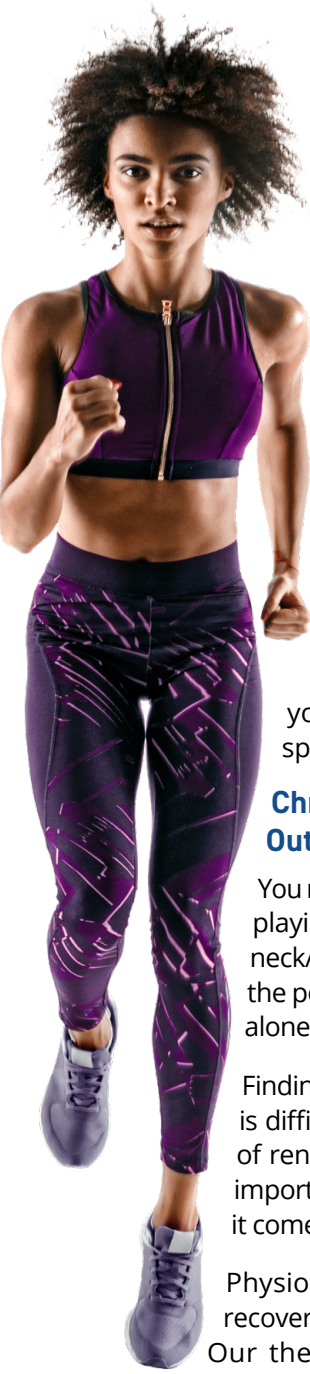


Zenith Physiotherapy Can Help You Prep For **SPRING & SUMMER SPORTS**



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!

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



Gardening Safely

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.

Be aware of how your body feels as you work in your garden. If a part of your body starts to ache, take a break, stretch that body part in the opposite direction it was in, or switch to a different gardening activity.

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.

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.



Exercise Essentials

This exercise helps strengthen your core.

Power Knee Drives

Start by standing up straight. Place one hand on top of the other and raise your arms up over your head. Brace your abdominals and drive your right knee up and across your body, simultaneously bringing your arms down at your knee so they meet near your midsection. Quickly raise your arms back up and tap your toes to the floor before immediately going into your next repetition. Repeat 10 times and switch sides.



[Book Your Appointment Online Now](#)
We can't wait to see you!



**PREPARE TODAY FOR
SPRING & SUMMER SPORTS
CALL ZENITH TODAY!**

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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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TASTY RECIPE KACHUMBER SALAD



What You Need:

- 1 small onion finely chopped
- 2 medium tomatoes chopped
- 1 large cucumber chopped
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Directions: Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.
<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>