

Avoid Common Running Injuries

PATIENT & STAFF SAFETY AND
HEALTH ARE PRIORITY #1



ALSO INSIDE

- Bemidji Northern Elementary Ninja Run
- Healthy Grilling For Arthritis Sufferers • Grilled Shrimp Tacos



Avoid Common Running Injuries

As a runner, it is possible for injuries to occur. It is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from running is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are overstretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact Choice Physical Therapy today.

WHAT ARE SOME COMMON INJURIES?

At Choice Physical Therapy, our licensed therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries

occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a tendon is stretched beyond its limits or torn, while strains occur when a ligament is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physical and occupational therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Choice Therapy

Physical • Occupational • Speech

BEMIDJI

3835 Supreme Court NW

Bemidji, MN 56601

P: (218) 444-8280

Bemidji Northern Elementary Ninja Run



Meet the Team: Leah Weller, DPT

"As a postpartum specialist, I have special training to help you. I want to you feel empowered, strong, and able to do the things you love most! I am here to help!"

"Leah has been amazing to work with. When I started at Choice Therapy I was in extreme discomfort and pain every night due to Postpartum issues. Leah took her time and truly dug into the root of my problem. She is so kind, compassionate, and knows what she is doing. Because of Leah, I am finally able to sleep again, and enjoy my baby girl without pain. Women's' health and postpartum care is so important. Leah helped me realize that. I will be coming to back to see Leah during my future pregnancies and after.

Thank You, Leah!"

Samantha, Mom of One

"Leah is so compassionate and wonderful to work with. She has deepened my understanding of the women's body, and given me hope and confidence that my own will soon feel even more functional, healthy, and strong."

Hannah



Road Crew helped crew up Highway 71/71 in Blackduck.

Visit www.choicetherapy1.com to read success stories, or start your success story by scheduling an appointment or free screening at Choice Therapy!

Choice Therapy

Physical • Occupational • Speech

BLACKDUCK

Located in the old telephone company building
50 Margaret Ave
Blackduck, MN 56630
P: (218) 835-3425

KELLIHER

Located in the old school
243 Clark Ave N
Kelliher, MN 56650
P: (218) 647-9569

Staff Spotlight: Anniversaries

Thank you Marne, Kate, TJ, and Nathan for your many years of Service and Excellence with Choice Therapy!

10
YEARS
of Service & Excellence



Marne Waldo
MPT

To learn more about our entire team and how we can help you, please visit us online at: www.choicetherapy1.com/our-team

5
YEARS
of Service & Excellence



Kate Repko
OTR/L



TJ Knowles
PTA

1
YEAR
of Service & Excellence



Nathan Mertens
DPT

To learn more about our entire team and how we can help you, please visit us online at: www.choicetherapy1.com/our-team

Your Life • Your Health • Your Choice!

Healthy Grilling For Arthritis Sufferers



MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try ...

Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.

Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup [which packs 2 teaspoons of sugar per tablespoon] or mayo [which is relatively high in unhealthy fat], try ...

Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.

Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.

Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

Feel Better By Eating Better!



Grilled Shrimp Tacos

With Avocado Crema

- 24 large shrimp peeled, deveined
 - olive oil
 - seasoned salt
 - black pepper
 - 8 corn tortillas
 - 1 bag, shredded green cabbage
 - fresh cilantro for garnish
 - limes for garnish
 - Mexican crema for garnish
- Avocado Crema:**
- 1 large or 2 small avocados
 - 1/4 cup Mexican crema (or alternatively, sour cream)
 - 1 clove garlic, minced or grated
 - squeeze of lime juice
 - salt and pepper

Avocado Crema: Smash avocado in a bowl. Mix in minced garlic and Mexican crema (or sour cream) until smooth. Squeeze in the juice of 1/2 a lime along with a generous sprinkle of salt and pepper.

Shrimp: Rinse shrimp under cold water and pat dry with a paper towel. Drizzle shrimp with olive oil and season generously with your favorite seasoned salt blend and ground black pepper. Skewer shrimp and place on grill. Grill 3-4 minutes per side just until pink throughout. The shrimp can cook quickly depending on how hot your coals are. Remove skewers from the grill and remove shrimp.

Tortillas: Heat tortillas on the stove top (they will dry out on the grill) just until hot and slightly charred. Top each tortilla with a dollop of avocado crema and spread. Add shredded cabbage, shrimp, torn cilantro, and a squeeze of lime juice. Drizzle with more Mexican crema. Serve immediately, while the shrimp is hot.

Choice Therapy

Physical • Occupational • Speech

BAGLEY

Located on HWY 2
118 Central St. W,
Bagley, MN
P: (218) 694-3030

GONVICK

226 Elm St.
Gonvick, MN
P: (218) 694-3030



Our Specialties

Treating Adults & Children

Physical Therapy - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



Occupational Therapy - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



Speech Therapy - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!

Ready To Get Started?

At the end of the day, Choice Therapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

Call your nearest Choice Therapy clinic or visit us online at www.choicetherapy1.com to schedule an appointment with one of our physical therapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

How Can I Prevent These Injuries?

While it is always a wise decision to consult with a physical and occupational therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs.

Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

WHAT SHOULD I DO NOW?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Choice Physical Therapy today. One of our dedicated physical and occupational therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

www.choicetherapy1.com

THERAPY CAN AID IN POST-COVID19 RECOVERY

Here at Choice Therapy, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

We want to inform you that the patients recovering from COVID-19 at our clinic are no longer sick or contagious, and we are still taking the necessary precautions to prevent the spread of the virus.

If you are experiencing lasting side effects of the virus, contact our clinic to learn more about how our physical, occupational, and speech therapists can aid in your recovery.

HOW CAN THERAPY HELP WITH RECOVERY?

Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia,

asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.

Regardless of what the cause for your condition is, our physical, occupational, and speech therapists at Choice Therapy can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength

Speech/language therapy for damage caused by mechanical ventilation (such as injuries from breathing tubes to vocal cords, or deconditioning of the muscles needed for swallowing)

GETTING ON THE ROAD TO RECOVERY

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. Call our clinic today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.