ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

# NEWSLETTER

Helping you re-build your foundation



# DON'T LET PAIN HOLD YOU BACK IN 2023 — SHINE!

## Need a New Year's Resolution? Commit To Taking Better Care of Yourself!

**Happy New Year!** We all know what this time of year represents to most: new beginnings. Everybody wants to set goals for themselves and plan out the most successful year possible. After all, new year, new you, right?

Are you struggling to figure out what you want your New Year's resolution to be? Consider making your health a top priority in 2023. One option that can propel you forward on your quest to better health is physiotherapy.

If your goal for this year is to become a more active and stronger version of yourself, contact Ability Physiotherapy today for more information or to schedule your appointment.

### What Kinds of Conditions Can Physiotherapy Help Improve?

Physiotherapy often provides the best treatment for a variety of different pain conditions and symptoms. Treatment at our clinic not only provides relief, but it also can teach you techniques to prevent re-injury and avoid future pain.

There is no shortage of solutions a physiotherapist can offer when it comes to helping a patient overcome physical obstacles they've run into because of pain. Tons of conditions can be improved (and in some cases, even eliminated) through the help of physiotherapy, including:

- Sports/work-related injuries
- Neck and back pain
- Foot and ankle pain
- Recovery after surgeries
- Dizziness and balance issues
- Fibromyalgia
- Osteoarthritis

Physiotherapists know how to assess a person's condition and pinpoint the underlying cause of their pain. The goal is to solve the problem at its source, not just treat the symptoms.

Do you have a painful condition that has been plaguing you since last year, but you were too afraid to come in? Physiotherapy is considered an essential service, and improving your health is probably more essential to you now, more than ever.

### What Should I Expect From Physiotherapy?

Our team at Ability Physiotherapy consists of experts who are knowledgeable in many different areas of pain as well as treatment methods.

During your first appointment, you can expect your therapist to ask you questions about what hurts so that they can begin determining the root cause of your problem. They may perform tests to gauge your physical abilities, strength, stamina, and range of motion. This way they can ensure they are providing you with quality treatment.

A customized treatment plan that caters to your specific needs and goals will be created, taking into account your treatment plan and exercises from any previous conditions you were also treated for. Your therapist will help you to build up your strength and endurance at each appointment. To continue your growth and progress, they will make sure you feel confident in your abilities to carry out your stretches and exercises outside of the clinic as well.

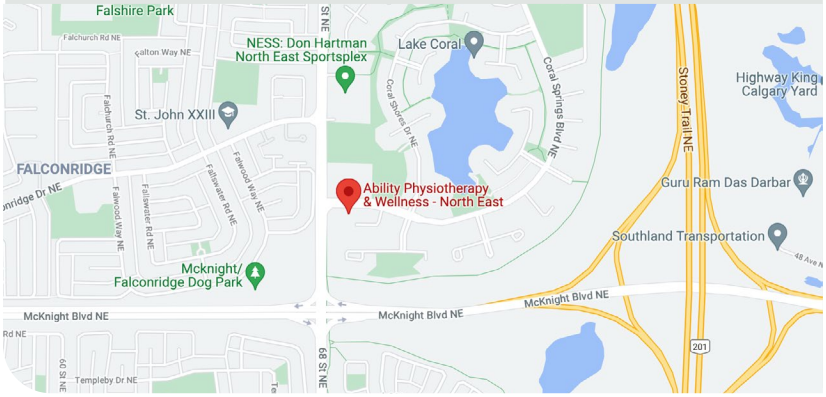
**It's never too late to start taking an interest in your health and overall wellbeing. If you have an injury, chronic pain, or you just want to get into the best shape possible, don't waste any more time! Contact Ability Physiotherapy today to schedule your consultation, and start your new year out on the right foot.**

***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

*"I definitely recommend Ability Physiotherapy! Himani is amazing, she has immensely helped me through my recovery for my back pain and knee pain. She is very knowledgeable, professional, and approachable. I have seen great results after a few sessions with her and being consistent with the exercises that she gave me."* **– Navdeep G.**

Ability PHYSIOTHERAPY & WELLNESS
*Empowering Your Tomorrows*

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Helping You Re-Build Your Foundation


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## HEALTHY RECIPE

### NO BAKE CHOCOLATE PEANUT BUTTER ENERGY BALLS



**INGREDIENTS**

- 2 cups of old-fashioned rolled oats
- ½ cup of ground flax seed
- 1 tablespoon of black chia seeds
- 1 teaspoon of cinnamon
- ½ cup of raw honey
- ½ cup of peanut butter
- 1 teaspoon of vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup of dark chocolate chips

**DIRECTIONS:**

1. Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor.
2. Pulse until ingredients are blended (about 7-9 times).
3. Add mixture to a large bowl, add in chocolate chip. Stir to combine.
4. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet.
5. Cover and place in refrigerator for 2 hours.
6. Serve!

Source: www.joyfulhealthyeats.com/no-bake-chocolate-peanut-butter-energy-balls/