ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



HELP YOUR HEART OUT! GET MOVING ONCE AGAIN

Are You Doing Everything You Can For Your Health?

With Valentine's Day right around the corner, you may be thinking about what gift to get your spouse or nice gestures you can do for your loved ones. But perhaps the greatest gift of all would be making sure you're taking care of your health!

February is national heart month, and an easy way to take care of your heart health (and overall health) is to get moving and stay active. It can sometimes be difficult to get up and exercise — or, for a lot of us, begin exercising again — but it is a great way to make sure you are staying healthy and strong.

Are you ready to become healthier, stronger, and more active? Physiotherapy is a great way to start. Our dedicated physiotherapists can put together a treatment plan designed around your specific needs. Contact Ability Physiotherapy today to get started!

How Can Physiotherapy Help Me Improve My Health?

Many aspects of physiotherapy focus on exercises that get the patient's heart pumping, engaging the entire cardiovascular system. This is beneficial not only to your heart, but your body as a whole!

Your physiotherapist will train you on the best ways you can move your body in order to promote improved health and wellness. In addition to physical exercises, they can also provide you with education on healthy living and any lifestyle changes that could help improve your health.

Your physiotherapist will discuss risk factors with you, such as smoking, drinking, obesity, or poor nutrition choices. Once these risk factors are determined, you and your physiotherapist will come up with a plan to reduce or eliminate risks, and enhance your overall health through PT treatments.

When Will I Notice Improvement?

Your physiotherapy journey to become healthier, stronger, and more active will all be dependent upon your personal goals and the treatment plan your PT deems best in helping you achieve them. You may also be responsible for taking certain lifestyle changes into your own hands, as you may discuss with your physiotherapist.

There is no set time frame on physiotherapy treatments and how long it will take to reach your end goal, but many patients begin to notice improvements very quickly, sometimes after the first couple sessions.

By exercising with a trained movement specialist who can show you the proper techniques, you will be able to achieve your health and wellness goals much faster!

How Can I Get Started?

Give your loved ones the greatest gift of all this Valentine's Day — make the first step in taking care of your health!

Contact Ability Physiotherapy today to schedule a consultation and begin, or re-ignite, your journey toward a healthier, stronger, and more active life.

To schedule an appointment, just click here.

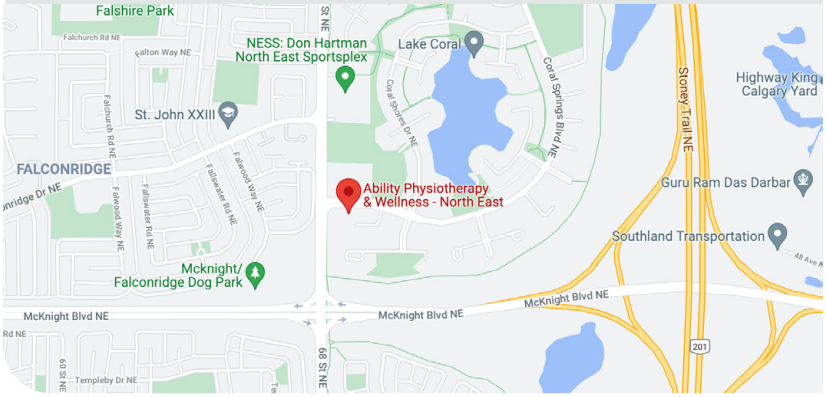
North East
(587) 200-4978

South East
(587) 200-5032

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!





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Patient Success Story

"I've been to a variety of physiotherapy clinics over the years, and I have to say Ability Physiotherapy & Wellness is the best I've ever been to. They first worked with my wife, which made me want to get the same treatment. I have two torn tendons on both my shoulders. When I had my first appointment I had a complete, professional check-up. By the end of the appointment I was given 7 perfect exercises to help strengthen both shoulders. During the next couple of appointments I received a very professional massage and tens with heat to take away the stiffness and soreness. I felt great as a result which lasted a couple of days. I would highly recommend Ability Physiotherapy because of the excellent knowledge of sports injuries, accident injuries and other injuries. The team is professional, caring and very sensitive to the needs of each patient." **– Kim G.**

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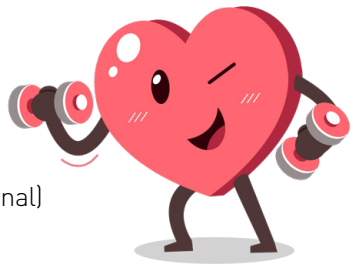
HEALTHY RECIPE

VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE



INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)



DIRECTIONS:

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/