ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



DON'T LET YOUR BACK SUFFER THIS HOLIDAY SEASON

The holidays are upon us! Family events, gift-giving, and great food are all in store for us. But guess what else might be too?

Back Pain!

As we prep for our holiday season, it's essential to understand ways to prevent back injuries from occurring. Ability Physiotherapy has put together some tips for taking care of your health during this busy time of year!

Tips For Avoiding Back Pain

With all the decorating and heavy lifting that the holiday season brings, it's easy to pull a muscle in your back. You might not even notice until days after the injury occurred!

Here are three tips for avoiding back pain this season.

1. **Warm-up and stretch first!** Don't just jump out of bed and begin setting out fake reindeer and decking the halls! Stretch your body out a little bit. Aim to at least be up and moving for about 45 minutes before starting bending or lifting heavy decoration boxes down from the attic!

2. **Lift with your knees, not your back.** You knew this one was coming! Always lift with your knees and not your back. Tighten your stomach muscles as you lift an object or lower it to the floor. Avoid twisting your trunk to prevent back injuries.

3. **Safety First** — You can take simple steps to ensure you are safe while hanging lights or putting up the tree. Take breaks every 30-60 minutes to make sure you aren't over-extending the muscles in your back as you bend, lift, and reach for items.

Call Our Clinic Today

You deserve to enjoy your holidays without back pain. If you're already suffering from a back injury or would like to learn about more ways to prevent one, we're here for you!

A physiotherapist can assess your condition and symptoms, and create a customized plan that will be aimed at relieving your back pain.

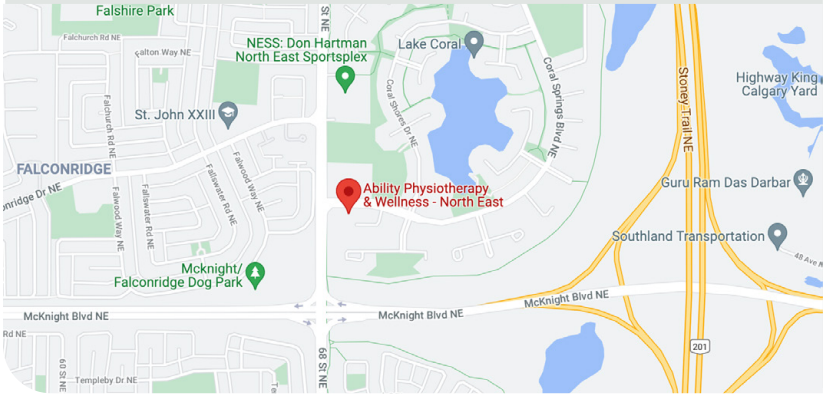
Call Ability Physiotherapy to schedule an appointment with a physiotherapist so that you can have the best possible holiday season!

To schedule an appointment, just click here.

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!





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

Patient Success Story

"Your customer service is excellent. My physiotherapist Krupal has taken time to understand my problem and to listen. I always feel that my treatment is beneficial and any advice that I'm given is appropriate and has helped me in the interim and it also applies to the long term as well. Thank you to the amazing team for all you do." **– Rovy Wanda.**

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

NEWSLETTER

Helping You Re-Build Your Foundation

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HEALTHY RECIPE

PUMPKIN CREAM CHEESE DOUGHNUTS



INGREDIENTS

- 3 cup almond flour, sifted
- 3 tbsp of cinnamon
- 3 tsp of ground ginger
- ½ tsp of ground nutmeg
- ¼ tsp of ground clove
- 3 tsp baking powder
- 1/2 tsp of sea salt
- 1 cup unsalted butter, softened
- 8 ounces of full-fat cream cheese, softened
- 1 1/2 cups granulated sugar substitute
- ½ cup choice of brown sugar substitute
- 2 tsp of vanilla extract
- 1 cup pumpkin puree (unsweetened)
- 6 large eggs

Keto Maple Icing

- 1 cup powdered sugar-free (confectioners sugar substitute)
- 1 tsp cinnamon powder
- 8 tbsp heavy whipping cream
- 2 tbsp of sugar-free syrup

DIRECTIONS: Preheat the oven to 350°F and grease donut molds. Sift together almond flour, cinnamon powder, ground ginger, ground nutmeg, ground clove, baking powder, and salt and set aside. Beat together the softened butter, cream cheese, both sugar substitutes, and vanilla extract until light and creamy. Mix in the pumpkin puree. Add eggs one at a time alternating with the dry ingredients, mixing thoroughly after each addition. Using a pastry bag, pipe the cake batter evenly into the prepared donut pan(s). Bake about 15- 20 min or until an inserted toothpick comes out clean. Allow donuts to cool in molds for 10 min.

To make icing, mix the powdered sugar substitute and cinnamon powder in a small bowl. Whisk in the 8 tbsp of heavy whipping cream making sure to fully incorporate the mixture. Lastly, add 2 tbsp of lakanto sugar-free maple syrup and mix well. If icing is too thick, add another tbsp of heavy whipping cream until softened.