



WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!

What's New at Pleasantview?



Happy New year! We once again would like to thank all of our valued patients for their support in 2023 and we look forward to welcoming you to the clinic in 2024.

Fee increase notification: We would like to make all our patients aware that our fee for Physiotherapy Subsequent treatment and Physiotherapy Assessment (no treatment) will be increasing to \$90 effective January 1st, 2024.

We won gold!!!!

Thank you to everyone who voted for us in the Edmonton Journal Readers Choice Awards. We are delighted to share that we won Gold for Best Physiotherapy Clinic and Gold for Best Massage Therapy Clinic. We are delighted with this achievement which wouldn't be possible without continued support of you, our wonderful patients.



Condition of the Month

Sciatica

What is it?

Sciatica refers to pain, weakness, numbness or tingling in the back of the leg. It is caused by injury to or pressure on the sciatic nerve.

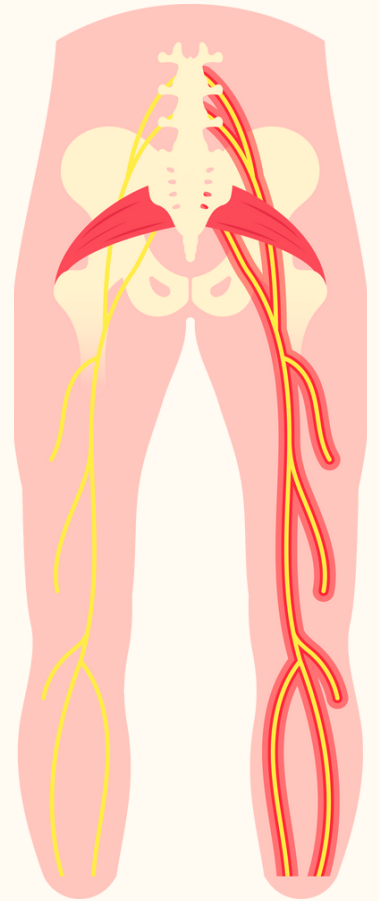
Symptoms

The pain caused by sciatica can range from constant to infrequent and from a mild discomfort to debilitating. Generally, sciatica only affects one side of your lower back and one leg, running from the base of your spine down a buttock and the back of a leg.

What can we do?

Since the most common causes of sciatica involve pressure being placed on your nerves by something, physiotherapy for sciatica focusing on reducing this pressure as well as alleviating the muscle tension in the buttocks legs and back. Treatment plans can include:

- Posture correction
- Mechanical traction
- Manual therapy
- IMS/ Dry needling
- Personalised exercise programme
- Nerve flossing



You're awesome!!

We were blown away by the generosity of our wonderful patients during our recent holiday collection for the Bissell Centre. Thank you so much to everyone who donated.

Rave Reviews

WE WANT TO HEAR FROM YOU!

“VERY IMPRESSED WITH MY EXPERIENCE AT PLEASANTVIEW PHYSIO. ANNE SPENT A GOOD AMOUNT OF TIME DOING A PHYSICAL ANALYSIS OF MY SITUATION AS WELL AS PROVIDING LOTS OF HELPFUL INFORMATION THAT I CAN USE IN MY DAILY LIFE. MY SESSION WAS QUITE ATYPICAL OF OTHER PHYSIO SESSIONS I’VE RECEIVED. HIGHLY RECOMMEND!”



Upcoming closures

January 1st, 2024

HAPPY NEW YEAR!



Google reviews are a great way to support local businesses and we love hearing how your experience with us was.

Book Online

PHYSIOTHERAPY | MASSAGE THERAPY

310- 11044 51 AVE NW

EDMONTON AB T6H 5B4

780-438-4515

[HTTPS://PVPT.JANEAPP.COM](https://pvpt.janeapp.com)

BOOK NOW!

@PleasantviewPhysio | admin@pleasantviewphysio.ca

WWW.PLEASANTVIEWPHYSIO.CA