ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

April 2024

Are You Ready To Prep For Spring & Summer Sports?



Great weather is right around the corner, and we all know what that means! It's time to get in shape and make sure your fitness levels are up to par, so that you can return to playing sports.

Ability Physiotherapy can provide the perfect opportunity for you to have your flexibility, mobility, and strength levels assessed. We'll get you prepped and in the best shape for spring and summer sports!

Chronic Pain Shouldn't Keep You Out of the Game...

You might be thinking, "I would love to continue playing sports and exercising, but my back/neck/hips are bothering me so badly! What's the point in even trying?" Know that you're not alone in this belief.

Finding the time or the motivation to exercise is difficult for many people, but with a season of renewal right around the corner for us, it's important to know what your options are when it comes to getting into shape!

Physiotherapy is not only useful for people recovering from an injury or surgical procedure. Our therapists at Ability Physiotherapy are movement specialists who offer safe and natural ways to condition your body for sports, as well as ways to improve your overall level of fitness so that you can enjoy playing sports without pain.

Why is Conditioning Important?

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game. A physiotherapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physiotherapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

Call Our Clinic Today!

Are you an athlete or a weekend warrior? Give Ability Physiotherapy a call today for an appointment if you're in search of conditioning services. Our physiotherapists are here to help you have your best season yet!

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

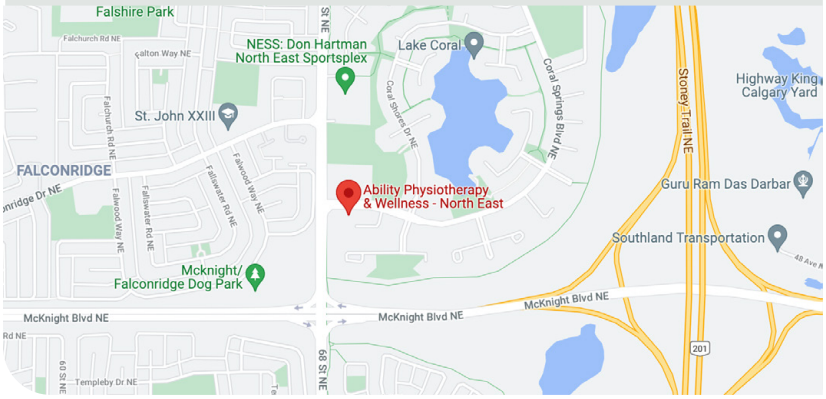
Schedule An Appointment Today

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

CANADA BEST

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!





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

Patient Success Story

"My mother had a back fracture and was in extreme pain with limited mobility when she came in. Our physiotherapist, Disha Patel, is very knowledgeable and was able to help her accordingly. We made jokes and had discussions that helped us relax and provided information for her recovery. Each treatment was done with purpose and care depending on her condition. The receptionists were very kind and treated us with utmost respect. Overall, there is great service and professionalism and we highly recommend this place for physiotherapy treatments. **Kudos to Ability!" —Aaron S.**

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

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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.

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