ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

Walk Away From Foot and Ankle Pain This Summer!

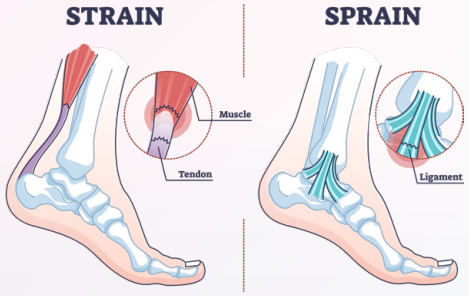
We participate in tons of summer activities that require us to be in tip-top shape. Missing out on all the warm weather fun due to injury is, well, no fun at all.

Foot and ankle pain can keep you from doing tons of things you enjoy this season, but it doesn't have to!

Physiotherapy Can Get You Back Up And Running

Some common conditions of the foot and ankle that Ability Physiotherapy treats are strains, sprains, and plantar fasciitis.

Strains and Sprains: A strain is the tear or overstretching of a muscle or tendon. A sprain is the overstretching or tearing of a ligament.



Plantar Fasciitis: Plantar fasciitis is inflammation of the "plantar fascia," which is a long tissue at the bottom of your feet that connects from the heel bone to the toes. You may feel a stabbing pain or soreness in your heel, toes, or across the entire underside of your foot.



The good news is that physiotherapy can help you to recover from these kinds of feet and ankle related conditions and many more!

Physiotherapy will play a vital role in your rehabilitation. Therapists know tons of ways to effectively relieve feet and ankle pain.

Your therapist may employ heat, ice, electrical stimulation therapy, or the RICE technique to treat your condition. Their goal will be to improve your coordination and strengthen your lower extremities so you don't sustain the same injury in the future!

Call Us Today

Foot and ankle pain is no fun, but you can get back to enjoying summer activities faster with the help of physiotherapy.

Contact Ability Physiotherapy today to make an appointment.





To schedule an appointment, just click here.

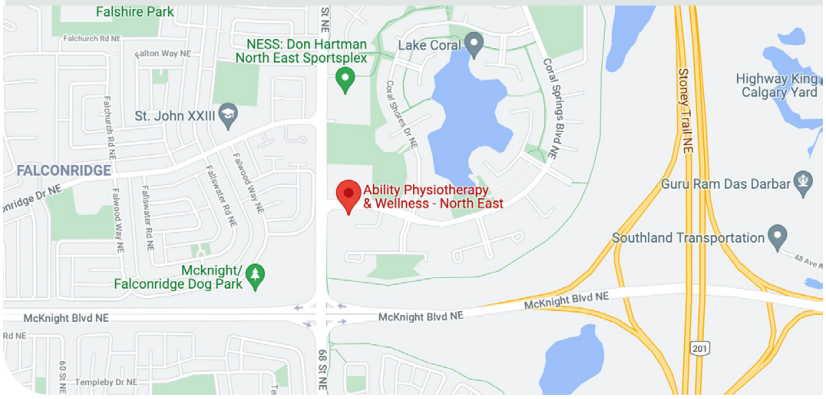
North East (587) 200-4978
South East (587) 200-5032

Schedule An Appointment Today

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

"Best decision ever..."

"Best decision ever to get my Achilles tendinitis treated at Ability Physiotherapy, and Hemani is the best. She's very friendly and would really take time to explain and walk through the exercises that will help me heal. She really took good care of me all throughout my treatment. **No more ankle pains.** *Thank you!"* **—Jocelyn B.**

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



THE DETOXIFIER JUICE RECIPE

INGREDIENTS

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

DIRECTIONS

Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: https://www.modernhoney.com/healthy-juice-cleanse-recipes/