



WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!

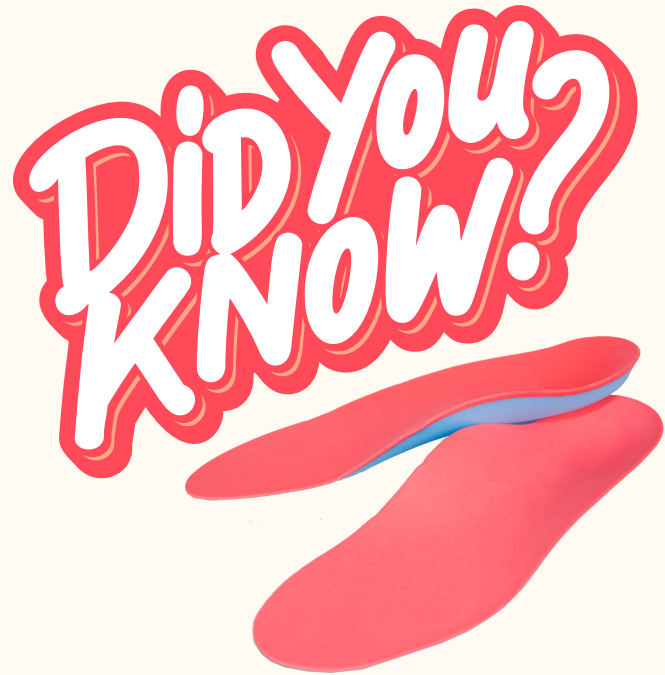


What's New at Pleasantview?

Goodbye Tirah! We would like to take this opportunity to thank our wonderful Patient Care Coordinator Tirah for all her hard work at PVPT over the last 4.5 years and wish her all the best as she embarks on a new adventure. We'll all miss you so much!

thank you

Did you know that some benefit plans cover custom orthotics?? And that these totals often reset in the new year?? That means that this is the perfect time to come in and get fitted for a pair! Stop frequently buying over-the-counter orthotics and book an appointment for custom made orthotics today!!!



- We cannot direct bill for orthotics but we will provide you with everything you need to submit to your provider.
- Always ensure your provider allows a Physiotherapist to supply your orthotics.

Condition of the Month

Vertigo

Studies have shown that approximately 50% of all adults are affected by dizziness at some point. Vestibular problems are responsible for 40% of all cases of dizziness.

What causes dizziness & vertigo???

There are many factors that can make you feel dizzy. Many of our patients ask us, "what is the difference between dizziness and vertigo?". Vertigo is considered a type of dizziness characterized by the sense that your surroundings are spinning. Dizziness includes a range of sensations, including feeling faint, light-headed, unsteady, woozy, or off-balance. This imbalance in your vestibular system can cause other symptoms, including the inability to concentrate or stay alert, nausea or vomiting, and imbalance.



If dizziness or vertigo is impacting your life Brianna is here to help. Call the clinic on 780-438-4515 today to book and initial assessment for Vestibular Rehabilitation

Scan me



Stretch of the month Wrist Flexor stretch

A front of the forearm stretch useful for inside elbow pain, forearm pain or even hand pain

Scan the code for a demonstration video!

Rave Reviews

WE WANT TO HEAR FROM YOU!

“CAN NOT SAY ENOUGH ABOUT THE PROFESSIONALISM AND ASSISTANCE I RECEIVED AT THIS CLINIC. CAME IN WITH EXTREME PAIN AND LEFT A FEW WEEKS LATER FEELING A LOT BETTER. THANK YOU BRIANNA FOR YOUR EXPERTISE AND ADVICE”



Upcoming closures

February 19th 2024

HAPPY FAMILY DAY!



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!

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