



DON'T LET YOUR BACK SUFFER THIS HOLIDAY SEASON

The holidays are upon us! Family events, gift-giving, and great food are all in store for us. But guess what else might be too?

BACK PAIN!

As we prep for our holiday season, it's essential to understand ways to prevent back injuries from occurring. Zenith Physiotherapy has put together some tips for taking care of your health during this busy time of year!

Tips For Avoiding Back Pain

With all the decorating and heavy lifting that the holiday season brings, it's easy to pull a muscle in your back. You might not even notice until days after the injury occurred!

Here are three tips for avoiding back pain this season.

1. Warm-up and stretch first!

Don't just jump out of bed and begin setting out fake reindeer and decking the halls! Stretch your body out a little bit. Aim to at least be up and moving for about 45 minutes before starting bending or lifting heavy decoration boxes down from the attic!

2. Lift with your knees, not your back.

You knew this one was coming! Always lift with your knees and not your back. Tighten your stomach muscles as you lift an object or lower it to the floor. Avoid twisting your trunk to prevent back injuries.

3. Safety First

You can take simple steps to ensure you are safe while hanging lights or putting up the tree. Take breaks every 30-60 minutes to make sure you aren't over-extending the muscles in your back as you bend, lift, and reach for items.

Call Our Clinic Today

You deserve to enjoy your holidays without back pain. If you're already suffering from a back injury or would like to learn about more ways to prevent one, we're here for you!

A physiotherapist can assess your condition and symptoms, and create a customized plan that will be aimed at relieving your back pain.

Call Zenith Physiotherapy to schedule an appointment with a physiotherapist or a chiropractor so that you can have the best possible holiday season!



How Zenith Physiotherapy Can Help You!

Do you have an acute or chronic pain condition? Have you been in a motor vehicle accident, injured at work or sustained a sports or recreational injury? If this is the case, know that you are not alone, and Zenith Physiotherapy and Wellness is here to assist!

Our highly trained team of physiotherapists and chiropractors use specialized methods and modalities to treat any pain, injury, or discomfort you may be feeling. Using sophisticated diagnostic methods such as movement investigation and gait analysis, our team can determine which services you will benefit from most and provide you with healing, injury prevention, and pain relief through our customized treatment plans.

Our patients have found a high level of success in our treatment services due to our advanced technologies and methods. **CLICK HERE** to read about some of our patients' successes!

Our team is dedicated, experienced, and eager to help you recover!

[CLICK HERE TO BOOK YOUR APPOINTMENT ONLINE](#)



Zenith Physiotherapy and Wellness Clinic

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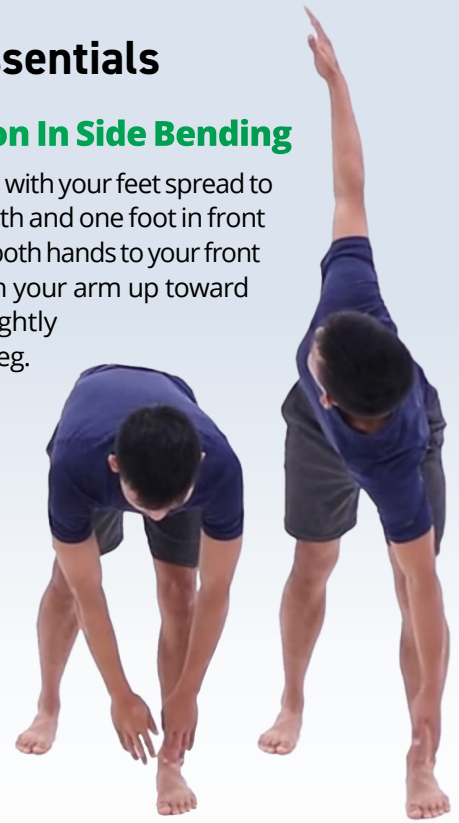
Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

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Exercise Essentials

Trunk Rotation In Side Bending

Start by standing up with your feet spread to just outside hip-width and one foot in front of the other. Reach both hands to your front foot and then reach your arm up toward the ceiling and slightly toward your back leg. Hold for 2 seconds.



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HEALTHY RECIPE

EASY HOT APPLE CIDER

INGREDIENTS

- 1 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

DIRECTIONS

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

