ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

October 2023








Shrug Off Shoulder Pain This Fall

Are you noticing persistent pain in your shoulders? Physiotherapy can help you shrug off shoulder pain so that your body is geared up to enjoy this season!

Keep reading to learn the causes of shoulder pain and how physiotherapy at Ability Physiotherapy offers solutions.

Why Does My Shoulder Hurt?

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Arthritis:** Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** This can occur if you have been bedridden or your arm has been in a cast or sling. It can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

These conditions are painful, but a physiotherapist at Ability Physiotherapy can help!

What To Expect With Physiotherapy

A physiotherapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at Ability Physiotherapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Schedule With Us Today

Tired of living with pain in your shoulder? Ability Physiotherapy's skilled physiotherapists are here to ensure you don't have to continue on this way.



To schedule an appointment, just click here.

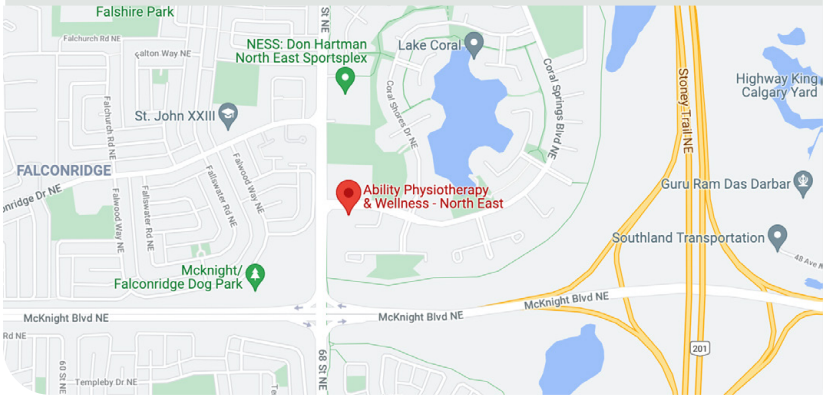
Schedule An Appointment Today

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

We can't wait to see you!

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 am so grateful that I found this place."

"I am so grateful that I found this place. If I could give 10 stars I would. Himani is awesome, professional, helpful. She will ask your concerns and help you and explain every step of the treatment and exercise. Everyone here is very helpful, welcoming and friendly. Andeep is one of the massage therapist and she is amazing and friendly. All the staff here are amazing! I recommend this place to everyone." **—Shie**

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

North East **South East**



5-MINUTE EGG AND HUMMUS FLATBREAD

INGREDIENTS

- 1 tbsp hummus
- 1 whole grain wrap
- ¼ cup baby arugula
- ½ English cucumber, cut into matchsticks
- ½ cup cherry tomatoes, halved
- ⅛ cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

DIRECTIONS Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

Source: www.taste.com.au/recipes/5-minute-egg-hummus-flatbread-recipe/gblv1m06

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