

Get Your Health Back On Track With Physical Therapy

*It's National Physical Therapy Month;
Are YOU In Tune with Your Health?*



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Get Your Health Back On Track With Physical Therapy

It's National Physical Therapy Month; Are YOU In Tune with Your Health?

Happy October! Now that fall is here, it's time to crack out the knives for pumpkin carving and put out bowls of candy for trick-or-treaters! Did you know that October is also National Physical Therapy Month? It's true! Choice Therapy wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that make everyday activities way harder than they should be. Choice Therapy provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning out your scary costume this year and read up on these 5 reasons why physical therapy is a great option for pain relief from chronic conditions and injuries.

5 REASONS TO CHOOSE PHYSICAL THERAPY

There are several reasons to choose physical therapy over pricey surgeries and medications. Choice Therapy has chosen 5 of the best ones for you to consider!

1. Physical therapy can help to strengthen your joints and improve your range of motion.

Increasing muscle strength and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This can also help you improve your functional activity tolerance, which is essential for work, leisure, and simple daily function.

2. It's a safe, holistic method of pain management/elimination.

The sad truth is that right now, we're experiencing an opioid epidemic. People are relying so heavily on over-the-counter medications to ease their pain; they don't realize the long-term effects these pills have on their bodies.

You don't have to rely on over the counter or prescription painkillers to

ease those achy, stiff, swollen joints! Physical therapy modalities that have been shown to ease pain, reduce spasms, increase circulation, and promote healing include electrical stimulation, diathermy, cold laser therapy, dry needling, and therapeutic ultrasound.

3. You can learn to move without limits again.

According to the Arthritis Foundation, exercise is one of the best ways to manage hip pain and knee pain caused by osteoarthritis. Your physical therapist can help you get back to regular exercise in a way that is safe and effective for you, based on your current abilities, goals, and needs. This is especially helpful if you're currently on a weight loss journey since being overweight is a major risk factor for knee and hip pain.

4. Physical therapy can uncover the underlying reasons for your pain.

Many of the impairments you and your physical therapist work to correct—including weakness, poor posture, and limited range of motion—may have been caused or worsened by things you're unknowingly doing. This includes sitting too much, using poor body mechanics, breathing improperly, and having an ineffective ergonomic set-up at work. A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care.

5. You'll experience improved joint health.

When you see a physical therapist for hip or knee pain, there's a good chance they'll use joint mobilizations or manipulations to help promote healing and attract circulation to the inner joint surfaces. These techniques have also been shown to reduce pain and improve joint alignment...and they feel good, too!



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

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OCTOBER
Breast
Cancer
Awareness
Month

About 1 in 8 U.S. women (about 12%) will be diagnosed with breast cancer over the course of her lifetime. As of January 2019, there are more than 3.1 million women with a history of breast cancer in the U.S. We want you to know that we're on your team and pushing for your recovery!

Did You Know That Physical Therapy Can Help You Or Your Loved One?

Cancer treatment (radiation, chemotherapy) options can lead to wearisome side effects both physically and psychologically. Studies show that a comprehensive Physical Therapy plan of care through all the phases (prior, during and after) has been proven to minimize, and even eliminate the side effects of radiation and chemotherapy.

PHYSICAL THERAPY TREATMENT CAN INCLUDE:

- Postural training and specific exercises to address muscular imbalances and de conditioning
- Individualized strength, mobility and endurance programs with patient - specific goals to improve function and quality of life
- Skilled hands on (manual) treatment to the joints, muscles, fascia and scar tissue
- Manual lymphatic drainage, compression bandaging, evaluation for garments, and instruction in self-care for swelling

Source: https://www.breastcancer.org/symptoms/understand_bc/statistics

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!!!



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BLACKDUCK

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We're Staying Safe!



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Feel Better By Eating Better!



VEGETARIAN FRENCH ONION SOUP

- 6 tablespoons extra-virgin olive oil
- 3 pounds medium yellow onions, halved and thinly sliced
- ¾ teaspoon sea salt
- 1½ tablespoons balsamic vinegar
- 1½ tablespoons tamari
- 1½ tablespoons fresh thyme leaves
- 3 garlic cloves, minced
- 3 tablespoons all-purpose white flour
- 1 cup dry white wine
- 6 cups vegetable broth
- Freshly ground black pepper

1. Heat the oil in a large pot or Dutch oven over medium heat. Add the onions, salt, and several grinds of pepper and toss to combine. Reduce the heat to low and cook for about 40 minutes, stirring every few minutes, or until the onions are very soft. Increase the heat to medium and cook 15 to 20 more minutes, stirring often, until golden brown. Add the vinegar, tamari, thyme, and garlic and stir. Sprinkle the flour on the onions, stir, and cook for 2 minutes. Stir in the wine and cook 2 minutes, or until evaporated. Add the broth and simmer over medium heat for 30 minutes.
2. Preheat the oven to 450°F and line a baking sheet with parchment paper. Place the baguette slices, topped with cheese, on the baking sheet and bake until the slices are toasted and the cheese is melted, 8 to 10 minutes.
3. Ladle the soup into ramekins or bowls and top each with a toasted baguette piece, fresh thyme, and a pinch of red pepper flakes, if desired.



Being Grateful Is Good For You!



GRATITUDE & HEALTH

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

GRATITUDE & JOY

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

GRATITUDE & RESILIENCE

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings helps you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making—all aspects that help facilitate survival and post-traumatic growth.

Choice Therapy

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The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals.

You have the right to choose your therapy provider. We want to be YOUR CHOICE. Ask for Choice Therapy.

**Call Today To SCHEDULE
YOUR APPOINTMENT!**

Why Choose Choice Therapy?

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We pride ourselves on providing outstanding and personalized skills as movement and rehabilitation physical therapists, through exceedingly high customer service. Our goal is to positively impact people's lives and improve their quality of life.

During your first appointment with your therapist, they will do a thorough evaluation of your physical condition. If you're feeling pain, your symptoms will be taken into account. If there are things you cannot do because they cause you discomfort, tell your therapist so that they can make note in your treatment plan. Your therapy will be centered around helping you get back to doing the things you love without pain. Targeted exercises and stretches will be a huge part of your treatment, and your therapist will work with you to ensure your success and satisfaction.

When you see a therapist at our clinic for an evaluation, it doesn't matter what your diagnosis ends up being. We're here for you every step of the way and assure you that a comprehensive treatment plan will be created specifically for your needs. There is nothing we desire more than to see you feeling better, and we'll stop at nothing to ensure that happens!

CALL US TODAY TO SET UP AN APPOINTMENT

Here at our clinic, the ultimate goal is to help you achieve your full potential and maximum functional level in work, sport, and life activities. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Choice Therapy to learn more about the benefits of physical therapy. After all, it is National PT Month, so if you're struggling with a painful condition, there's no better time than the present to seek help!

SOURCES:

<https://www.google.com/search?client=safari&rlz=en&q=increasing+muscle+strength+physical+therapy&ie=UTF-8&oe=UTF-8>
<https://www.arthritis.org/>



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.