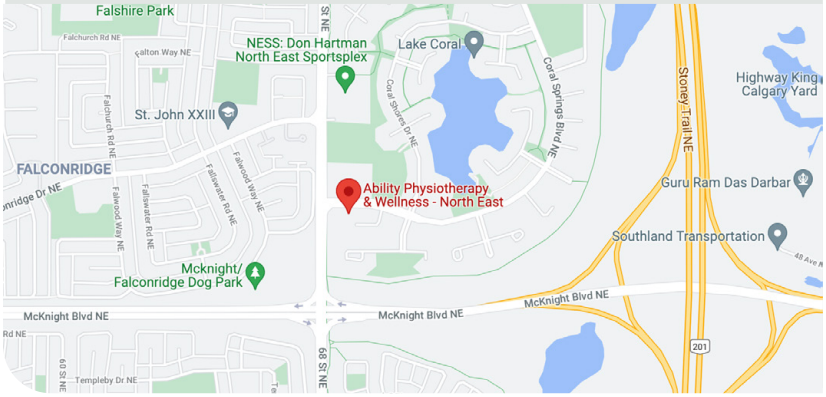
Don't Wait To Get The Help You Need This Season!

The only thing that should be falling this month are the leaves on the trees, not you! At Ability Physiotherapy, we are here to help you get back on your feet.

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!



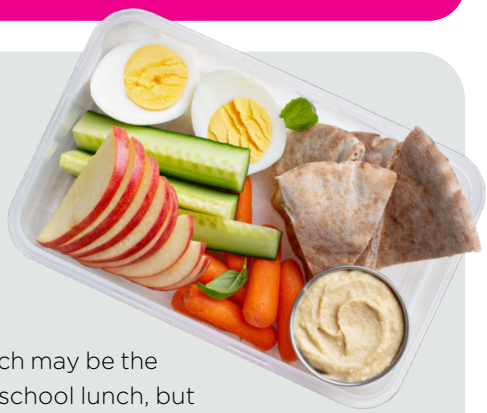


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Patient Success Story

"The staff is amazing and so friendly. My physiotherapist Himani has been educating me about my ankle injury. She makes sure I know why I do certain exercises to be able to understand my rehab program better. Her assistants — Sweta & Inaya — have helped tremendously with my exercises and are always great company!"

- Jeslyn K.



HUMMUS & PITA PLATE

The lunchtime sandwich may be the standard option for a school lunch, but let's face it: slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

Nine out of 10 kids love a good hummus — why not make it the star of the show? Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). **Whatever your child loves will work!**



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