ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

Are your hips and knees bothering you? This kind of pain can take a severe toll on your everyday activities.

Many people search for years for a solution to hip and knee pain. Your search can end here! Ability Physiotherapy is proud to offer our physiotherapy services to our patients who need hip and knee pain relief. Call us to set up an appointment!



Physiotherapy For Hip And Knee Pain

Many kinds of conditions can negatively affect the movement of your knees and hips. These issues occur because of traumatic injury, chronic disease, or repetitive motions.

Two of the most common causes of chronic hip and knee pain are:

Arthritis — Arthritis is a condition where tissues around the joints become inflamed and irritated. It can cause pain in several places all over your body, including your knees and hips.

Strains and sprains — Strains happen when a muscle or tendon is overstretched or torn. A sprain is a stretched or torn ligament. Ligaments can even rupture, which results in bruising, limited mobility, and pain.

If you're feeling pain in your hips and knees, it's a good idea to contact a therapist at Ability Physiotherapy.

Your physiotherapist can conduct a thorough examination of your body, pinpoint the areas in your hips and knees where you're struggling with pain. From there, they'll create a customized program to treat your condition. Hands-on techniques are often used in physiotherapy to reduce pain in your hips and knees, as well as ultrasound therapy, ice and heat therapy, and laser therapy.

Your physiotherapist will determine which modalities are the best fit for your condition. All you have to do is give us a call and schedule an appointment to get started on your recovery journey!

You deserve to get back to the activities you love without feeling as if your hips and knees are holding you back. Find relief with one of our highly experienced physiotherapists; call us today to schedule an appointment!

To schedule an appointment, just click here.

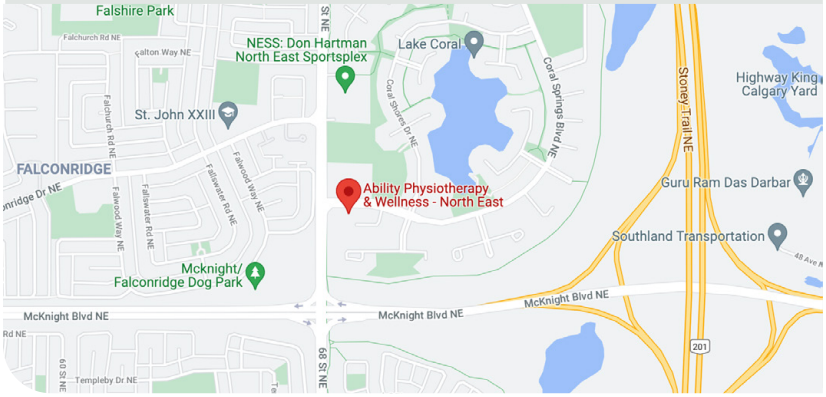
North East (587) 200-4978

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

"I have seen a significant improvement..."

"The team at Ability Physiotherapy is amazing — right from the front end staff, to the assistants and physiotherapists, they have all been great. I have seen a significant improvement and would highly recommend this clinic."
– Aminaz L.

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

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HEALTHY RECIPE

BAKED SWEET POTATO CHIPS



Great with burgers or as a fun snack.



INGREDIENTS

- 1 1/2 pounds sweet potatoes
- 1/3 cup olive oil
- Salt

DIRECTIONS

Preheat the oven to 300 degrees Fahrenheit. Line several baking sheets with parchment paper and set aside. Use a mandolin slicer to cut the sweet potatoes into paper-thin rounds. Pile all the sweet potato rounds into a large bowl and pour the olive oil over the top. Gently toss to coat every piece with oil. Then lay the sweet potato rounds out on the baking sheets in a single layer. Sprinkle the chips lightly with salt. Bake for 20-25 minutes until crisp and golden around the edges. Remove from the oven and cool for 5 minutes on the baking sheets. Then move the chips to a bowl, or plastic bag to store.

https://www.aspicyperspective.com/baked-sweet-potato-chips/