ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

Could Your Pain Be Related to Posture?

Discover How You Can Be Posture Perfect at Ability Physiotherapy!

Posture refers to the position(s) of a person's body in space. Prolonged postures, like sitting or standing for long periods, often lead to stiffness and soreness in the spine. The good news is that Ability Physiotherapy's physiotherapists can help you improve your posture over the long-term!

Causes of Poor Posture

In the upper part of the spine, slouching will cause a forward-head posture. This, in turn, creates a strain on the neck muscles and joints, resulting in neck pain and upper back pain, and may lead to arm pain or chronic headaches.

Slouching also affects the mid-back by altering the way your ribs align. Over time, sitting and standing like this may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

The lower back can be affected by slouching as well. Slouching causes increased pressure to the lumbar discs and causes the muscles in your hips and legs to tighten. This tension affects how the pelvis and spine move and often leads to lower back pain!

How Can Physiotherapy Help?

Working with a physiotherapist to improve your posture with exercises is an effective way to overcome chronic pain.

PT offers ideal methods for providing you with an opportunity to understand what may be causing your pain. A therapist can help you to mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

Your therapist will teach you strategies like:

- Standing tall whenever you are standing or walking.
- Using lumbar support when you sit to keep your posture correct.
- Maintaining a straight spine when you lift heavy objects.

Call Us Today

Our physiotherapists 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 catering to your needs. **Give us a call today to schedule an appointment!**

To schedule an appointment, just click here.



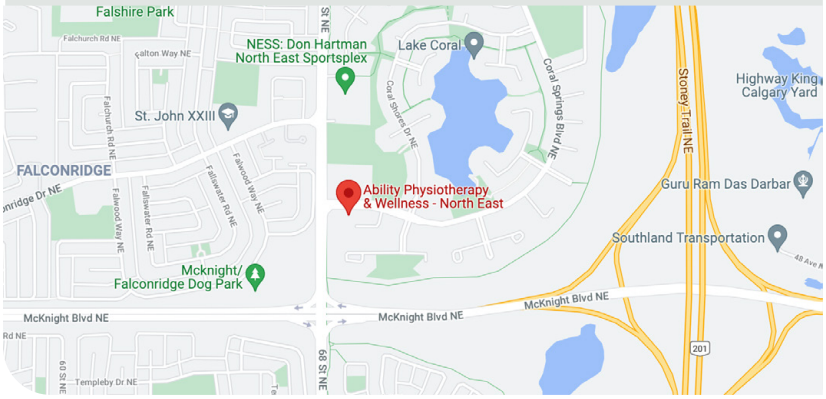
Schedule An Appointment Today

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

We can't wait to see you!

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

Patient Success Story

"I wish I could give more than 5 stars. This clinic is the best!"

- *Cleanliness 10/10*
- *Customer service 10/10*
- *Professional 10/10*
- *Scheduling flexibility 10/10*
- *Punctuality 10/10*

Everyone is so knowledgeable and so nice. Thank you everyone, especially Dr. Himani who has been taking such a good care of us! **—Jagjit S.**

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



WATERMELON CUCUMBER LIME REFRESHER

INGREDIENTS

Per each serving:

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

DIRECTIONS

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: www.tasty.co/recipe/watermelon-cucumber-lime-juice