Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

NEWSLETTER
Helping you re-build your foundation
June 2024

How Physiotherapy Can Help You After an Automobile Accident



Click here **to schedule an appointment.**

In the blink of an eye, life can take an unexpected turn, leaving you grappling with the aftermath of an event that reshapes your daily existence. This was the reality for one of our patients, let's call her Emily, who found her world turned upside down following a severe automobile accident.

The collision left her with multiple injuries, including a whiplash-associated disorder and lower back pain. Despite her initial despair, Emily's journey through physiotherapy at Ability Physiotherapy & Wellness provided her not only with physical healing but also a renewed sense of hope.

The Road to Recovery Begins

Emily's recovery began with her first visit to our clinic. Her initial evaluation was comprehensive, serving as the cornerstone for her personalized treatment plan. Her caring physiotherapist conducted a thorough assessment that included reviewing her medical history, understanding the specifics of the accident, and evaluating her physical capabilities.

The evaluation process involved several key components. First, Emily's therapist assessed her posture and movement patterns, as changes in these could indicate compensatory strategies that might lead to further issues if left unaddressed. Her therapist also performed range of motion and strength tests to identify areas of weakness or stiffness that were contributing to her pain and functional limitations.

Assessing her pain was another critical part of the evaluation. Emily's therapist used various methods to understand the intensity, type, and distribution of her pain, which is crucial for tailoring the pain management aspects of her treatment. Furthermore, the therapist conducted specific tests to assess the integrity of her musculoskeletal system, checking for any signs of injury to muscles, ligaments, or joints that could be contributing to her symptoms.

Crafting a Path Forward: Comprehensive Treatment Choices

With a detailed understanding of Emily's condition, her physiotherapist developed a multifaceted treatment plan tailored to her specific needs. This plan included manual therapy, therapeutic exercises, and education about body mechanics and injury prevention.

Manual Therapy: This involves hands-on techniques to alleviate pain, relax muscle tension, and mobilize soft tissues and joints to restore and improve range of motion loss. For Emily, manual therapy helped alleviate her lower back pain and improve her neck's range of motion, making daily activities less of a struggle.

Therapeutic Exercises: Emily was taught exercises designed to strengthen weakened muscles, improve her joint mobility, and restore her overall function. These exercises were pivotal in her recovery, gradually restoring her abilities and enabling her to return to her daily routines without pain.

Education: A crucial aspect of Emily's treatment involved education on proper body mechanics and strategies to prevent future injuries. This knowledge empowered her to take an active role in her recovery and maintain her progress long after her therapy sessions concluded.

Emily's journey through physiotherapy was not without its challenges. However, her determination, coupled with the expertise of her physiotherapist, enabled her to make significant strides towards recovery. Each therapy session brought her one step closer to

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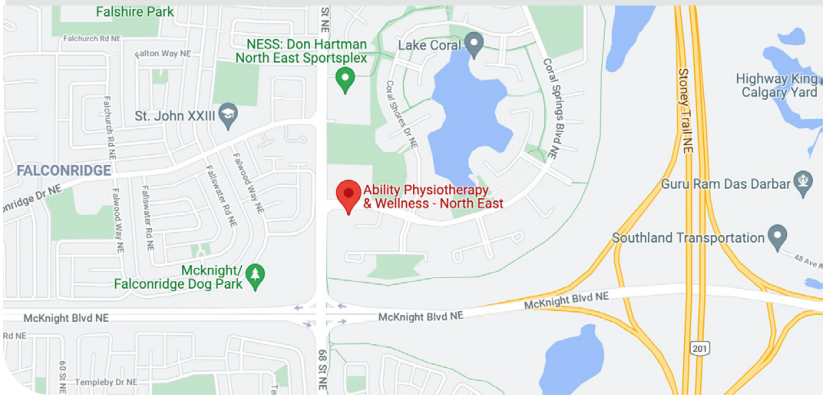
Schedule An Appointment Today

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!



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regaining her pre-accident level of function and quality of life.

As Emily's strength and mobility improved, so did her confidence. She began to see her recovery as a return to her former self and an opportunity to emerge stronger and more resilient. The accident that once seemed like an insurmountable obstacle became a testament to her perseverance and the transformative power of physiotherapy.

Embrace the Path to Healing

For anyone who has experienced the trauma of an automobile accident, Emily's story underscores the importance of seeking Ability Physiotherapy & Wellness for help navigating the road to recovery.

Don't let an accident define your future. Take the first step towards healing and recovery today. Our physiotherapists will help guide you through the challenges and toward a brighter, pain-free tomorrow. Reach out to us today and get started on your journey back to health and wellness!

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

Patient Success Story

"I started going here in the middle of June — all friendly staff and was able to get appointments when I needed them. I have been seeing Himani Singh Gupta and she has been fantastic. She is helping me recover from a car accident. My neck, back and knee were in a lot of pain. It is now feeling better and still healing and getting stronger. I would highly recommend this location."

—Diane S.

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

North East | South East

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BERRY ALMOND SMOOTHIE BOWL

INGREDIENTS

- ⅔ cup frozen organic raspberries
- ½ cup frozen sliced organic banana
- ½ cup plain unsweetened almond milk
- 5 tbsp sliced almonds, divided
- ¼ tsp ground cinnamon
- ⅛ tsp ground cardamom
- ⅛ tsp vanilla extract
- ¼ cup organic blueberries
- 1 tbsp unsweetened coconut

DIRECTIONS: Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth. Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.