ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

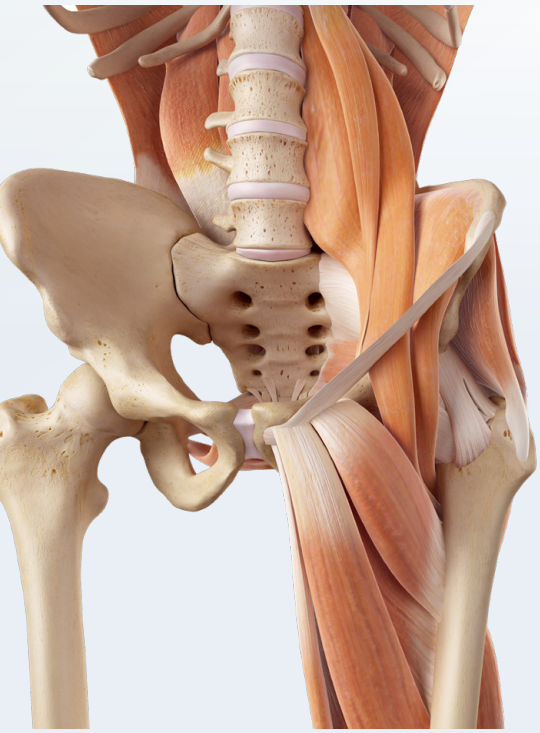


Relief For Your Radiating Hip Pain

Are you living with nagging hip pain? Ability Physiotherapy offers several tried and true methods of relieving this condition. Schedule an appointment today to see the results for yourself!

Why Do My Hips Hurt?

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is a common complaint and is consistent with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is likely due to a problem with the muscles or soft tissues surrounding the hip joint.



Having a limited range of motion in the hips often alters movement and mechanics throughout the lower extremities. Pain and weakness can further reduce the range of motion and change the way you walk

Some common causes of hip pain include:

- Rheumatoid arthritis
- Hip fractures (common with age, but can also be the result of a fall)
- Tendinitis
- Bursitis
- Tendon or muscle strain

Getting relief from hip pain doesn't necessarily involve the use of heavy drugs such as opiates or surgery. Physiotherapy can improve your joint function while also easing your pain and stiffness.

How Can Physiotherapy Help?

At your first appointment, your therapist will do a full body assessment. From there, they will create a treatment regimen specific to your hip pain and restore your normal joint mobility, strength, and gait.

Your plan may involve exercises such as:

- Hip flexion, extension, or abductor exercises
- Hip rotations
- Mini-squats
- Heel-to-buttock-exercises
- Step exercises
- Hamstring curls
- Leg lifts
- Knee lifts

Even basic activities like walking can help maintain mobility and relieve discomfort in your hips. To help correct your musculoskeletal balance, our physiotherapist may offer heat/ice therapy, ultrasound therapy, massage therapy, laser therapy, or orthotic footwear.

Call Us Today

We have years of success in helping patients find relief from hip pain. Our goal is to help you move with comfort and ease. **Call Ability Physiotherapy today to schedule an appointment!**

To schedule an appointment, just click here.

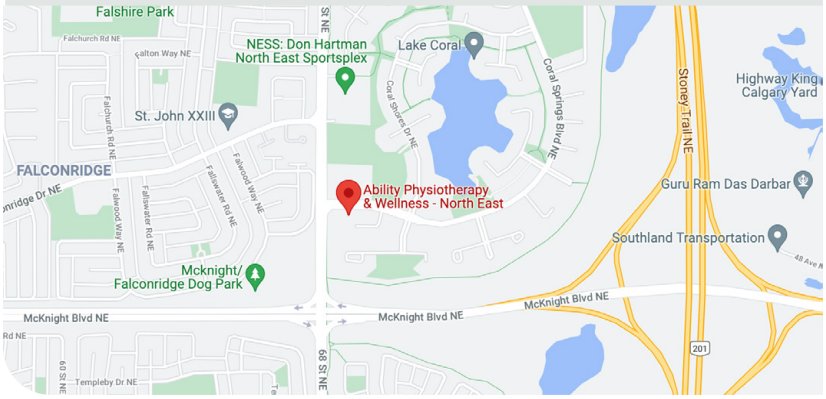
Schedule An Appointment Today

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

We can't wait to see you!

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

"They set the standard so high."

"It's an amazing place. Love Himani for physio and Suman for massage. They are the best. I refuse to try anyone else... lol... They set the standard so high."

—Tanveer 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



ACAI SMOOTHIE BOWL

INGREDIENTS

- 1 cup of apple juice
- 1 large banana sliced
- 1 ½ cups of frozen berries
- ½ cup vanilla Greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

DIRECTIONS

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

https://www.dinneratthezoo.com/acai-bowl-recipe/