



Melt Your Frozen Shoulder

Don't let shoulder pain get in the way of summer fun!

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Summer is in full swing. This means tons of fun outdoor activities and celebrations are in order! If you want to participate, you need to be feeling your best.

However, if you are dealing with a nagging pain in your shoulder, it may be hard for you to fully enjoy yourself this season. You may have a condition called "frozen shoulder."

Contact [Zenith Physiotherapy & Wellness](#) to schedule an appointment with your physical therapist to have your condition assessed and treated, so you can get back to doing the things you love this season.

What is "frozen shoulder"?

Adhesive capsulitis, also known as frozen shoulder, is a condition that occurs following an injury or alongside another shoulder condition such as bursitis, tendonitis, or arthritis.

This condition happens when scar tissue forms after a period of physical inactivity. The shoulder can become stiff or inflamed, and your range of motion will become limited. This can put a damper on your ability to enjoy outings with your family and friends!



Exercise Essentials

Try these movements if you are experiencing hip pain.

Scapular Retraction

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.



Physical therapy can help ease your pain

Most people struggling with frozen shoulder complain of discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder.

Frozen shoulder doesn't have to be the end of your summer fun. Physical therapy can help ease your pain and improve your condition! Physical therapists are movement specialists whose ultimate goal is to restore mobility and range of motion to your shoulder.

Your [Zenith Physiotherapy & Wellness](#) therapist will teach you how to relieve pain with stretching techniques and strengthening exercises. They will focus on pain relief using modalities such as manual therapy, exercises, and at-home treatments.

Call 1-403-768-2747 Today!

Ready to feel better?

You should be enjoying your summer festivities without pain. If any of the symptoms above ring a bell, contact [Zenith Physiotherapy & Wellness](#) for an in-depth evaluation of your condition. We'll have you feeling better in no time!



[Schedule an appointment here.](#) We can't wait to see you!



Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-768-2747

Office Hours:

Monday - Friday: 8 AM - 8 PM

Saturday: 9 am - 2 PM

Sunday: Closed

Statutory Holidays: Closed

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Ingredients:

- 1 salmon fillet - Thaw if frozen
- 1/2 cup Feta Cheese
- 1/4 cup roughly chopped fresh parsley
- 2 tablespoons roughly
- chopped fresh chives
- Juice from half a lemon
- 1/8 teaspoon salt
- Pinch of pepper

Directions:

Preheat your oven to 400 degrees. Line a baking sheet with parchment or foil for easy clean up. Combine parsley, chives, Feta, lemon, salt and pepper on cutting board. Run knife through the combination several times, chopping up all ingredients to mix. Spread combined ingredients on salmon fillet. Bake for 20 minutes or until cooked through. Serve!