

The Importance of Continuing Your Physical Therapy Sessions, Even in the Summer Months



ALSO INSIDE

- Physical Therapy Is Still Essential, No Matter The Time Of Year
- Helpful Nutrition Tips For A Healthy Summer



The Importance of Continuing Your Physical Therapy Sessions, Even in the Summer Months

Just Because It's Summer Doesn't Mean You Can't Still Benefit from Physical Therapy!

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. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At Choice Therapy, 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!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact Choice Therapy today.

I'M HAVING TROUBLE FINDING TIME FOR PHYSICAL THERAPY - WHAT SHOULD I DO?

As the saying goes, "where there's a will, there's a way." 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.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

www.choicetherapy1.com



Choice Therapy

Physical • Occupational • Speech

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Annual 5K Employee Picnic

Staff Spotlight: Anniversaries

Thank you Jordan and Lydia for your Service and Excellence with Choice Therapy!



Jordan Peterson
DPT

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



Lydia Swanson
OTR

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

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KELLIHER

Located in the old school
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Balsamic Grilled Steak Salad

With Peaches

- 1 lb. skirt steak, trimmed of fat
 - 1/4 c. balsamic vinegar
 - 1 clove garlic, minced
 - 1 tbsp. brown sugar
 - 1 tbsp. vegetable oil
 - kosher salt
 - Freshly ground black pepper
 - 1/4 c. extra-virgin olive oil
 - Juice of 1 large lemon
 - 6 c. baby arugula
 - 2 peaches, thinly sliced
 - 1/3 c. crumbled blue cheese or feta
1. Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature.
 2. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper.
 3. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice.
 4. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.
 5. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47340/balsamic-grilled-steak-salad-with-peaches-recipe/>

Avoid Aches & Pains In The Garden This Summer



Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

THESE TIPS CAN HELP PREVENT INJURIES:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Author: Andrea Avruskin PT, DPT

Helpful Nutrition Tips For A Healthy Summer



Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

- 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. Serve seafood.** Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
- 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.
- 5. Snack at work.** Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
- 6. Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.
- 7. Recover with a post-workout shake.** After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.
- 8. 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.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

Choice Therapy

Physical • Occupational • Speech

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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.

Physical Therapy Is Still Essential, No Matter The Time Of Year

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and 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 viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in

continuing physical therapy sessions while they're at home or even while they're on vacation!

GET STARTED TODAY

Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! Contact Choice Therapy today to schedule an appointment.



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.