ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

THIS WINTER...

STAY ACTIVE! BE SAFE!



Brrr, it's cold out there!

With winter and cold weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give Ability Physiotherapy a call today to schedule an appointment, so we can help you feel steady on your feet!

Am I At Risk For Falls?

Two major threats that winter poses are ice and snow! Slipping on ice can result in nasty, painful falls; however, several other factors place a person at risk for falls.

The most common risk factors include:

- Dizziness or vertigo
- Cardiovascular disease
- Cognitive impairments
- Previous history of falls
- Vision problems
- Impaired balance and gait control
- Muscle weakness and reduced physical fitness

Some people have a higher risk of falling than others. A physiotherapist is a movement expert who can help you improve your balance and fight back against the risk of falling!

How Can a Physiotherapist Reduce My Chances of Falling?

Our physiotherapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment. We will also conduct a thorough history to understand more about the demands on your body, and how at-risk you are for falling.

In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/environmental factors that may contribute to your fall risk.

This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet!

Contact Our Clinic Today!

Ability Physiotherapy is here to help you feel your best and keep you on your toes — literally! You deserve to enjoy this season with your loved ones without being worried about impromptu trips to the ER after a sudden fall.

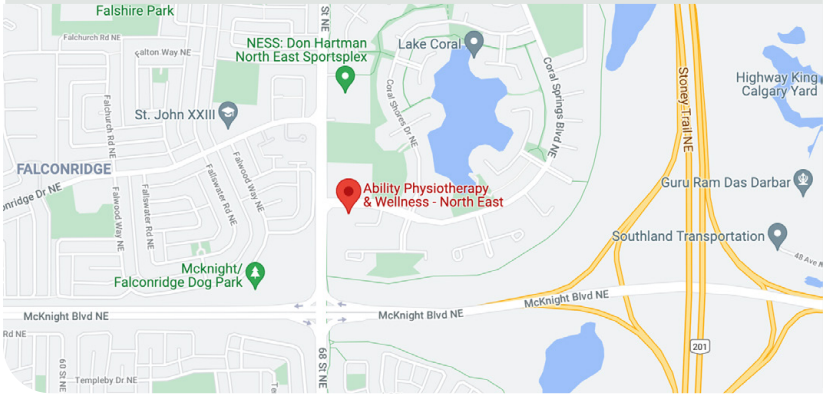
Schedule an appointment with one of our therapists. We're here to help you every step of the way!

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 catered 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

"Amazing staff! From booking appointments to treatments, the staff is absolutely fantastic. I had a work place injury to my knee and elbow; and Ability Physio has helped me return to work in just a couple of weeks. Thank you so much to Krupal; you are a true healer!" – **Lee D.**

HOLIDAY RECIPE

SLOW-COOKER DRESSING



INGREDIENTS

- 1 medium celery rib, chopped
- 1 small onion, chopped
- 8 cups unseasoned stuffing cubes
- 1 teaspoon poultry seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups reduced-sodium chicken broth

DIRECTIONS: In a large skillet, heat oil over medium-high heat; saute celery and onion until tender. Place stuffing cubes, celery mixture and seasonings in a large bowl; toss to combine. Gradually stir in broth. Transfer to a greased 5-qt. slow-cooker. Cook, covered, on low until heated through, 3-4 hours.

https://www.tasteofhome.com/recipes/slow-cooker-dressing/

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