

THIS WINTER...

STAY ACTIVE! BE SAFE!

Brrr, it's cold out there! With winter and cold weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give [Zenith Physiotherapy](#) a call today to schedule an appointment, so we can help you feel steady on your feet!

Am I At Risk For Falls?

Two major threats that winter poses are ice and snow! Slipping on ice can result in nasty, painful falls; however, several other factors place a person at risk for falls.

The most common risk factors include:

- Dizziness or vertigo
- Cardiovascular disease
- Cognitive impairments
- Previous history of falls
- Vision problems
- Impaired balance and gait control
- Muscle weakness and reduced physical fitness

Some people have a higher risk of falling than others. A physiotherapist

is a movement expert who can help you improve your balance and fight back against the risk of falling!

How Can a PT Reduce My Chances of Falling?

Our physiotherapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation, mobility, strength, and a balance assessment. We will also conduct a thorough history to understand more about the demands on your body, and how at-risk you are for falling.

In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/environmental factors that may contribute to your fall risk.

This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet!

Contact Our Clinic Today!

[Zenith Physiotherapy](#) is here to help you feel your best and keep you on your toes — literally! You deserve to enjoy this season with your loved ones without being worried about impromptu trips to the ER after a sudden fall.

Schedule an appointment with one of our therapists. We're here to help you every step of the way!

To schedule an appointment, just [click here](#).



55 READ WHAT OUR PATIENTS HAVE TO SAY!

Find your way to good health with physical therapy!

[Book Your Appointment Online Now](#)
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

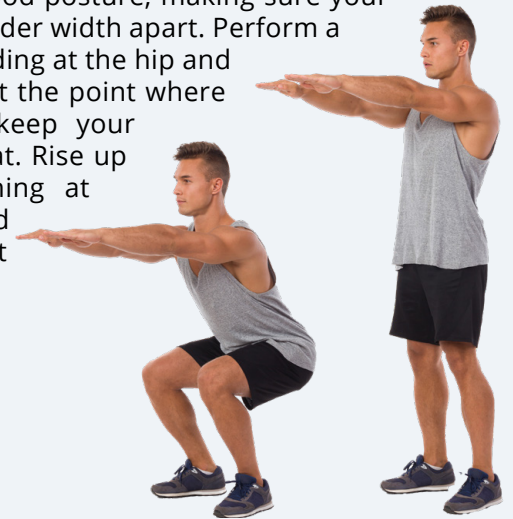
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Exercise Essentials

This exercise helps your knees, back, and core.

Squat

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



TASTY RECIPE

CHOCOLATE HAZELNUT BISCOTTI



What You Need:

- 1 1/3 cups all-purpose flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/2 cup brown sugar
- 1/2 teaspoon baking soda
- 1 egg
- 1/4 teaspoon kosher salt
- 1 teaspoon vanilla extract
- 1/2 cup butter, softened
- 3/4 cup chopped toasted hazelnuts
- 1/2 cup chocolate hazelnut spread (recommended: Nutella)

Directions: Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.