NEWSLETTER

Beyond Physical Therapy

OCTOBER 2022



GET YOUR HEALTH BACK ON TRACK WITH PT!

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NEWSLETTER
OCTOBER 2022
The Newsletter About Your Health & Caring for Your Body



GET YOUR HEALTH BACK ON TRACK WITH PT!

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at Beyond Therapy & Wellness can help.

October is National Physical Therapy Month. Beyond Therapy & Wellness wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced at treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with Beyond Therapy & Wellness today, so we can help you get back to the life you deserve!

WHY SHOULD I CHOOSE PHYSICAL THERAPY?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

BENEFITS OF PHYSICAL THERAPY

A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with your sports injury

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Continued From Outside

This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

CALL US TODAY TO REQUEST AN APPOINTMENT

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Beyond Therapy & Wellness to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

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PUMPKIN SOUP

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

PATIENT SUCCESS STORY

"I highly recommend this office!"

"Love this office! There are private rooms and small group rooms where you still feel like it's more private than traditional PT clinics. The knowledge I have gained on how the body is supposed to work in just 3 visits makes me wonder why I waited so long! I highly recommend this office!" **-K.H.**

EXERCISE ESSENTIALS

PT WIRED

CLAMSHELL BRIDGE (WITH EXERCISE BAND)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



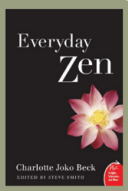
Everyday Zen Workshop

Join Kin Wellness for a three-weekend facilitated exploration of the purpose and practice of meditation using Charlotte Joko Beck's Everyday Zen

These one hour sessions — led by Fort Worth-based meditation and movement instructor Dustin Fockler — will include an introduction to meditation, group sits and discussion of Everyday Zen

Dates: Oct 1st, 15th & 29th at 10:30
www.vagaro.com/kinwellness
vagaro.com/kinwellness/memberships







4 LEAF RAKING TIPS

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread– raking leaves.

Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your follow through on this chore, keep reading!

1. If you can, rake downhill

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

2. Pull the leaves towards you as you rake

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

3. Divide your lawn into sections

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

4. Wait until the leaves stop falling

There's almost no point in cleaning up your lawn while your trees are still full of leaves! To save yourself from unnecessary stress, wait until the trees are bare to get started on this chore.

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

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