ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



NIP HIP & KNEE PAIN IN THE BUD!

DON'T LET ACHES AND PAINS KEEP YOU FROM ENJOYING THIS SEASON!

Spring has sprung! The beautiful weather calls for being outside and bringing out the gardening tools. However, one thing can stand in the way of you being able to beautify your front yard: hip and knee pain.

Hip and knee pain can get in the way of your everyday life. Contact Ability Physiotherapy to schedule an appointment with your physiotherapist to have your hip or knee pain assessed and treated!

Causes Of Hip And Knee Pain

The hips and knees often suffer the same diseases, disorders, and injuries. Overuse injuries such as tendinitis and chronic muscle strain are common in both the hips and knees because both joints are always in use. They are also both subject to acute injuries, such as sprains, strains, and dislocation.

Painful injuries that cause instability in the hips can also affect the knees. Tight hip flexor muscles and weak gluteus medius muscles can cause the hip to rotate inward. This results in painful issues such as iliotibial band friction syndrome or patellofemoral stress syndrome, as stress is put on the knee or kneecap.

How Physiotherapy Can Help

Physiotherapy can help to strengthen your joints and improve your range of motion. Our clinic believes that natural and conservative treatment options are just as effective (if not more!) for hip and knee pain relief than medications and surgery.

We will examine your hip and/or knee for signs of misalignment or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam, you'll be prescribed a physiotherapy treatment plan, aimed at relieving unnatural stresses and strains. The goal is to normalize your joint function so you can live a comfortable life.

You deserve to enjoy all of the wonderful things spring and summer have to offer, including being active outside. The best way to know the true reason behind your hip or knee pain is to come see a licensed Ability Physiotherapy therapist for an in-depth evaluation.

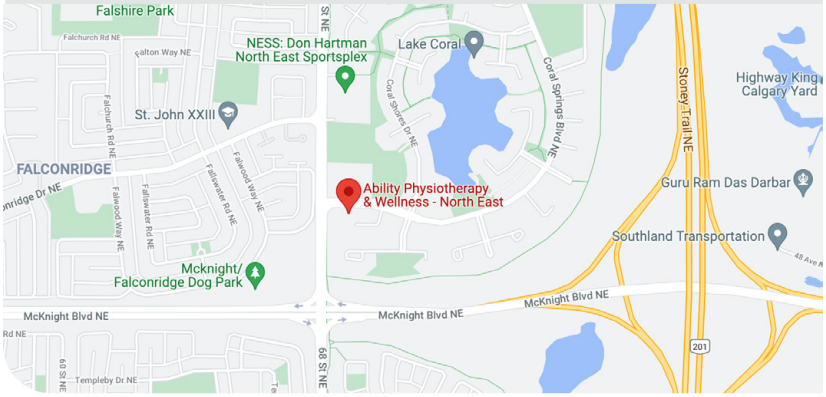
To schedule an appointment, just click here.

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

"We had an amazing experience here :)"

"Highly recommended this place! My mom had severe pain in her knee and she is already feeling better after the couple of treatments done by Himani. Sweta is a great exercise therapist. She made sure my mom understood all the exercises by sending the videos for her reference. We had an amazing experience here :)" **– Jaspreet K.**

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

North East | South East

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

NEWSLETTER

Helping You Re-Build Your Foundation

North East
5 Coral Springs
Blvd NE #15,
Calgary, AB T3J 4J1, Canada
(587) 200-4978

South East
2016, 36 Street SE
Calgary, AB T2b0x8, Canada
(587) 200-5032

HEALTHY RECIPE

TRADITIONAL CREPES RECIPE



Great for breakfast, lunch or dinner.

INGREDIENTS

- Ingredients
- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

DIRECTIONS

In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour. Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.