

November Is Diabetes Month: The Perfect Time to Get Moving!



ALSO INSIDE

- Developing A Safe And Effective Exercise Routine
- October Is Breast Cancer Awareness Month
- Being Grateful Is Good For You!

November Is Diabetes Month: The Perfect Time to Get Moving!

November is National Diabetes Month and at Choice Physical Therapy, we understand it can be difficult to know how to safely start exercising with diabetes.

For many of us, fear of doing the wrong things has caused us to struggle to make any gains or lead us to an increasingly more sedentary lifestyle, which in turn has caused more aches, pains, and discouragement!

Your body was made to move, but when you first begin exercising when you're not used to it, you may have some pain and soreness. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries. Exercise is especially important to regulate blood sugar levels. Exercise uses the reserved sugar stored in your muscles and liver. Your body needs to replenish these stores and does so by taking sugar from your blood. Physical activity can lower your blood sugar up to 24 hours!

At Choice Physical Therapy, our team of PTs, OTs, and Speech Therapists wants to help you find a safe and effective exercise routine without developing any unnecessary aches and pains.



Follow these tips and feel free to contact us if you have any additional questions!

1. TAKE IT EASY AT FIRST.

If you haven't been participating in the same type of vigorous physical activity you're used to, it is important to begin with baby steps. Our therapists can help ensure you avoid doing too much too soon. We will guide you through treatment safely and effectively!

When you push your body past its limits, you are more likely to injure yourself because your body is not prepared for those kinds of physical demands. A physical therapist can help you get started by assessing any current or past injuries to help you recognize your body's limits and can create an exercise plan. Start small in the beginning with gentle exercises and movement, and build up from there!


2. ALWAYS USE PROPER FORM.

Proper form could mean the difference between an injury and making steady progress. No matter what form of exercise you are trying, maintaining your form is a crucial part of it!

Your ability to safely perform stretches and exercises depends on your individual needs and learning to maintain good posture and proper body positioning. Our physical therapists at Choice Therapy can assist with ensuring proper form during exercise and by addressing any limitations or difficulty you may have while sitting, standing, twisting, bending, running, jumping, or lifting.

We can show you the correct targeted exercises and stretches you can do to improve your current form and limit the amount of impact on your joints during exercise.

(Continued On Next Page...)



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

Developing A Safe And Effective Exercise Routine

(Continued From Previous Page...)

3. GET MOVING!

With help from a physical therapist, you can set up an exercise regimen that will help you find the right type of activity for you. The main goal is to get moving!

Aerobic exercises like a walking program can help you to regulate your blood sugar levels and also shed some pounds towards a healthy weight. Taking weight off has been shown to reduce the added stress on your joints which in turn helps you feel better and move better.

Resistance exercises can also help people with diabetes. Diabetes is a risk factor for low muscular strength and accelerated decline in muscle strength and functional activities.

Our therapists can guide you through a safe and effective resistance training program to help improve your strength, physical function, mental health, bone mineral density, insulin sensitivity, blood pressure, lipid profiles, and cardiovascular health.

4. SUPPORT AND EDUCATION

It's very important for diabetics to stick to the treatment plans. Our team is educated on how to successfully manage diabetes. Whether it is through providing education on how to teach self-monitoring

of blood sugar or to help strengthen habits that are important to self-management of diabetes, we are here for you.

Our therapists can help ensure you understand your plan and support you by evaluating the multiple levels of factors that influence your abilities, and ensure you are able to control your blood sugar levels and enhance your well-being.

WE CAN HELP YOU FIND A SAFE, HEALTHY EXERCISE ROUTINE!

Our team of physical therapists, occupational therapists, and speech therapists is dedicated to helping our patients with diabetes. Our team knows how challenging it can be to have diabetes and how it affects all aspects of your life.

If you've been looking for assistance in starting an exercise program, your search ends here. Choice Therapy is here to help you achieve your wellness and fitness goals. Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7069691/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5860833/>

<https://emedicine.medscape.com/article/1170337-treatment#d17>

<http://www.diabetesincontrol.com/the-real-diabetes-study-shows-how-occupational-therapy-can-help-young-adults-better-manage-their-diabetes/>

October Is 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

Call Hibbing at (218) 440-1548 or visit our website at www.choicetherapy1.com to schedule your appointment or free screening today!

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.

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! (218) 440-1548



Catch us at the Fall Into Wellness Fair
October 16th from 10:00am-3pm,
Mesabi Mall.

There will also be a Halloween
Themed Photo Booth for the Kids!


Physical • Occupational • Speech

