

Spring Is the Season of Renewal and Activity



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Spring Is the Season of Renewal and Activity

Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At Choice Therapy, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started, whether to resolve an injury or commit to fitness, physical therapy can help.

**Request an appointment with
Choice Therapy today!**

PHYSICAL THERAPY CAN HELP YOU BE MORE ACTIVE THIS SPRING

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. Choice Therapy physical therapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

Some of the common Springtime activities physical therapy can help with include:

Running

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints.

These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

Gardening

Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

Biking

Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.



What To Expect From Physical Therapy

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

REQUEST AN APPOINTMENT TO GET STARTED TODAY

Choice Therapy offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most.

Request an appointment today if you're interested in using your reinvigorated energy this spring!

Sources:
<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>
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<https://www.tandfonline.com/doi/abs/10.3109/09593965.2010.544052>



Staff Spotlight *Kate Repko*

Kate Repko is the President of the Board of Directors at the Bemidji Senior Center. She has volunteered there for several years, and now in the middle of a 3-year Board term. She has created and leads a Falls Prevention Class at the Senior Center that is open to the community. She is also a regular volunteer at their monthly Pancake Breakfast. Kate loves being able to extend her passion for the older population by volunteering at the Senior Center.



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HEALTHY RECIPE: VITAMIN BURST SMOOTHIE

- 1 cup fresh orange juice
- 1/2 cup milk (coconut, almond, or substitute plain or vanilla yogurt)
- 1/2 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1 tsp freshly minced ginger (or more to taste)
- Optional: 1-2 tsp raw honey; a handful of fresh baby spinach; 1-2 tbsp almond butter

Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy. Bursting with healing Vitamin C, this hydrating smoothie will increase the infection-fighting ability of your immune system.

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) 377-7341

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Your Life · Your Health · Your CHOICE!

Tips for Planting a Potted Herb Garden

Make the Most of Spring Activities!

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Choice Therapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

1. Discover what herbs will work best for you.

Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

2. Make sure you have enough room for each herb to grow and thrive.

A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

3. Make sure your herb garden is in the right light.

For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check lighting and watering requirements for each herb you purchase.

LOOKING FOR MORE SPRING ACTIVITIES?

For more tips, don't hesitate to contact Choice Therapy today!
We can help you enjoy a fun and safe spring.



Choice Therapy 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!!!