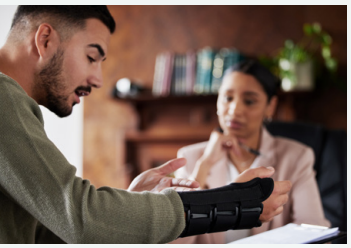
ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

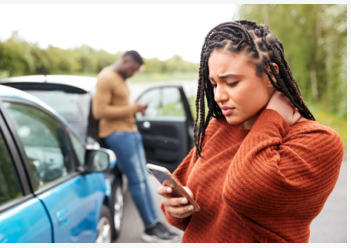
NEWSLETTER

Helping you re-build your foundation

March 2024

Recover From Workers' Compensation and No-Fault Injuries With Physiotherapy













Have you or someone you love been injured in a car accident? Or did you or someone you love get injured on the job? Get a referral to our clinic so we can help you get to the root of your problem and get back to living a pain-free life! At Ability Physiotherapy, our physiotherapists have proven results in helping people recover from all types of injuries.

According to the National Safety Council, there are nearly 13,000 work-related injuries daily in America. These injuries lead to, on average, 21 days of disability, where the worker cannot do their normal job duties.

In America, non-fatal car accidents are another significant cause of pain and disability from injuries. It is estimated that between two and three million people each year suffer injuries from car accidents, and 90% of those are passengers in the car.

Coming into our Ability Physiotherapy clinic could mean the difference between complete recovery and persistent pain. Call today to learn more about how our team can help you get back to doing what you love!

Common Ways We Get Hurt on the Job

The most common complaint people endure from a work-related injury is the feeling of soreness caused by overusing the muscles, tendons, and ligaments. These injuries typically occur as the result of an activity that the body is not used to or a repetitive movement required at work. In other cases, it is related to prolonged positions, like sitting at a desk all day or working on an assembly line.

Most injuries that involve bending and lifting strains will typically go away on their own, but the severity of the damage determines how long the body will need to recover. This is why scheduling a consultation with our therapists at Ability Physiotherapy is so important.

There are obvious signs of more significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body.

Fortunately, we are trained at identifying and treating musculoskeletal injuries. Get a referral today and let our physiotherapists help you resolve any injury caused on the job!

Injuries Common from Motor Vehicle Accidents

If you are still dealing with persistent aches and pains from a car accident, our physiotherapists are experts at helping you find lasting relief!

People involved in a car accident often experience symptoms immediately. In contrast, some symptoms appear later the same day or the following day, and for some, the symptoms don't start for days afterward. Unfortunately, it is also fairly common for symptoms to last for months or even years.

For some people, the violent nature of an accident can cause severe head, neck, and back injuries and even multiple regions of the body simultaneously. One of the most common injuries associated with a car accident is whiplash.

Whiplash is a painful condition caused by sudden neck and head movements, resulting in injury to multiple joints and different types of soft tissues all at once. Whiplash can make normal neck movement impossible.

There are also cases where the accident seemed minor, but the damage was significant and long-lasting. Regardless of the impact, the most common injuries related to a motor vehicle accident that are referred to our clinic include the following:

- Muscles strains
- Joint sprains (i..e, cartilage, ligaments, and nerves)
- Broken bones
- Concussions
- Whiplash

If you were in a car accident recently or a long time ago, seeing one of our physiotherapists can help you find relief and get back to feeling your best!

Continued on next page.

***Click here* to schedule an appointment.**

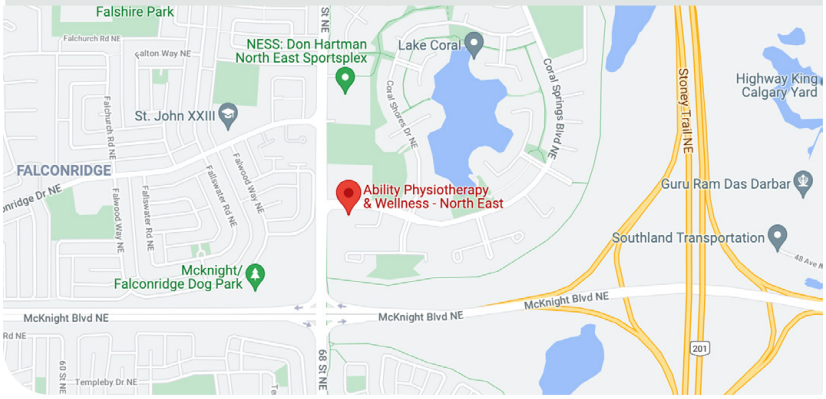
Schedule An Appointment Today

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 you 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!



Continued from previous page.

Request an Appointment Today!

An integrated team of physiotherapists is the most effective way to deal with injuries sustained in a car accident or an injury at work. At Ability Physiotherapy, we offer comprehensive evaluations to help determine the root cause of your pain and/or injuries.

Our specialists will provide research-backed programs that have been proven to effectively alleviate pain, restore joint range of motion, and improve your strength so you can resume your normal activities.

We can also assess if you are compensating due to an underlying issue causing the pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

If you were in a motor vehicle accident or injured on the job and looking for solutions to your struggles, request an appointment at our clinic. We have helped many patients recover from car accident injuries and work-related injuries, and we are confident we can help you!

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

Patient Success Story

"Everyone is very accommodating in all my sessions. Impressive work for Himanshu who always shares his effective techniques and routines that led to a positive change in my well-being. As well as David who makes wonders with his magic hands. I'm truly relaxed and refreshed during my session. I would greatly recommend this group of nice people.

Kudos to Ability!"

—Clarence J.

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

North East **South East**



INGREDIENTS

- 20 red potatoes, small (golf ball size)
- ½ cup corned beef
- ¼ cup cheddar cheese, shredded
- 1 tbsp butter, melted
- ⅛ tsp salt
- Sour cream, (optional)

DIRECTIONS Fill a large pot with water and bring it to a boil. Add potatoes and boil until they are fork tender. Preheat oven to 400°F. Once potatoes are cooked and have cooled cut each one in half and cut a small slice off of the rounded end so the potato can sit up. Scoop out the inside of each potato half saving the potato insides in a bowl. Add cheese, corned beef, butter to the bowl with the saved potato insides. Salt mixture to taste. Also sprinkle some salt over the potato halves. Scoop mixture into potato halves and then place them on a baking sheet. Place baking sheet in oven for 10 minutes. Remove from oven and serve with a dollop of sour cream.

https://www.homemadeinterest.com/irish-potato-bites/comment-page-1/#comments

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

North East
5 Coral Springs Blvd NE #15,
Calgary, AB T3J 4J1, Canada
(587) 200-4978

South East
2016, 36 Street SE
Calgary, T2B 0X8, Canada
(587) 200-5032