



SHRUG OFF SHOULDER PAIN THIS FALL WITH PHYSIOTHERAPY

Are you noticing persistent pain in your shoulders? Physiotherapy can help you shrug off shoulder pain so that your body is geared up to enjoy this season!

Keep reading to learn the causes of shoulder pain and how physiotherapy at [Zenith Physiotherapy](#) offers solutions.

Why Does My Shoulder Hurt?

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Arthritis:** Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant “wear and tear,” typically due to age or excessive

overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.

- **Frozen shoulder:** This can occur if you have been bedridden or your arm has been in a cast or sling. It can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

These conditions are painful, but a physiotherapist at Zenith Physiotherapy can help!

What To Expect With Physiotherapy

A physiotherapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at [Zenith Physiotherapy](#) will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Schedule With Us Today You

Tired of living with pain in your shoulder? Zenith Physiotherapy's skilled physiotherapists are here to ensure you don't have to continue on this way.

*To schedule
an appointment,
just click here.*

55 READ WHAT OUR PATIENTS HAVE TO SAY!



[Book Your Appointment Online Now](#)
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

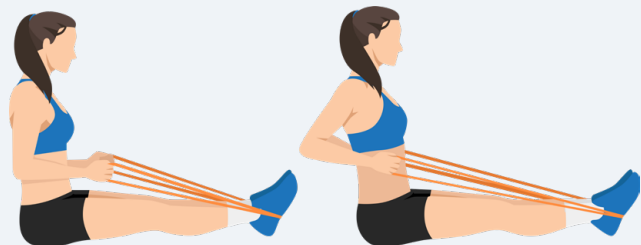
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Exercise Essentials

This exercise helps improve shoulder strength.

Row | Close Grip (Band)

Sit tall, back straight with band around feet. Row band to stomach, squeezing shoulder blades together. Keep elbows close. Don't lean backward. Repeat this 10-15 times.



SPOOKY TREAT FOR KIDS OF ALL AGES

Witch's Broomstick Snacks

What You Need:

8 String Cheese Sticks, 24 Pretzel Sticks, & Fresh Chives

How to Put Them Together:

1. Cut each string cheese stick in thirds (about 1 1/2" each).
2. Make lengthwise cuts around the cheese stick to about half way up.
3. In the uncut end of the cheese, insert a pretzel stick.
4. Bind with a piece of chive. Cut off extra chive.

Recipe: momfoodie.com/witches-broomstick-snacks-easy-halloween-party-snacks/

