

Could Your Pain be Related to Posture?

Discover How You Can be Posture Perfect at Zenith Physiotherapy!

We've all been there. Summer rolls around, you're lounging on the beach, not a care in the world, and then — suddenly you notice pain.

Poor posture is a common culprit for seemingly unexplainable pain, especially if you notice it in your back, neck, or shoulders.

When poor posture becomes a habit it can be difficult to reverse, but at [Zenith Physiotherapy](#), we've got your back — literally!

Contact us today to discover how we can help you become posture perfect so you can get back to doing what matters most — lounging comfortably this summer!

How Can A Physiotherapist Help With Posture?

Posture is an important part of physiotherapy, as body form has a significant impact on body function. If your form is off while sedentary, it is likely that it is also off during movement. This means that your entire body dynamic is off!

Fortunately, our physiotherapists are movement experts who can analyze your body posture while sitting, standing, and moving. They will discover problem areas that may be causing your pain and develop a treatment plan that includes the best methods for your specific needs.

Your physiotherapist will provide you with exercises and stretches to help promote core strength and improved posture. By practicing the correct form during these exercises and stretches, your posture will begin to get better and better.

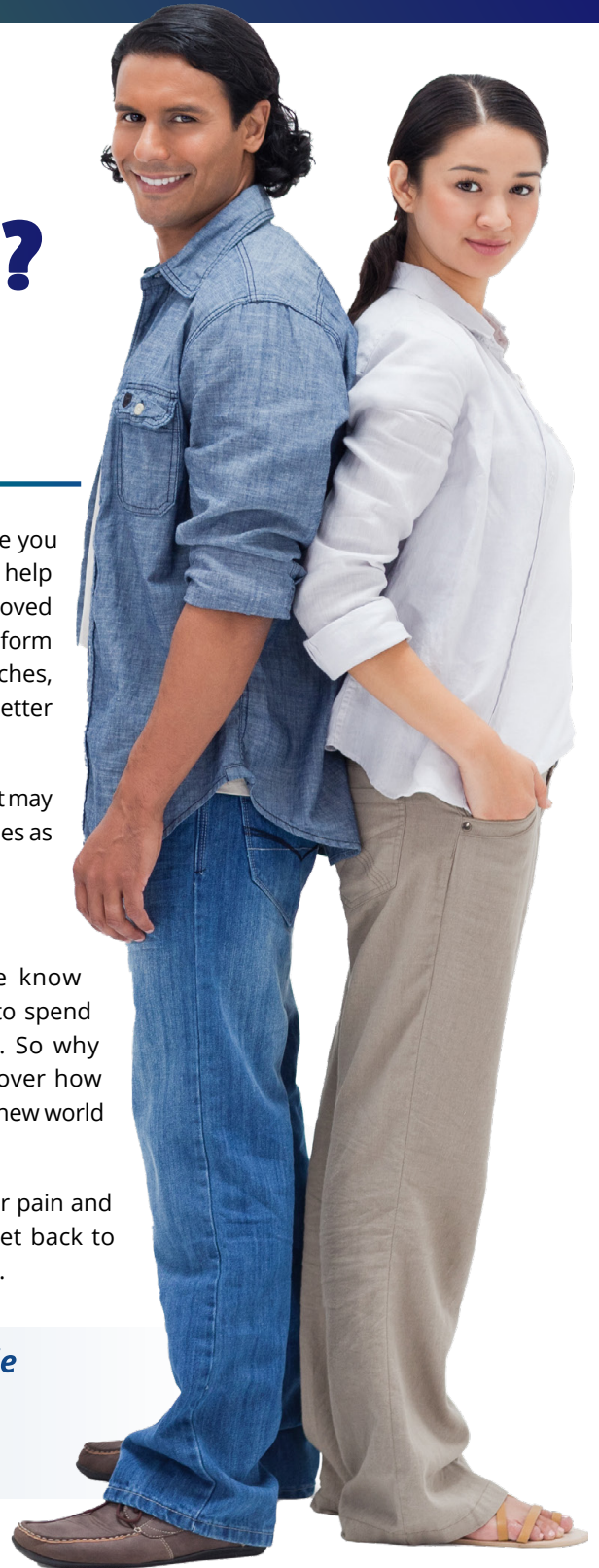
For pain relief, your physiotherapist may also prescribe additional modalities as best suited for your needs.

Ready To Get Started?

At [Zenith Physiotherapy](#), we know that the last thing you want is to spend your summer living with pain. So why wait? Contact us today to discover how improved posture can open up a new world of comfort!

We'll help you recover from your pain and discomfort ASAP so you can get back to enjoying your summer activities.

Don't wait. To schedule an appointment, just click here.



55 READ WHAT OUR PATIENTS HAVE TO SAY!



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



**Zenith Physiotherapy and
Wellness Clinic**

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-879-8178

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

ZENITHPHYSIO.COM

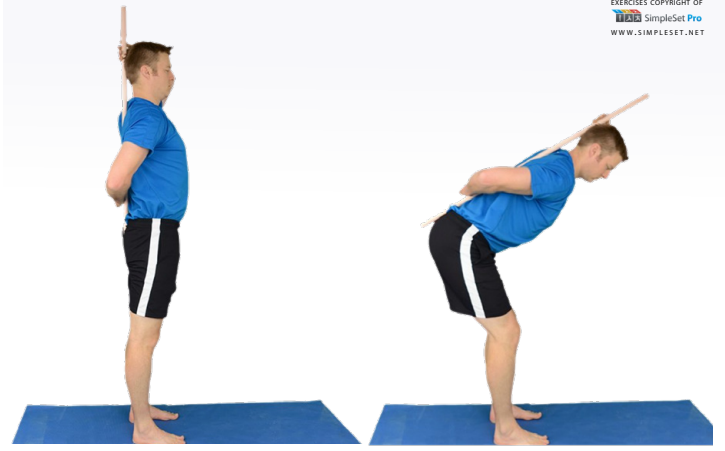
EXERCISE ESSENTIALS

Try this simple exercise to help improve posture.

HIP HINGE | STICK ON BACK

Hold stick on back with 3 points of contact: tailbone, upper back, and head. Keep your big toe and little toe in contact with the ground with knees softly bent as you push your hips back until you feel a stretch in your buttocks and hamstrings. Engage your core, buttocks and hamstring as you come back up to standing. Repeat 10 times, three sets.

EXERCISES COPYRIGHT OF
SimpleSet Pro
WWW.SIMPLESET.NET



HEALTHY RECIPE



MEDITERRANEAN CHICKEN SALAD

Ingredients:

- 1/4 cup lemon juice
- 2 cups cut-up cooked chicken breast
- 2 tbsp snipped fresh mint
- 2 plum tomatoes, cut into wedges
- 2 tbsp snipped fresh basil
- 1 (15 oz) can garbanzo beans
- 2 tbsp olive oil
- 2 tbsp pitted Kalamata olives
- 1 tbsp honey
- 2 tbsp crumbled reduced-fat feta cheese
- 1/4 tsp black pepper
- 6 Whole kalamata olives
- 5 cups shredded romaine lettuce

Directions: Cut In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.