



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](#), to schedule an appointment with your physiotherapist 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!

### Physiotherapy 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. Physiotherapy can help ease your pain and improve your condition! Physiotherapists are movement specialists whose ultimate goal is to restore mobility and range of motion to your shoulder.

Your therapist at [Zenith Physiotherapy](#) 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.

### 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](#) for an in-depth evaluation of your condition. We'll have you feeling better in no time!

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



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



**Zenith Physiotherapy and Wellness Clinic**

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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](http://ZENITHPHYSIO.COM)

## Exercise Essentials

Try this simple exercise to help strengthen your shoulder.

### Internal Band Pull

Sit with good posture with a band tied to something stable next to you. Keeping your elbow by your side and at a 90 degree angle pull the band across your body. Repeat 10 times on each arm.

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## CREAMY CUCUMBER, RADISH & TOMATO SALAD

### Ingredients:

- ½ cup mayonnaise
- ½ cup crumbled feta cheese
- 1 tablespoon chopped fresh chives, plus more for garnish
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large English cucumber, diced
- 1 pint cherry tomatoes, quartered
- 1 bunch radishes, diced
- ½ medium red onion, finely diced

**Directions:** Whisk mayonnaise, feta, chives, dill, lemon juice, salt and pepper in a large bowl. Add cucumber, tomatoes, radishes and onion and toss to coat. Garnish with more chives and dill, if desired.