ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

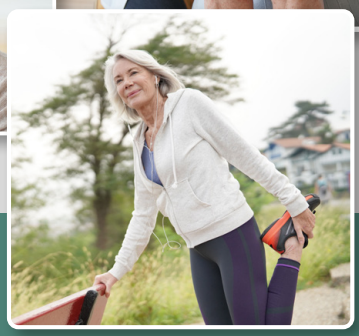
Helping you re-build your foundation

May 2024









Don't Give In To Arthritis!

Arthritis is a common and debilitating condition that can hinder a person's ability to go about their daily routine.

Although there are several options for handling arthritis pain, physiotherapy is the safest and most effective one by far!

There is no cure for arthritis, but exercising can help slow down the progression of symptoms. If you're living with arthritis pain, call Ability Physiotherapy today to schedule an appointment with one of our physiotherapists.

We'll help you improve your joint mobility and teach you how to manage your discomfort the right way!

Benefits of Physiotherapy

Physiotherapy offers a natural method of pain relief for arthritis that prescription medication simply does not! Physiotherapists can evaluate your arthritic condition and provide a treatment plan for you.

The goal of physiotherapy for patients with arthritis is to increase your strength and range of motion in the affected joints while decreasing your pain and discomfort.

Your physiotherapist can help you form a regular exercise routine that can help you combat and ease your joints' pain. They can also teach you stretches and exercises to target areas that bother you often, such as your hands, knees, or hips.

Most of the exercises your therapist will teach you can be done on your own at home so that you can continue treatment outside of appointments!

Treatment Methods for Arthritis

To help relieve your arthritis pain, a physiotherapist may use massage to loosen muscles and tendons around your arthritic joints. Physiotherapy treatment might also include using ice baths or cold compresses to reduce inflammation and soreness. The use of heating pads is also normal in the loosening of tight muscles. Physiotherapy treatment may also include ultrasound or laser treatment to send soothing heat waves into your joints as you progress.

Get Started Today

Are you living with pain in your joints? It's time to take matters into your own hands and call in the professionals! Physiotherapists at Ability Physiotherapy are here to help ease your discomfort and help you return to a comfortable life.

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

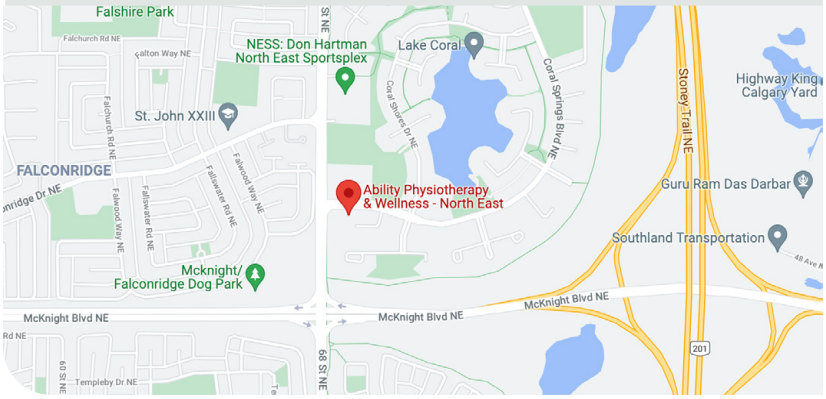
Schedule An Appointment Today

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

"This was the second injury I came here with. Himani is simply the best (the other ladies here as well of course). She reduced the pain in my arm immensely during the first visit and gave me the right exercises and tools to work on at home — which led to a full recovery with her help. I'd give 10 stars if I could. Highly recommend coming here! You are also greeted with a smile by everyone and are treated like a human being. Everyone there has a huge heart."

—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



PEANUT BUTTER BANANA ICE CREAM

INGREDIENTS

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

DIRECTIONS: Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/

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 0X7, Canada
(587) 200-5032