



WALK AWAY FROM FOOT AND ANKLE PAIN THIS SUMMER!

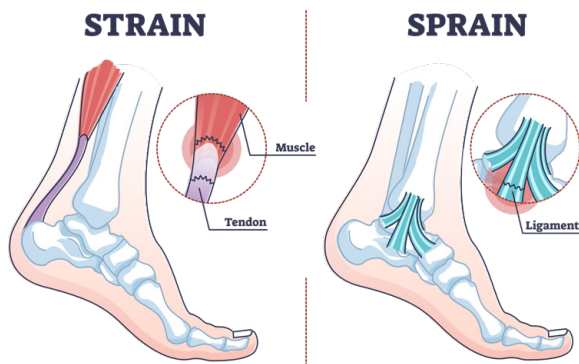
We participate in tons of summer activities that require us to be in tip-top shape. Missing out on all the warm weather fun due to injury is, well, no fun at all.

Foot and ankle pain can keep you from doing tons of things you enjoy this season, but it doesn't have to!

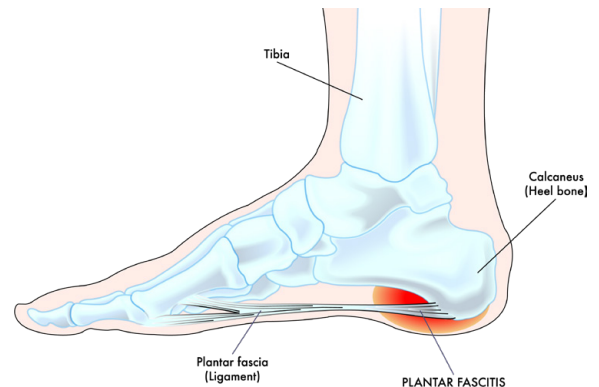
Physiotherapy Can Get You Back Up And Running

Some common conditions of the foot and ankle that [Zenith Physiotherapy](#) treats are strains, sprains, and plantar fasciitis.

Strains and sprains: A strain is the tear or overstretching of a muscle or tendon. A sprain is the overstretching or tearing of a ligament.



Plantar fasciitis: Plantar fasciitis is inflammation of the "plantar fascia," which is a long tissue at the bottom of your feet that connects from the heel bone to the toes. You may feel a stabbing pain or soreness in your heel, toes, or across the entire underside of your foot.



The good news is that physiotherapy can help you to recover from these kinds of feet and ankle related conditions and many more!

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BOOK YOUR APPOINTMENT ONLINE NOW

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Physiotherapy will play a vital role in your rehabilitation. Therapists know tons of ways to effectively relieve feet and ankle pain.

Your therapist may employ heat, ice, electrical stimulation therapy, or the RICE technique to treat your condition. Their goal will be to improve your coordination and strengthen your lower extremities so you don't sustain the same injury in the future!

Foot and ankle pain is no fun, but you can get back to enjoying summer activities faster with the help of physiotherapy. Call Zenith Physiotherapy today to make an appointment.

Let us get you back up on your feet so you can walk away from foot and ankle pain this summer!

[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

Towel Crunches

Start by sitting in a chair with your bare foot resting flat on a small towel. Attempt to scrunch the towel with your toes and try to increase the arch in your foot, then control your foot back flat. Repeat this for 30-60 seconds for a set of 3.



TASTY RECIPE

BAKED SWEET POTATO CHIPS



What You Need:

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

Directions: Preheat the oven to 300 degrees Fahrenheit. Line several baking sheets with parchment paper and set aside. Use a mandolin slicer to cut the sweet potatoes into paper-thin rounds. Pile all the sweet potato rounds into a large bowl and pour the olive oil over the top. Gently toss to coat every piece with oil. Then lay the sweet potato rounds out on the baking sheets in a single layer. Sprinkle the chips lightly with salt. Bake for 20-25 minutes until crisp and golden around the edges. Remove from the oven and cool for 5 minutes on the baking sheets. Then move the chips to a bowl, or plastic bag to store.

<https://www.aspicyperspective.com/baked-sweet-potato-chips/>