



WELCOME TO OUR

# Monthly Newsletter

*we're so glad you're here!*

## What's new at Pleasantview??



Summer has arrived and with it comes the sunshine. Remember the importance of staying sun safe by wearing sunscreen, keeping hydrated and finding some shade in the warmer weather. If you need to cool off, we recommend grabbing some ice cream from one of the city's amazing ice cream shops!



## Upcoming flight??



## Grab some compression stockings before take off!

Wearing compression stockings on a flight can lower your risk of blood clots, especially if you have circulation issues.

Here at Pleasantview Physiotherapy we offer both over the counter and custom compression stockings. Call 780-438-4515 for more information on how to grab yours today.



Additional colours and styles available

# Treatment of the Month

## Runners Knee

### What is it??

Runner's knee means you have pain in front of the knee or around the kneecap. This is where the knee connects with the lower end of the thighbone.



### What causes runners knee??

There are many possible causes of runner's knee including; injury or trauma, excessive training or overuse, tight hamstrings, poor foot support, malalignment of the kneecap and tight Achilles tendons.

### What are the symptoms of runners knee??

The most common symptoms of runners knee include:

- Pain in and around the kneecap that happens when you are active.
- Pain after sitting for a long time with the knees bent.
- Rubbing, grinding or clicking sound of the kneecap that you hear or feel when you bend and straighten your knee.
- Kneecap that is tender to the touch.

### How can we help??

Our Physiotherapists will work with you to design a custom treatment plan that is customised towards your goals. This could include:

- Strengthening exercises
- Stretching exercises
- Shockwave therapy
- Custom orthotics
- Patellofemoral taping



# Rave Reviews

WE WANT TO HEAR FROM YOU!

“MY SPOUSE AND I HAVE BEEN COMING HERE FOR A FEW YEARS FOR MASSAGE AND PHYSIO SERVICES. WE HAVE SEEN A FEW DIFFERENT PRACTITIONERS FOR DIFFERENT SERVICES, AND EVERYONE HAS BEEN EXCELLENT. FRIENDLY, PROFESSIONAL, AND HELPFUL ALL AROUND!”



## Upcoming closures

July 1st, 2024

HAPPY CANADA 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!

@PleasantviewPhysio | [admin@pleasantviewphysio.ca](mailto:admin@pleasantviewphysio.ca)

[WWW.PLEASANTVIEWPHYSIO.CA](http://WWW.PLEASANTVIEWPHYSIO.CA)