ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

December 2023



Avoid Fall-Related Injuries & Improve Your Balance!

Brrr, it's cold out there! With winter and cold weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give Ability Physiotherapy a call today to schedule an appointment, so we can help you feel steady on your feet!

Am I At Risk For Falls?

Two major threats that winter poses are ice and snow! Slipping on ice can result in nasty, painful falls; however, several other factors place a person at risk for falls.

The most common risk factors include:

- Dizziness or vertigo
- Cardiovascular disease
- Cognitive impairments
- Previous history of falls
- Vision problems
- Impaired balance and gait control
- Muscle weakness and reduced physical fitness

Some people have a higher risk of falling than others. A physiotherapist is a movement expert who can help you improve your balance and fight back against the risk of falling!

How Can Physiotherapy Reduce My Chances Of Falling?

Our physiotherapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation, mobility, strength, and a balance assessment. We will also conduct a thorough history to understand more about the demands on your body, and how at-risk you are for falling.

In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/ environmental factors that may contribute to your fall risk.

This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet!

Contact Our Clinic Today

Ability Physiotherapy is here to help you feel your best and keep you on your toes — literally! You deserve to enjoy this season with your loved ones without being worried about impromptu trips to the ER after a sudden fall.

Schedule an appointment with one of our therapists. We're here to help you every step of the way!

To schedule an appointment, just click here.

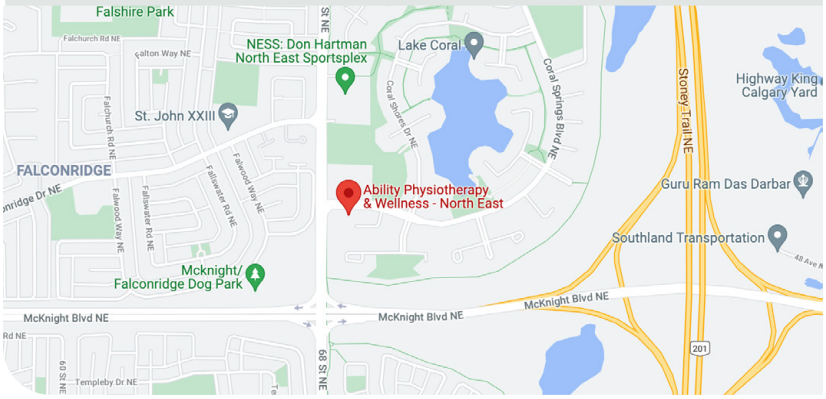
Schedule An Appointment Today

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

"Ability Physiotherapy & Wellness – South East is a top-notch clinic that offers accurate diagnosis and treatment to patients with physiological issues. In my case, I had an untreated Baker's Cyst that was only discovered when I had a therapy session with them. **After a month and a half of gradual strength and endurance training to my calves, hamstrings, and glutes, I'm happy to say that the pain has subsided to probably around 15-20% (and improving by the day).** They were all very accommodating, most especially Himani, who was my primary therapist. She made sure that my progress was monitored and that I did my exercises correctly in form and repetitions. With its professional staff, efficient booking, and convenient location, I would definitely recommend this clinic for any physio-related issues you have!" **—Marti**

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

North East | South East



OMELET MUFFINS

INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

DIRECTIONS Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.

Source: https://www.savoryonline.com/recipes/208593/spinach-and-pepper-omelet-muffins

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