



## Don't Get Spooked by Pain this Season! Find Relief with Physiotherapy

If you are currently living with pain, our dedicated physiotherapists are here to help! Contact [Zenith Physiotherapy & Wellness](#) today to schedule a consultation and continue reading below to learn how you can avoid getting *spooked* by pain:

### 1. Make sure you are maintaining your physical activity.

As the weather begins to get colder, it can be difficult to find the motivation to get out and continue to exercise. Maintaining your physical activity is important in avoiding pain, as it keeps your muscles loose and limber and prevents them from tightening up, which can lead to strains. Aiming for at least 30 minutes of exercise daily can help you avoid pain in the long run!

### 2. Stretch those muscles!

Stretching is another important part of keeping those muscles limber and preventing pain and injury! Stretching also helps loosen up your muscles, and it is especially important to make sure you are stretching before a workout to prevent straining any muscles too far. Especially as the weather gets colder, it is

important to make sure you are stretching each day to prevent your muscles from becoming "cold" and stiff.

### 3. Set up an appointment with a physiotherapist.

At the end of the day, our highly trained and licensed physiotherapists are the best resources for making sure you stay pain-free in the long term. They can provide you with targeted treatments and exercises for your specific needs, taking into account your lifestyle, goals, and any physical limitations you may have.



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## Looking for more assistance?

If you would like to schedule an appointment with one of our physiotherapists, or if you're simply looking for more tips on staying active and preventing pain, don't hesitate to call [Zenith Physiotherapy & Wellness](#) today.

We're here to provide you with any and all information/tools you may need to live a happy and healthy life (without the scary thought of pain looming over you!)



[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

[ZENITHPHYSIO.COM](http://ZENITHPHYSIO.COM)

## Exercise Essentials

Try these movements if you are experiencing back pain.

### Prone on Elbows

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.

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## SPIDER DEVILED EGGS

### Ingredients:

- 12 large eggs
- 2 tbsp diced pimientos plus more for garnish
- 2 tbsp canola mayonnaise
- 2 tsp grainy Dijon mustard
- 2 tsp apple cider vinegar
- 1/4 tsp black pepper
- Dash of hot sauce
- 4 oz sharp cheddar cheese
- 3 large pimiento-stuffed olives, each cut crosswise into 4 thin slices

### Directions:

Fill a large saucepan with water to a depth of 1 inch; bring to a boil. Place steamer basket in pan; place eggs in basket. Cover and steam 15 minutes. Plunge eggs into a bowl filled with ice water. Let stand 5 minutes. Peel eggs. Remove top 1/3 of hard-cooked egg white from each egg (reserve caps). Use a teaspoon to remove yolks while keeping whites intact. Place yolks in a medium bowl. Add pimientos and next 6 ingredients (through cheese), stirring until well combined. Place yolk mixture in a large Ziploc bag; snip one corner from bottom of bag to create a hole. Pipe yolk mixture into egg white cups, filling to just above the rim of each cup. Place one olive slice on exposed yolk mixture of each egg to create the body of the spider topping. Chop slices of olives to create the legs. Add pimiento pieces to either side of the body for horns, if desired.