



WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!

What's new at Pleasantview?

Happy Canada Day!

We would like to wish all of our staff and patients a very happy Canada day. The clinic will be closed Saturday June 29th and Monday July 1st to allow our team to celebrate all things Canada. We will reopen July 2nd at 7am.



Staff Spotlight

Emily Clark

Originally from Victoria, BC Emily moved to Edmonton to complete her Bachelor of Science in Physical Therapy at the UofA. Emily is a competitive triathlete who is fascinated with the study of human movement and has a passion for helping others. Emily strives to create a positive and uplifting atmosphere to support her patients through their individual and unique journeys. Always on the go, Emily's hobbies include running, cycling and bouldering.

Emily is also one of two Physiotherapists at Pleasantview physio who is trained in Vestibular Rehabilitation. Book your appointment with Emily today!

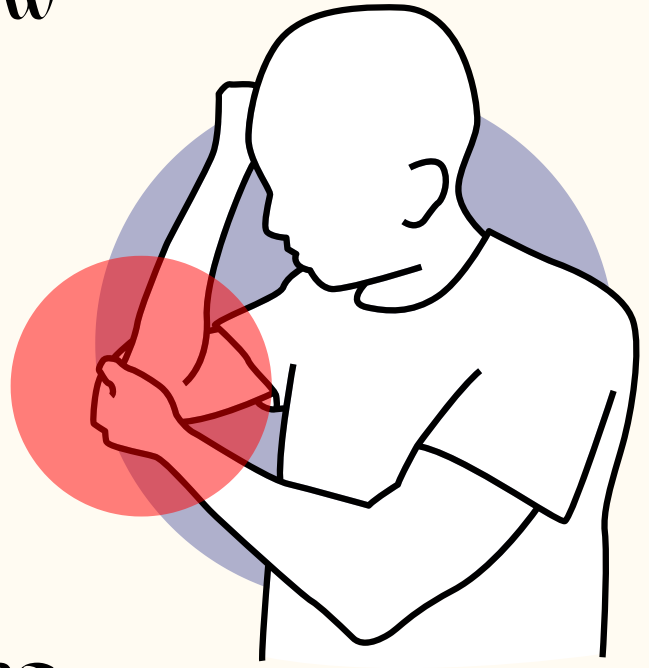


Condition of the Month

Tennis Elbow

What is it??

Tennis elbow is an inflammation of the tendons that join the muscles of the forearm to the outside of the elbow. It often occurs due to overuse of these muscles and tendons.



Symptoms

The most common symptom of tennis elbow is recurring pain on the outside of the upper forearm, just below the bend of the elbow. Pain may also be felt further down the arm, towards the wrist or just above the bend of the elbow.

Pain can occur when the individual lifts or bends their wrist. It is also felt while performing basic actions, such as writing or when gripping small objects.

Tennis elbow can also cause pain when twisting the forearm. This can be noticeable when turning a door handle or extending the forearm fully.

What can we do?

Your Physiotherapist will develop a personalized treatment plan to help you meet your goals and ease your tennis elbow symptoms. Treatment can include exercises to improve strength and flexibility of the muscles, shoulder, elbow and wrist along with education regarding how to avoid continuing aggravation of the elbow pain and best self-care practices.

Rave Reviews

WE WANT TO HEAR FROM YOU!

“I CAME TO THIS ORGANIZATION QUITE WORRIED ABOUT MY BODY. EMILY (PHYSIOTHERAPIST) HAS PUT ME ON A PATH THAT HAS BEEN INCREDIBLE. EVERYONE WORKS TOGETHER AS A TEAM, AND RECENTLY, I WAS INTRODUCED TO MASSAGE THERAPIST TRISH. I'M VERY THANKFUL TO THESE PEOPLE AND THEIR PRACTICES NOT ONLY ARE THEY SUPER SKILLED AND KNOWLEDGEABLE BUT SUPER AMAZING PEOPLE THAT CARE”



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

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