NEWSLETTER

Beyond Physical Therapy

MAY 2023



GET THE MOST OUT OF SUMMER VACATION WITH PHYSICAL THERAPY

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



GET THE MOST OUT OF SUMMER VACATION WITH PHYSICAL THERAPY

Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. At Beyond Therapy & Wellness, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer!

Too often, the trend for many patients is to opt out of their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury.

One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer months – so you can enjoy the warm weather without pain!

At Beyond Therapy & Wellness, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

PHYSICAL THERAPY IS WORTH YOUR TIME, EVEN IN THE SUMMER

When it comes to physical therapy, you'll see benefits if you put in the time and the work. Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of surgery, opioids, or unnecessary testing. If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries.

Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life. Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic.

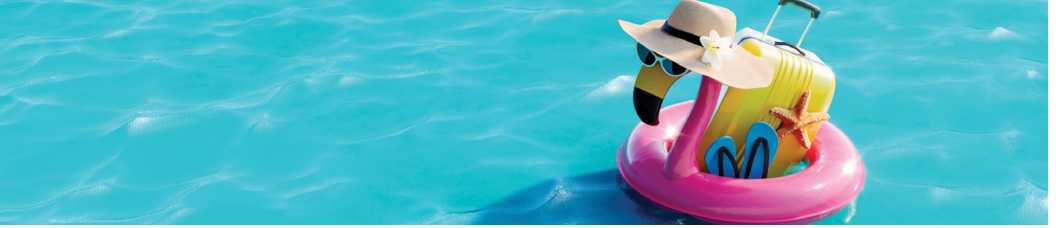
Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being.

If you have been attending physical therapy, there are two primary reasons to stop.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

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Continued From Outside

You've reached your goals: Once you and your therapist are satisfied with your success, it's time to move on.

You're not seeing progress: It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.

Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

PHYSICAL THERAPY IS IMPORTANT, NO MATTER THE TIME OF YEAR!

Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries.

The individualized manual therapy and consistent exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted ailments and injuries.

Physical therapy has been shown to help in the following ways:

- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Improve balance and coordination
- Reduce the risk of falls
- Avoid surgery

Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.

GET STARTED TODAY

Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need!

Contact Beyond Therapy & Wellness today to schedule an appointment.

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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PROTEIN PB & J SMOOTHIE BOWL

INGREDIENTS:

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

DIRECTIONS:

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

PATIENT SUCCESS STORY

"Beyond Therapy is an amazing place with amazing staff!"

"Beyond Therapy is an amazing place with amazing staff! Everyone makes you feel so welcome. My therapist Edima is the best! She creates a very relaxing environment and is very helpful with my needs! Highly recommend this place." **-T.G.**

EXERCISE ESSENTIALS

SINGLE LEG BRIDGES *STRENGTHENS KNEE*

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Extend one leg straight, engage the abdominals, and slowly lift hips up towards the ceiling. Aim to keep your hips level and hold as instructed at the top before lowering your hips back to the floor. Repeat as instructed by your provider. 3 sets; 10 reps; hold.



PT WIRED

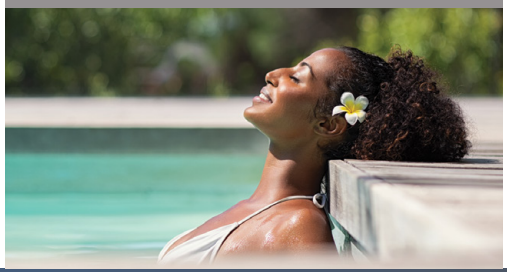
8 NUTRITION TIPS FOR SUMMER

1. Drink green tea instead of sweet tea. Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.

2. Pre-plan your meals. You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

3. Don't skip breakfast. When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. Enjoy summer fruits and veggies. It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.



STAFF SPOTLIGHT



Mecca has been with Beyond Therapy & Wellness for over 7 years, she is a big part of our administrative team, currently in the role of Billing Specialist. She is a 200hr RYT and notary, when she's not at work she loves to travel, cook, workout and spend time with her daughter Kennedy.

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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