

Fight Alzheimer's With Physical Therapy



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Fight Alzheimer's With Physical Therapy

Exercise is good for your health, regardless of age, personal fitness condition, or athletic background. The benefits of exercise are seemingly endless, supporting optimal heart health, reducing your risk of developing type-2 diabetes, and even reducing your risk of memory loss. In some cases, targeted exercise and physical therapy can actually delay the onset of Alzheimer's disease, improving quality of life and longevity.

FACING AN ALZHEIMER'S DIAGNOSIS WITH YOUR SNEAKERS ON

When you are faced with an Alzheimer's disease diagnosis, the absolute worst thing that you can do is give up. Alzheimer's is rough on the entire family. The prognosis of memory loss and difficulty with cognition is hard to fathom if you've never watched it happen in a loved one.

There is no cure for Alzheimer's, but that does not mean there is no hope. A lot of research and attention has been put into helping people with Alzheimer's disease live longer, happier, healthier lives, and there have been several breakthroughs in recent years that are incredibly encouraging. One such breakthrough is the realization that being active and engaging in targeted exercises can often delay the progress of Alzheimer's disease.

EXERCISE IS BELIEVED TO HELP ALZHEIMER'S IN THE FOLLOWING WAYS:

- Exercise can delay the onset of Alzheimer's for those who are exhibiting early symptoms, as well as reduce the risk of developing the disease for those who have a strong genetic predisposition to the condition.
- Regular exercise is shown to improve cognition skills, improving memory, reasoning, judgement and generalized thinking skills.
- Exercise improves balance and coordination, which reduces the risk of injury from a fall and thereby reduces risk of inhibited mobility.
- To start seeing these benefits, you want to aim for between 30 and 60 minutes of exercise at least five days of the week. However, if you've never been one to exercise much in the past, then you want to make sure that you are getting the guidance you need to learn how to get started. Working with a physical therapist can help you learn ideal techniques and targeted exercises that can help you be healthier, more active, and better equipped to take on an Alzheimer's diagnosis without rolling over.

Choice Therapy

Physical • Occupational • Speech

BEMIDJI

3835 Supreme Court NW

Bemidji, MN 56601

P: (218) 444-8280

Community Spotlight



Choice Therapy Bemidji provided water and Gatorade for the 12u Girls softball team during their double header victory.



Choice Therapy Bagley helped the Lazy Jacks Men's softball team cool down during a couple of hot games on Wednesday night.



— JOIN THE TEAM —

We're hiring!

At Choice Therapy, our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. An excellent opportunity to work amidst a diverse clientele. We have an exceptional EMR system to expedite your documentation, competitive salaries, and a very comprehensive benefits package, including incentive pay programs.

Visit us online at www.choicetherapy1.com/join-our-team to apply today!



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BLACKDUCK

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

KELLIHER

243 Clark Ave N
Kelliher, MN 56650
P: (218) 647-9569

Staff Spotlight: Anniversaries

Thank you Nancy and Monica for your Service and Excellence with Choice Therapy!

5
YEARS
of Service & Excellence

Monica Swanson
Medical Billing



Congratulation Monica Swanson on 5 years of Service and Excellence at Choice Therapy!

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

10
YEARS
of Service & Excellence

Nancy Weber
PT



Congratulation Nancy Weber on 10 years of Service and Excellence at Choice Therapy!

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

Feel Better By Eating Better!



BUDDHA NOODLES

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/>

Your Life • Your Health • Your Choice!

6 Food Choices To Help Ease Arthritis Pain



1. BROCCOLI, BRUSSELS SPROUTS AND CABBAGE.

These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.

2. FATTY FISH

Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.

3. GARLIC

Garlic is a member of the allium family—which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases—including arthritis.

4. TART CHERRIES

Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color—anthocyanin.

5. TURMERIC

One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines—particularly curries.

6. VITAMIN C

Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.

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 Physical Therapy Supports Alzheimer's Disease

Working with a physical therapist is a smart choice when you are facing Alzheimer's. As part of a targeted program that is designed to introduce the best exercise practices to support optimal cognition, you will learn a series of exercises, helpful lifestyle strategies, and get the encouragement you need to be successful with your workout plan.

YOUR PHYSICAL THERAPIST WILL HELP YOU:

- Develop strength
- Improve balance
- Monitor and improve heart health via aerobic conditioning
- Increase coordination and agility

Physical therapy helps to stave off Alzheimer's by combining target exercises and physical activity with cognitive training and socialization. By participating in our 12-week program, you will learn how to exercise in a way that supports whole-body wellness. By staying active, exercising your mind and body, managing stress and doing your best to live an overall healthy lifestyle, you will put yourself in the best position possible to put off the advancement of Alzheimer's and enjoy life for years to come.

Don't attempt to fight Alzheimer's on your own. Getting involved in a prevention program can pair you with the skills and support you need to stay healthy. Contact us for more information.



References:

<http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answers/alzheimers-disease/faq-20057881>
<https://www.nia.nih.gov/alzheimers/publication/preventing-alzheimers-disease/search-alzheimers-prevention-strategies>



Visit www.ChoiceTherapy1.com to read success stories, or start your success story by scheduling an appointment or free screening at Choice Therapy!

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 COVID-19:

- 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.