ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



BACK PAIN IS NO JOKE!

COULD YOUR BACK PAIN BE CAUSED BY SCIATICA?

April Fool's Day may be right around the corner, but at Ability Physiotherapy, we know that back pain is no joke.

It can sometimes be difficult to determine the cause of back pain, but sciatica is a common culprit. Sciatica develops when the sciatic nerve (which, by the way, is the longest nerve in your body!) becomes inflamed. This can result in painful or tingling sensations in the lower back, buttocks, thighs, or legs.

Additionally, sciatica can make certain movements difficult. If you have been living with back pain and you think it could be caused by sciatica, don't hesitate to schedule an appointment with us today! We'll be happy to see you and figure out the root of your pain — so you can get back to living life comfortably ASAP.

Find Relief For Your Sciatica Aches And Pains Today

If the pain or discomfort you are experiencing is in fact determined to be caused by sciatica, your physiotherapist will quickly develop an individualized treatment plan aimed at relieving tension on the sciatic nerve and providing you with relief.

Sciatica is commonly treated through manual methods, such as massage and stretching, but additional modalities (such as ice/heat therapy, ultrasound, or electrical stimulation) may also be added into your treatment plan as deemed fit by your physiotherapist.

At the end of the day, our physiotherapists will do what is best for your specific needs to help alleviate the inflammation on your sciatic nerve and get you back to living life without persistent pain.

What Are You Waiting For?

At Ability Physiotherapy, we are here to help you find the relief you need! The answer to your back pain blues is just a phone call away.

Don't wait. Schedule an appointment today.

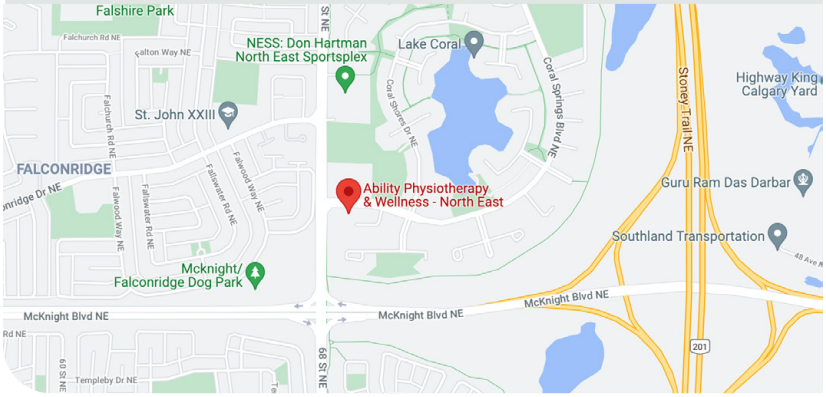
To schedule an appointment, just click here.

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!





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

Patient Success Story

"Just the first treatment alone made a huge difference with my back pain."

"The best physiotherapy! HIMANI AND HER TEAM ARE GREAT. They are knowledgeable, very caring and helpful. Just the first treatment alone made a huge difference with my back pain. I had such a wonderful experience during my therapy. I highly recommend this place." **– Marites.**

Click below to leave a review. **Your Success Story** *may just inspire others to get the help they need.*

North East | South East

HEALTHY RECIPE
STRAWBERRY SCONES



INGREDIENTS

- 1 cup fresh strawberries, cut into small pieces
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar + 1 tsp for topping
- 1/4 tsp salt
- 2 tsp baking powder
- 1/4 cup (half stick) frozen butter
- 3/4 cups cold 1% light buttermilk
- 1 tsp vanilla

DIRECTIONS

Preheat the oven to 400F. Measure out ¼ cup of sugar and remove 1 tbsp. Mix strawberries with 1 tbsp of sugar and set aside. In a large bowl, mix all the dry ingredients including the remaining sugar. Using the large holes of a cheese grater, grate the frozen butter into the flour. Mix well with flour. In a medium bowl, mix the buttermilk, vanilla. Using a fork, slowly stir in the wet ingredients to the dry ingredients, until all the mixture is moistened. Do not over work the dough. Fold in the strawberries. Line a cookie sheet with a silicone sheet or parchment paper. Drop 8 equal large spoonfuls onto the cookie sheet (to avoid tough scones, do not press or compact). Sprinkle with one teaspoon of sugar. Bake in the center rack 18 minutes. Remove and let them cool about 5 minutes before eating.

Recipe: https://www.skinnytaste.com/low-fat-strawberry-scones/

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