NEWSLETTER

Beyond Physical Therapy

JUNE 2023



JUNE IS MEN'S HEALTH MONTH!

INSIDE

The Importance Of Men Getting Wellness Checks

Healthy Recipe: Skinny Orange Creamsicles

Patient Testimonial

1.817.769.3691 | BEYONDTHERAPYANDWELLNESS.COM

Beyond Physical Therapy

NEWSLETTER

JUNE 2023

The Newsletter About Your Health & Caring for Your Body



JUNE IS MEN'S HEALTH MONTH

Did you know that June is Men's Health Month? Despite the incredible improvements in health care worldwide, men's health education is often overlooked or inadequately discussed. At Beyond Therapy & Wellness, we'd like to shed light on the many ways we can help the men who come into our clinic improve their health!

While men's health sometimes takes a back seat to other issues, our physical therapists are dedicated to helping treat any condition you may be experiencing. Men have specific health needs, experiences, and concerns related to their gender.

Men's health is the complete physical, mental, and social well-being experienced by men. Differences in men's health compared to women's can be attributed to biological factors, sex organs and hormones, behavioral factors (i.e., men are more likely to make unhealthy choices and less likely to seek medical care), and social factors (i.e., occupations, risky activities).

At Beyond Therapy & Wellness, our physical therapy clinic is here to address those specific needs and provide you with the best possible treatment methods for you.

Request an appointment today!

THE IMPORTANCE OF MEN GETTING WELLNESS CHECKS

Annual exams are essential as they screen men for specific medical issues, many of which crop up as a man ages. These exams assess your risk for health concerns and encourage you to lead a healthy lifestyle.

Often, men have low levels of health literacy. This lack of knowledge can fuel the stigma that many men feel about seeking help from a health care practitioner. Education, specifically, talking in a way the men resonate with, can help improve their willingness to get preventative tests such as a prostate exam.

A prostate exam can help your doctor diagnose an enlarged or inflamed prostate. It can also help them diagnose prostate cancer, the second most common form of cancer among American men. These exams can also help diagnose pelvic floor dysfunction or pain issues.

At Beyond Therapy & Wellness, we realize that prostate health and, more globally, pelvic floor and abdominal health needs to be addressed and normalized. Our physical therapists are trained to provide quality care, addressing a multitude of health diagnoses related to the pelvic floor, including urinary and fecal incontinence, pelvic pain, and sexual dysfunction.

If you're dealing with a men's health issue, you should know that you can often resolve it through rehabilitation at our clinic. Your physical therapist will use various treatment methods to provide relief for you, including biofeedback, targeted stretches, and breathing exercises to help you improve and hopefully resolve any limitation you are facing.

Continues Inside

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

1.817.769.3691

Continued From Outside

DO YOU HAVE ANY OF THESE MEN'S HEALTH RELATED CONDITIONS?

Pelvic floor dysfunction is defined by the inability to control your pelvic floor muscles (i.e., muscles that support the bladder and bowel and affect sexual function). It can affect people of all genders and backgrounds, and several factors may be causing your pelvic floor dysfunction. A large part of our men's health services includes pelvic rehabilitation.

Some common conditions we can treat with pelvic rehabilitation at our clinic include:

Tight pelvic floor muscles. Did you know that your pelvic floor muscles can clench up? There are many reasons why this happens, such as injury, operations, lifting heavy objects, stress, scar tissue, a sedentary lifestyle, and more. Our physical therapists can help determine precisely what is causing your pain and how you can prevent it in the future.

Prostatitis. This condition results in inflammation and swelling and occurs in the prostate gland. Prostatitis can be caused by a bacterial infection cured through antibiotics. Your physical therapist will create a treatment plan based on your needs so you can live comfortably once again. However, if you are diagnosed with chronic prostatitis, this is a long-term problem that will require more help than medication can offer.

Prostatectomy. There are several different types of prostatectomies, and you may be experiencing a complication from yours if you've had one. Many men deal with pelvic pain or urinary incontinence after a prostatectomy, both of which can be addressed through physical therapy.

Pudendal Neuralgia. Your pudendal nerve travels through your pelvic floor muscles. If those muscles are too tight, this nerve can become irritated. If this nerve is compressed for too long, you may begin experiencing painful symptoms. A physical therapist can help relieve your pain by loosening up the muscles and providing targeted exercises.

REQUEST A CONSULTATION WITH ONE OF OUR PHYSICAL THERAPISTS

Are you ready to get your health back on track? Request an appointment today to learn more about our Men's Health services!

At Beyond Therapy & Wellness, we are here to help you with whatever you may need!

Beyond Physical Therapy

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



SKINNY ORANGE CREAMSICLES

INGREDIENTS:

- 2 cups unsweetened Greek yogurt
- 1 orange
- 1 cup pineapple chunks
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

DIRECTIONS:

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

*Blend in spinach for a boost of greens.

PATIENT SUCCESS STORY

"...I would continue to come back here in a heartbeat."

"Been to other PTs in the past and can easily say that I would continue to come back here in a heartbeat. They are friendly and answer all my questions with details so I understand the why behind everything. I just saw they are offering massages now which is awesome too!" **-S.S.**

EXERCISE ESSENTIALS

DYNAMIC HIP FLEXOR WARM UP STRAIGHT

Start by standing up straight with your arms straight by your sides. Step one foot forward slightly and place only your toes on the ground with your heel raised. Simultaneously raise both arms straight up over your head, push your hips forward, and lean back slightly. Step back and lower your arms. 3 sets, 10 reps, hold.



PT WIRED

FATHER'S DAY GIFT IDEAS

If you need a little help this father's day, don't sweat it! We've put together a list of gift ideas your dad will love.

1. Gardening tools

Does your dad have a green thumb? Does he spend his days off in the garden or yard? Helping fuel his hobby would be a great way to celebrate father's day this June.

If he's been working with old, outdated tools, we're sure he would appreciate some updated technology. Make his life easier by investing in some new shovels, spades, or gloves.

2. A massage gun

Does your dad often complain about aches and pains? Do you constantly see him rubbing his neck or back in pain? No one deserves to live life in discomfort.

Besides encouraging your dad to see a physical therapist for his injuries, there are a few at-home remedies you can send his way. A massage gun is a great way to work out tight muscles and soreness, so he can get back to doing more of what he loves!

3. A Masterclass membership

Has your dad ever told you that he wishes he could play the guitar or learn to cook extravagant meals for the family? Sign him up for a Masterclass membership so he can learn a whole collection of new skills from notable professionals on his own time!

4. A genetics testing kit

What better time is there to learn more about your familial roots than father's day? Various testing kits exist that can uncover information about where you come from and your family history. This is a fun gift to share with the entire family and will leave your dad feeling more connected to his roots.

We hope one of these ideas inspires you. Have an excellent time celebrating your dad this father's day!

4 SIMPLE HYDRATION TIPS

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H2O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

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