



Are you tired of getting the run around with your healthcare and just want help to resolve your pain and/or injury? Have you heard chiropractors and physiotherapists don't get along because of their differing skill sets? At [Zenith Physiotherapy](#), our integrated team of chiropractors and physiotherapists believe the best approach is collaboration!

Research has shown that the lack of communication and collaboration may be responsible for up to 70% of adverse events impacting outcomes. Whereas facilities emphasizing integrated care result in enhanced patient satisfaction, increased perceived quality of care, and improved access to services.

At [Zenith Physiotherapy](#), our team believes that your care is more important than our egos. We are dedicated to providing comprehensive care so you can resolve your pain and restore your function as fast and lasting as possible!

How Physiotherapists and Chiropractors Work Together

Although physiotherapists and chiropractors have notably different skill sets, educational backgrounds, and treatment philosophies, what they have in common is helping people feel better, move better, and maximize their health and well-being.

At [Zenith Physiotherapy](#), we believe that physiotherapists and chiropractors can collaborate to achieve better outcomes for our patients in an integrated clinic. Despite the different but complementary treatment techniques and specialties, we know working together is a more effective way to take advantage of our strengths and counteract our weaknesses.

Generally speaking, chiropractic care is based on the view that the interconnected partnership between the body's musculoskeletal and nervous systems gives it the ability to heal itself. Chiropractors

typically use hands-on treatment methods to identify and treat spinal and muscular misalignments that cause pressure within the central nervous system and lead to acute or chronic pain.

Research has shown that chiropractic adjustments can provide instant pain relief and are an excellent option for people dealing with acute pain. The chiropractic treatments often focus on adjustments to restore mobility and realign the vertebrae. When the spinal joints are returned to their ideal positions, tension is released throughout the body.

On the other hand, physiotherapists use a more diverse set of assessments and treatment approaches to diagnose physical abnormalities in patients' musculoskeletal systems. Physiotherapists emphasize resolving pain, restoring joint mobility and strength, and improving balance and coordination.

Physiotherapy treatments often emphasize using corrective exercise, modalities, soft mobilization, or many other tools and treatments to address impairments and functional limitations. Physiotherapists care for all musculoskeletal conditions that hinder the body's movement and/or cause pain.

What To Expect At Your [Zenith Physiotherapy Sessions](#)

Our physiotherapists and chiropractors will perform a thorough assessment to fully understand treatment needs and appropriate techniques to achieve the best possible outcomes.

We know that each patient is different, so that we will create an individualized treatment plan tailored to your unique capabilities. Our integrated team will collaborate using the clinician's unique competencies to develop complementary programs to maximize the benefit of every visit.

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For example, our newest team member Dr. Brad Nuber believes in treating the body as a whole to find the root cause of your pain or injury. He specializes in functional movement, athletic performance, advanced soft tissue therapies, and postural correction. He strives to empower and assist you in taking back control of your health and life through holistic means.

Our integrated team will guide you through exercises designed to help your pain and return to your pre-injury abilities. We will work together to alleviate your pain and restore mobility to the injured area and surrounding areas that have been affected or are contributing to your condition.

Next, we will focus on retorting your strength through exercises designed to maximize your function and prevent future injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure your body functions at its best.

At [Zenith Physiotherapy](#), our integrated team of physiotherapists and chiropractors will provide the foundation for successful outcomes while reducing future injuries! We know that a unified approach to care is the key to identifying and treating your condition.

Request An Appointment Today!

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



CLICK HERE for more
information on our
CHIROPRACTIC SERVICES

**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

Clamshell Bridge (Exercise Band)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat 10 times.



TASTY RECIPE TRADITIONAL CREPES



What You Need:

- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

Directions: In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour. Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.