NEWSLETTER

Beyond
Physical Therapy

OCTOBER 2023



LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY

INSIDE

How Physical Therapy Can Help You To Be Healthier

Staff Spotlight

3 Ways To Practice Gratitude

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Beyond Physical Therapy

NEWSLETTER
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The Newsletter About Your Health & Caring for Your Body



Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Beyond Therapy and Wellness are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially if you are living with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Beyond Therapy and Wellness today!

HOW PHYSICAL THERAPY CAN HELP YOU TO BE HEALTHIER

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

PHYSICAL THERAPY TREATMENTS TARGET YOUR NEEDS AND GOALS!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We will also work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, 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 start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

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

WHAT TO EXPECT FROM YOUR PHYSICAL THERAPY SESSIONS

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

CONTACT US TODAY!

If you want to improve your health, strength, and physical activity, Beyond Therapy and Wellness is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!



Beyond
Physical Therapy

At Beyond Physical Therapy, 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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CALL **1.817.769.3691** OR VISIT **BEYONDTHERAPYANDWELLNESS.COM** FOR MORE INFO



Try This Healthy Recipe

Arugula, Grape, and Sunflower Seed Salad

INGREDIENTS:

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

INSTRUCTIONS:

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

STAFF SPOTLIGHT

Meet our New Therapist, Stephanie!



"Over the past twenty years, she has specialized in wound care, Lymphedema, pelvic floor dysfunctions, and Postural Restoration."

Stephanie Irizarry, PT, MSPT, CLT-Lana, PRC is a graduate of Texas Woman's University in Dallas who has treated a variety of neuro, ortho, and wound care diagnoses. Over the past twenty years, she has specialized in wound care, Lymphedema, pelvic floor dysfunctions, and Postural Restoration. She has also been certified in Astym and dry needling to help her patients address soft tissue dysfunctions. She has a passion for treating her patients as a whole person spirit, body, and mind and not just a body part. She is a life long learner who also loves to teach. Stephanie has taught a PRI introductory lab at TWU-Dallas for several years and is a teaching assistant for Herman & Wallace. Using her experience as a musculoskeletal provider, Stephanie coaches track at Coram Deo Academy in Flower Mound yet she loves to sing and has been named "The Singing Therapist" by her patients and colleagues. She has been married for 28 years and has three lovely daughters and a poodle, Princess.

3 WAYS TO PRACTICE GRATITUDE

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.



DON'T WAIT ANY LONGER!



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CALL BEYOND PHYSICAL THERAPY TODAY AND START YOUR JOURNEY TO RECOVERY