

Spring Is the Season of Renewal and Activity



Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At [Zenith Physiotherapy](#), our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started, whether to resolve an injury or commit to fitness, physiotherapy can help.

Physiotherapy Can Help You Be More Active This Spring

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

Physiotherapy is helpful for people recovering from an injury or surgical procedure. [Zenith Physiotherapy](#) physiotherapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

Some of the common Springtime activities physiotherapy can help with include:

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physiotherapist can help ensure your body is adequately prepared before you hit the trails!

Gardening usually requires you to get down on your hands and knees in the dirt! A physiotherapist can identify and remedy this. Physiotherapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

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Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physiotherapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physiotherapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physiotherapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

Zenith Physiotherapy offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most. Request an appointment today if you're interested in using your reinvigorated energy this spring!

Exercise Essentials

Try this movement to help improve core strength, stability, flexibility, and greater mobility of the spine.

Thoracic Rotation with Rib Grabs

Lie on your side, with torso and legs straight. Bend your top knee up and rest it on a support as shown. Holding your knee in place, reach under your side with your top arm and grab your ribcage. Pull your ribs upwards as you rotate your shoulder blade toward the floor behind you. Follow through with your head by looking over your shoulder. Hold for 2 seconds and repeat exercise 5 times on each side.

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



Zenith Physiotherapy and Wellness Clinic

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Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

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CHOCOLATE SHAMROCK SHAKE!

Ingredients:

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- sweetener of choice, as desired)
- chocolate chips, (optional)

Directions:

Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!