NEWSLETTER

Beyond
Physical Therapy

DECEMBER 2022



PT CAN HELP YOU STAY ACTIVE THIS SEASON!

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Beyond Physical Therapy

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



PT CAN HELP YOU STAY ACTIVE THIS SEASON!

Have you been looking forward to getting out on the trails to see the trees fall colors? Are you looking for ways to get outside and enjoy the fall season? Our team of physical therapists at Beyond Physical Therapy will help you recover from an injury and give you the programs to prevent new injuries!

We've finally gotten past the hot sticky summer months, and now with the cooler weather here, it's the perfect time to get outside and have some fun! Hiking is one of the most popular recreational activities in the US. It is estimated that as many as 45 million Americans will hike this year.

Fall is the perfect time to get out on the trails and enjoy nature. The cooler temperatures also bring the harvest time and farmer's markets filled with healthy local foods and activities that are fun for people of all ages and physical abilities.

At Beyond Physical Therapy, we know that getting (and staying) active improves your health, mobility, and overall quality of life. If you're struggling with chronic pain, dealing with a new injury, or just looking for tips to get in better shape, our therapists can help!

Request an appointment today, and let us help you prepare for a fun, pain-free fall season!

FUN ACTIVITIES TO DO THIS SEASON

The fall season often involves harvesting the garden and extra yard work to clean the leaves. With the days getting shorter, the time to get the work done also gets shorter, and people try to get jobs done quicker and increase the physical demands on their bodies. The result is more pain and potential for injury.

For some people, yard work and harvesting the garden is something they look forward to every year. The fresh air and being out in nature are good for physical, mental, and emotional well-being.

Hiking may be the solution if you want to immerse even deeper in nature. Whether you find a nature trail through a local park or head out to the woods or mountains, hiking is one of the best activities for health and fitness.

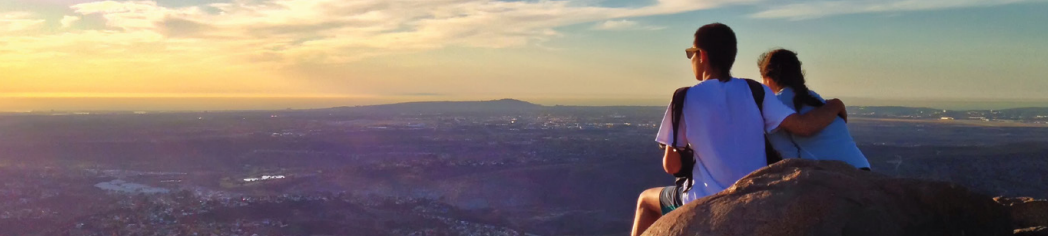
If you decide to head out on the trails, remember to dress appropriately because the fall months can have significant changes in the weather conditions. Make sure to dress appropriately (in layers) and prepare for rain or, in some areas, even snow. It is also essential to stay hydrated and bring healthy, high-energy foods for any hike!

The natural environment seems to help improve our mood, stress levels, and ability to remember, providing a unique opportunity for families to enjoy themselves together. Heading to a farmers market or corn maze can be a fun way to spend your weekends.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with you stay in shape this season

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Continued From Outside

For those more active individuals, heading out on the golf course or playing a pickleball match with friends is an excellent way to enjoy the cooler temperature. Fall is also a great time to head out on your bike or hit a mountain biking trail before it gets too cold to enjoy the ride.

No matter what type of activities you enjoy in the fall season, our physical therapists will work with you to alleviate your pain and ensure you can stay active doing the things you love!

HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE INJURIES SO YOU CAN STAY ACTIVE THIS SEASON

At Beyond Physical Therapy, our physical therapists will conduct a thorough physical examination of your pain/injury, including your range of motion and strength. In addition, we will learn about any previous injury or factor that may be contributing to your current problem.

We will use this information to develop a comprehensive program tailored to your specific needs. Initially, our programs will include manual therapy techniques, targeted stretching, modalities, and other pain-relieving strategies to ensure your body is prepared for a more challenging program.

Next, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities. We will focus on progressing your strength and exercises that challenge your nervous system to restore function and prevent injuries.

By taking an active approach, our therapists can help you resolve your pain and help you stay pain-free to enjoy the fall season!

CALL OUR CLINIC TODAY

At Beyond Physical Therapy, our therapist will identify all the factors contributing to your unique situation and ensure you are provided with a program tailored to your needs to achieve the desired results.

Request an appointment with one of our specialists and learn how we can help you stay active this fall!

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

INGREDIENTS:

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

DIRECTIONS:

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 recommend this place to everyone."

"I am very happy with the care that I receive at this facility. I feel very comfortable and see a huge difference in my health in just a matter of weeks. From the moment that I walk through the door, til the end of my therapy, it's always a great experience. The staff is amazing!!!! I recommend this place to everyone." **-L.M.**

EXERCISE ESSENTIALS

PT WIRED

WRIST EXTENSOR STRETCH

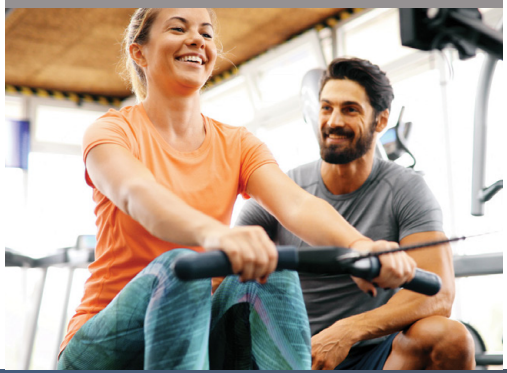
Sit up straight in a chair and raise one arm out straight in front of you with your palm facing the ground. Bring your other hand over top of your palm and lightly press your hand down so you bend at the wrist. Continue pressing until you feel tension in your forearm behind your wrist. Hold as directed by your provider.



PHYSICAL THERAPY FOR FREE?

Did you have an expensive surgery this year? Are you on a family insurance plan? Have you had to use your insurance more than expected? Do you need to get back into shape? If you answered yes to any of these questions, you're much more likely to have a $0 balance remaining on your out-of-pocket expenses!

Your deductible is the amount of money that you must pay out-of-pocket for treatment before your insurance pays anything. For many patients, the end of the year marks a $0 balance remaining on their out-of-pocket expenses! If you've met your annual insurance deductible and are interested in physical therapy services, give us a call!



3 WAYS TO PRACTICE GRATITUDE

Did you know that being grateful is actually good for your health? It's true!

We all love Thanksgiving for the excellent food, football, and time spent with family, but truthfully, this holiday means much more. Practicing gratitude can lead to greater happiness all year long.

According to Harvard Health Publishing, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

If you want to implement more gratitude in your own life, take a look at these 3 tips.

1. Write thank you letters

Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things– you'll be surprised at how good it feels!

2. Write down what you are grateful for everyday

This might sound intimidating, but it doesn't have to be! Take a few minutes each morning or evening to write down at least 3 things that you are grateful for in your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.

3. Use visual reminders

It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat.

Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.

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.

CALL BEYOND PHYSICAL THERAPY
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