

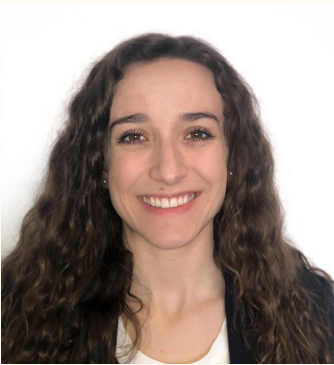


WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!

Meet our new team members



Emily Clark
Physiotherapist

Emily is originally from Victoria, BC, she moved to Edmonton to complete her Master of Science in Physical Therapy at the University of Alberta. Emily's treatment philosophy is founded on providing optimal and quality patient care. She strives to create a positive and uplifting atmosphere to support her patients through their individual and unique journeys. She is a firm believer in active and purposeful treatment through education, therapeutic exercise, and manual therapy. Additionally, Emily has taken up a special interest in vestibular rehabilitation as well as assessment and treatment of running injuries. She has a deep desire to get to the root of why patients come to see her and is determined to help meet her patients needs that will ultimately lead to the independent management of their individual experience.



Courtney Baker
Massage Therapist

Courtney is a 2019 graduate from Sutherland Chan School of Massage in Toronto, Ontario. She strives to deliver the best care to her patients through providing education to her patients, creating strong and effective therapeutic relationships, and creating achievable treatment plans. She offers a variety of therapeutic massage treatments General Swedish massage including a mix of deep tissue massage, relaxation massage, myofascial release, trigger point release, and joint mobilization.

Condition of the Month

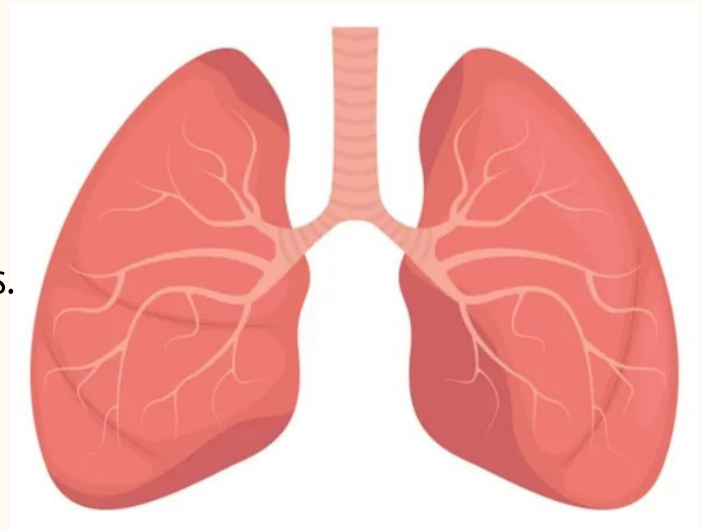
Physiotherapy with a focus on breathing

What is it??

Breathing is fundamental to good health, well-being, and optimal performance yet you may not think much about how you breathe. We breathe 20,000 times each day. Breathing dysfunction is common, affecting one in ten people at some time in their lives. Prolonged dysfunctional breathing can cause symptoms in the body such as chronic neck and back pain, chest pain, frequent sighing, feelings of breathlessness and feelings of an inability to get a full breath in or out.

Symptoms

- Breathlessness.
- Anxiety.
- Decreased tolerance to exercise.
- Incomplete management of asthma or COPD symptoms.
- Tingling or altered sensation of hands or feet.
- Decreased pain tolerance.
- Chest pain or tightness, heart palpitations when heart problems have been ruled out.



What can we do?

- Perform a specialized assessment including medical history and physical examination.
- Identify any connection between dysfunctional breathing and your symptoms.
- Retrain resting breathing patterns to manage anxiety, enhance recovery and promote sleep.
- Optimize breathing for daily activities, work or sports.
- Prescribe exercises to reduce carbon dioxide sensitivity or increase strength of the diaphragm if needed.
- Address poor posture, stiff joints or other weak muscles which may contribute to breathing limitations.

Rave Reviews

WE WANT TO HEAR FROM YOU!

“THIS WAS MY FIRST EVER PHYSIOTHERAPY APPOINTMENT AND I FELT SO COMFORTABLE THE ENTIRE TIME! EVERYONE I INTERACTED WITH WAS SO NICE, FRIENDLY AND PROFESSIONAL. EMILY WENT ABOVE AND BEYOND IN MAKING SURE I UNDERSTOOD EVERYTHING, EXPLAINING THINGS WHEN NEEDED, AND ANSWERING ALL MY QUESTIONS. I AM SO HAPPY I GOT HER AS MY THERAPIST AND AM LOOKING FORWARD TO OUR NEXT SESSIONS TOGETHER”



Upcoming closures

March 29th & April 1st, 2024

HAPPY EASTER



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

Book Online

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