

January 2024

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DON'T GIVE IN TO ARTHRITIS

Arthritis is a common and debilitating condition that can hinder a person's ability to go about their daily routine. Although there are several options for handling arthritis pain, physiotherapy is the safest and most effective one by far!

There is no cure for arthritis, but exercising can help slow down the progression of symptoms. If you're living with arthritis pain, call Zenity Physiotherapy & Wellness today to schedule an appointment with one of our physiotherapists.

We'll help you improve your joint mobility and teach you how to manage your discomfort the right way!

Benefits of Physiotherapy

Physiotherapy offers a natural method of pain relief for arthritis that prescription medication simply does not! Physiotherapists can evaluate your arthritic condition and provide a treatment plan for you.

The goal of physiotherapy for patients with arthritis is to increase your strength and range of motion in the affected joints while decreasing your pain and discomfort.

Your physiotherapist can help you form a regular exercise routine that can help you combat and ease your joints' pain. They can also teach you stretches and exercises to target areas that bother you often, such as your hands, knees, or hips.

Most of the exercises your therapist will teach you can be done on your own at home so that you can continue treatment outside of appointments!

Treatment Methods for Arthritis

To help relieve your arthritis pain, a physiotherapist may use massage to loosen muscles and tendons around your arthritic joints. Physiotherapy treatment might also include using ice baths or cold compresses to reduce inflammation and soreness. The use of heating pads is also normal in the loosening of tight muscles. Physiotherapy treatment may also include ultrasound or laser treatment to send soothing heat waves into your joints as you progress.

Are you living with pain in your joints? It's time to take matters into your own hands and call in the professionals! The Physiotherapists and Chiropractors at Zenity Physiotherapy & Wellness are here to help ease your discomfort and help you return to a comfortable life.

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

TREATMENTS AVAILABLE

Physiotherapy

- Physiotherapy
- Laser Therapy
- Cupping
- Custom Braces
- Custom Orthotics
- Dry Needling / IMS
- Electrotherapy
- Fall Prevention
- IASTM
- Kinesio Taping
- Manual Therapy
- Selective Functional Movement Analysis (SFMA)
- Shockwave Therapy
- Telehealth
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy

Chiropractic

- Chiropractic
- Joint Mobilization
- Spinal Manipulation
- Extremity Manipulation
- Muscle Stimulation (ESTIM)
- Active Release
- Graston Technique
- Instrument-Assisted Soft Tissue Mobilization
- Manual/Diversified Adjustment
- Drop-Table Adjustment
- Activator Adjustment
- Cupping Therapy
- Shockwave Therapy
- Pediatric Chiropractic
- Pre/Post-Natal Chiropractic
- Post-Natal Chiropractic

Massage Therapy

- Massage Therapy
- Myofascial Release
- Deep Tissue Massage
- Trigger Point Therapy
- Prenatal Massage
- Lymphatic Therapy
- Sports Massage
- Athletes and Performance Massage
- Post-Surgical Massage
- Post-Natal Massage
- Relaxation/Swedish Massage
- Hot Stones Massage
- Cupping Therapy

Patient Success Stories

"I highly recommend Dr. Shum and the entire Zenith team. The level of care and attention I received from Dr. Shum to treat my neck pain, along with support to strengthen and stretch for the future was exceptional. The front desk team was always very warm, friendly and welcoming." — **Kara T.**

"Cenoj did an excellent job bringing my elbow back to its 100% performance. Happy to be working again without pain. Will definitely recommend to friends and family if they ever need a great physiotherapist. Everyone at Zenith is top-notch!" — **Rochelle K.**

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 more of our patients' successes!

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

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Unit 309, 800 Yankey Valley Blvd., SW Airdrie

Office Hours:

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

ZENITHPHYSIO.COM | 1-403-879-8178

Dry Needling Could Change Your Life For The Better



Dry needling is a procedure for relieving pain and muscle tension while also improving mobility.

This treatment method has been shown to help with a variety of musculoskeletal disorders, including acute and chronic injuries, overuse, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and others.

Does Dry Needling Hurt?

If you believe dry needling is painful because of the word "needle," think again! Most of our patients report experiencing little or no discomfort during dry needling procedures.

Ask Us About Dry Needling Today

We are excited to help you learn more about the benefits of dry needling, and whether or not it might be helpful for your pain condition. We'll have you feeling more like yourself in no time!

OMELET MUFFINS



Great make-ahead breakfast treat for those early morning workouts!

INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

DIRECTIONS: Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.