ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



SHRUG OFF SHOULDER PAIN THIS FALL WITH PHYSIOTHERAPY

Are you noticing persistent pain in your shoulders? Physical therapy can help you shrug off shoulder pain so that your body is geared up to enjoy this season!

Keep reading to learn the causes of shoulder pain and how physiotherapy at Ability Physiotherapy offers solutions.

Why Does My Shoulder Hurt?

The most common conditions affecting the shoulder are:

Strains: A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.

Arthritis: Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.

Frozen Shoulder: This can occur if you have been bedridden or your arm has been in a cast or sling. It can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

These conditions are painful, but a physiotherapist at Ability Physiotherapy can help!

What To Expect With Physiotherapy

A physiotherapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our physiotherapists at Ability Physiotherapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Don't Wait To Get The Help You Need!

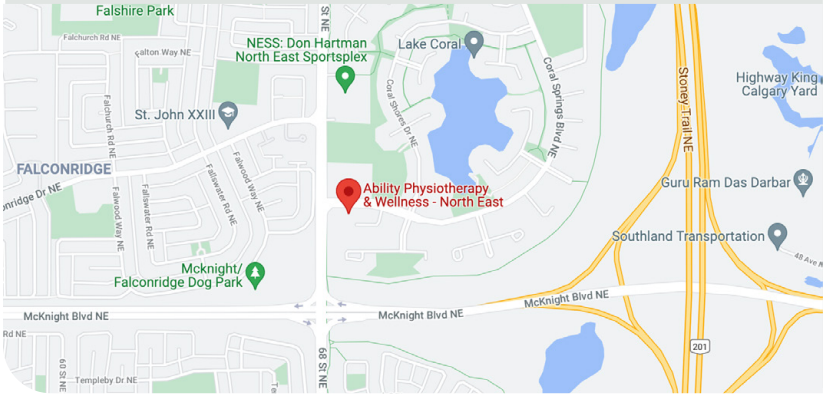
Tired of living with pain in your shoulder? Ability Physiotherapy's skilled physiotherapists are here to ensure you don't have to continue on this way.

Click here to schedule an appointment.

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 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, the place is very clean and inviting. All the staff is so kind and friendly. A big shout out to Krupal and all the team! Thank you" **- Eve O.**

HEALTHY RECIPE

CILANTRO LIME CHICKEN & AVOCADO SALSA



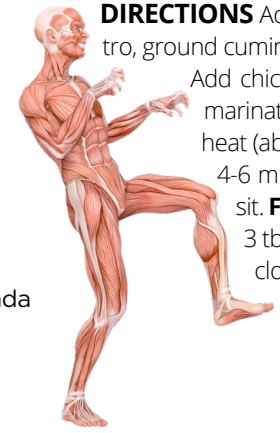
INGREDIENTS

- 1.5 lb. boneless chicken breast
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1/4 cup fresh cilantro
- 1/2 tsp ground cumin
- 1/4 tsp salt

For Avocado Salsa:

- 4 avocados, diced
- 1/2 cup fresh cilantro, diced
- 3 tbsp lime juice
- 1/2 tbsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1 garlic clove, minced

DIRECTIONS Add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit. **For avocado salsa:** add avocado, 1/2 cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve.



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