



Find Out How
Physiotherapy
Can Help You
Get Ready for
Spring Sports

ARE YOU READY
FOR SPRING
SPORTS?



Great weather is right around the corner, and we all know what that means! It's time to get in shape and make sure your fitness levels are up to par, so that you can return to playing sports.

Physiotherapy at [Zenith Physiotherapy](#) can provide the perfect opportunity for you to have your flexibility, mobility, and strength levels assessed. We'll get you prepped and in the best shape for spring and summer sports!

Chronic Pain Shouldn't Keep You Out of The Game...

You might be thinking, "I would love to continue playing sports and exercising, but my back/neck/hips are bothering me so badly! What's the point in even trying?" Know that you're not alone in this belief.

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

Physiotherapy is not only useful for people recovering from an injury or surgical procedure. Our therapists at [Zenith Physiotherapy](#) are movement specialists who offer safe and natural ways to condition your body for sports, as well as ways to improve your overall level of fitness so that you can enjoy playing sports without pain.

Why Is Conditioning Important?

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game. A

Physiotherapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, Physiotherapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

Are you an athlete or a weekend warrior? Give [Zenith Physiotherapy](#) a call today for an appointment if you're in search of conditioning services. Our Physiotherapists are here to help you have your best season yet!



Exercise Essentials

Try this movement to help improve your posture and core strength.



WALL POSTURE

Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time. Hold for 20 seconds and repeat 10 times.

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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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AVOID ACHE & PAINS IN THE GARDEN THIS SPRING



Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These Tips Can Help Prevent Injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Author: Andrea Avruskin PT, DPT

VEGETARIAN BLACK BEAN TACOS



Ingredients:

For the beans:

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika

- 1/8 tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste
- 1 tbsp tomato paste
- 1 tbsp water

For the tacos:

- 8 hard corn taco shells

- 4 oz Hass avocado
- Juice from 1/2 small lime
- Pinch kosher salt
- Ground black pepper, to taste
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce

Directions: Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with 1/8 of the bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

www.skinnytaste.com/black-bean-tacos/