NEWSLETTER

Beyond Physical Therapy

JANUARY 2023



BEYOND PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

INSIDE

What Does It Mean To Be Healthier?

Healthy Recipe: Pumpkin Smoothie

Patient Testimonial

1.817.769.3691 | BEYONDTHERAPYANDWELLNESS.COM

Beyond Physical Therapy

NEWSLETTER
JANUARY 2023
The Newsletter About Your Health & Caring for Your Body



BEYOND PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Beyond Therapy & Wellness, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact Beyond Therapy & Wellness today to find out more about how our services can help you live a healthier, stronger, and more active life!

WHAT DOES IT MEAN TO BE HEALTHIER?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:

1. **Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
2. **Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. **Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
4. **Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

Continues Inside

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

1.817.769.3691

Continued From Outside

5. **Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
6. **Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.
7. **Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

HOW PHYSICAL THERAPY CAN HELP YOU

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

CALL OUR CLINIC TODAY

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Beyond Therapy & Wellness would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!

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.

1.817.769.3691



PUMPKIN SMOOTHIE

INGREDIENTS:

- 1 can (15 oz. size) pumpkin pie filling
- 3 c. whole milk (more if needed)
- 1/2 c. vanilla yogurt (up to 1 cup)
- A few dashes of ground cinnamon
- 4 cinnamon graham crackers, crushed
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts

DIRECTIONS:

Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid. To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get the consistency you'd like. Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!

PATIENT SUCCESS STORY

"The info I learned in my first appointment was mind blowing!"

"Very pleased with service here. Therapist is knowledgeable and professional. The info I learned in my first appointment was mind blowing! Who knew you could breath "wrong"? If this is a service you need, I highly recommend this facility." **-K.M.**

EXERCISE ESSENTIALS

PT WIRED

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



EXERCISES TO DO INDOORS

Now that the weather is cooling down, is it feeling harder and harder to get outside and exercise? Do you find yourself staying in bed longer, cozying up under the blankets instead of working out?

This is a common struggle, but don't let winter prevent you from getting active! There are many exercises you can do in the comfort of your own home to maintain your fitness levels. In fact, here's a list of 4 exercises that can be done indoors so that you can stay fit this winter!

1. Yoga

Did you know that there are over 100 types of yoga? That's right! There's truly no shortage of ways to participate in this healthy activity. Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups.

Not only does yoga improve your flexibility and muscle tone, it has been shown to help with your mental health!

2. Push-ups

Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn't require any equipment!

3. Planks

Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.

4. Squats

Squatting helps strengthen your lower body. This exercise specifically targets your glutes and quadriceps, though your hips, core, calves, and hamstrings all benefit from this movement.

Staff Spotlight

Kirstein Parikh



Dr. Parikh received her Bachelor of Science in Athletic Training from Oklahoma State University. Following this, she went on to graduate with a Doctor of Physical Therapy from the University of North Texas Health Science Center. She decided to make Texas her home and started her career in general orthopedics. She began to develop an interest in pelvic health as she realized the disparity in care for this population. Special interests include pregnancy, postpartum, and those with a performing arts type background such as cheerleading, dance and gymnastics.

In her free time, she enjoys playing games with family, eating BBQ, going on walks, and spending time with her husband Cameron and daughter Quinn.

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
1.817.769.3691

Beyond Physical Therapy