ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

November 2023



Don't Let Your Back Suffer This Holiday Season

As we prep for our holiday season, it's essential to understand ways to prevent back injuries from occurring. Ability Physiotherapy has put together some tips for taking care of your health during this busy time of year!

Tips For Avoiding Back Pain

With all the decorating and heavy lifting that the holiday season brings, it's easy to pull a muscle in your back. You might not even notice until days after the injury occurred!

Here are three tips for avoiding back pain this season.

1. **Warm-Up And Stretch First!**

   Don't just jump out of bed and begin setting out fake reindeer and decking the halls! Stretch your body out a little bit. Aim to lat east be up and moving for about 45 minutes before starting bending or lifting heavy decoration boxes down from the attic!

2. **Lift With Your Knees, Not Your Back.**

   You knew this one was coming! Always lift with your knees and not your back. Tighten your stomach muscles as you lift an object or lower it to the floor. Avoid twisting your trunk to prevent back injuries.

3. **Safety First**

   You can take simple steps to ensure you are safe while hanging lights or putting up the tree. Take breaks every 30-60 minutes to make sure you aren't over-extending the muscles in your back as you bend, lift, and reach for items.

Call Our Clinic Today

You deserve to enjoy your holidays without back pain. If you're already suffering from a back injury or would like to learn about more ways to prevent one, we're here for you!

A physiotherapist can assess your condition and symptoms, and create a customized plan that will be aimed at relieving your back pain.

Call Ability Physiotherapy to schedule an appointment with a physiotherapist so that you can have the best possible holiday season!

To schedule an appointment, just click here.

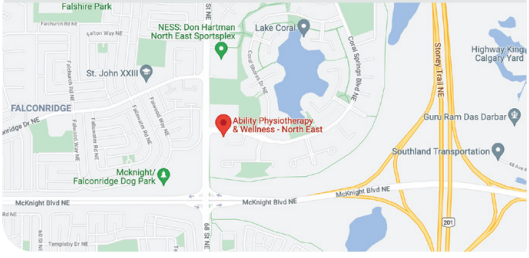
Schedule An Appointment Today

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

"She taught me exercises to help with my pain and it started to improve after 4 sessions."

"Krupal Rathod is my physiotherapist and she is very good and thorough with her treatments. She taught me exercises to help with my pain and it started to improve after 4 sessions. The staff is also very kind and professional. I highly recommend coming to see Krupal!"

—Hong N.

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

North East **South East**



SLOW COOKER PUMPKIN PIE OATMEAL

INGREDIENTS

- Cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

DIRECTIONS Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Source: https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal

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