

SE HABLA ESPAÑOL

2021

COME IN FOR A FREE
CHECK-UP & GET A FREE
LASER THERAPY SESSION!

Details Inside!

RELIEVE PAIN AND SAVE MONEY WITH PHYSICAL THERAPY!

If you are in need of physical therapy treatments but you are hesitant about the cost/ insurance coverage, we would like to put your mind at ease. In fact, physical therapy can actually help you save money in the long run.

(Read more inside...)

www.optimumptsa.com

INSIDE

RELIEVE PAIN AND SAVE MONEY
WITH PHYSICAL THERAPY!

WHAT ACTIVITIES WOULD YOU
LIKE TO PARTICIPATE IN THIS
YEAR?

STAFF SPOTLIGHT



OPTIMUMPHYSIO
THERAPIES

NEWSLETTER

RELIEVE PAIN AND SAVE MONEY WITH PHYSICAL THERAPY!

INSIDE:

- *What Activities Would You Like To Participate In This Year?*
- *Exercise Essentials*

- *Staff Spotlight*
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At Optimum Physio Therapies, we want to make sure that you are paying as little as possible for the care you need. We are more than happy to discuss any insurance or payment questions you may have.

Don't hesitate on finding relief simply because of cost uncertainty – we are here to help you every step along the way.

HOW CAN PHYSICAL THERAPY HELP ME?

Physical therapists are part health care professionals and part teachers. Highly trained in human anatomy and physiology, physical therapists use a variety of techniques to diagnose movement and function problems, prescribe therapy and teach a person how to continue improving and avoid injury long after they leave the office. Physical therapy is often prescribed after an injury or surgery, but it can also be an important part of the treatment plan for neurologic disorders, disabilities, cardiac conditions, pulmonary problems, and developmental disorders.

One of the best ways that physical therapy can help you save money is by helping you avoid surgery. It is no secret that surgeries are expensive. By seeking out physical therapy treatments in the beginning, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper!

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have

achieved the same results as those who received surgery in tandem with physical therapy. **These conditions were:**

- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

Physical therapists are adept at diagnosing the root problem of a person's functional problem. Rather than looking at the symptoms (pain, discomfort, stiffness), these professionals look at what is causing the symptoms. As a result, physical therapists perform the right type, frequency, and duration of therapy, based on goals beyond the superficial symptom. For instance, someone who comes to a physical therapist with pain in their knee may begin therapy with goals to strengthen the muscles in their leg, reduce their weight, and improve their posture. In the long run, this is actually more effective than surgery, since it helps improve your overall health, rather than treating just one specific aspect of discomfort.

Contact us today to schedule an appointment and discuss what payment will look like with your treatments.

Get Moving Today with Optimum Physio Therapies!

www.optimumpts.com



WHAT ACTIVITIES WOULD YOU LIKE TO PARTICIPATE IN THIS YEAR?



WOULD YOU LIKE TO GO ON A HIKE WITH YOUR FAMILY?

WOULD YOU LIKE TO GO ON A BIKE RIDE?

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the

year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

THE YEAR IS COMING TO AN END. DON'T LEAVE YOUR GOALS WITH IT!

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Optimum Physio Therapies help you on your journey to becoming strong, healthy, and active in 2021.



www.optimumptsa.com



STAFF SPOTLIGHT

Patricia is a San Antonio native and has several years of experience working on the floor and in the office of medical clinics. She has a passion for helping others bringing health and fitness to her community. She understands the importance of a strong connection or bond a clinic must have with her city.

In her spare time, she loves exploring San Antonio for restaurants with excellent nutrition, so her and the family really know where you can get the best grub in SA!

She loves the business of health and bringing it to the community, so she wishes to further her education in clinical administration management.



MONTHLY COUPON

COME IN FOR YOUR FREE NEW YEAR CHECK-UP!

2021

FREE NEW YEAR CHECK-UP



OPTIMUMPHYSIO
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Come in for a **FREE** in-person or phone check-up and get a **FREE** Laser Therapy Session!

*(Laser Therapy Session is an \$80 value)
Expires January 31st*

EXERCISE ESSENTIALS

PLANK FOREARMS AND KNEES

Position yourself on your forearms and knees. Make your body flat as a plank from head to feet. Keep trunk engaged, do not let lower back arch. Hold this upright position for 10-20 seconds. Repeat 5 times.



IS IT YOUR BIRTHDAY MONTH?

*If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!*



PATIENT SUCCESS SPOTLIGHT

"I came in with some left shoulder issues and my goal was to avoid surgery. The Staff at Optimum Physio is great and helpful. Everyone was super hands-on and cared about my injury. From Matt and Hiram, to Aaron and Arturo. I am confident I will not need surgery thanks to working with the OPT team!!" - Steven M.



OPTIMUMPHYSIO
THERAPIES

HEALTHY RECIPE

RED POZOLE



For the soup:

- 4 quarts of water
- 2 pounds cubed pork shoulder
- 1 pound pork spare ribs or baby back ribs
- 1 white onion cut in quarts
- 8 large garlic cloves
- Salt to taste
- 3 cans (15 ounces each) white hominy, drained and rinsed

For the red sauce:

- 5 guajillo peppers
- 5 ancho peppers
- 6 garlic cloves
- 1 medium white onion coarsely chopped
- 1/2 teaspoon dry Mexican oregano
- 2 tablespoons vegetable or canola oil
- Salt to taste

For the garnish:

- 1 head of lettuce finely shredded
- 1 1/2 cup onions finely chopped
- Ground chile piquin to taste
- 1 1/2 cup radishes sliced
- Mexican oregano
- Deep fried corn tortillas tostadas
- Limes cut in wedges
- Optional: avocado chopped

Heat water in a large stockpot. Add pork meat, spare ribs, onion, and garlic. Bring to a boil, then lower the heat and let simmer, partially covered for 2 and half hours or until meat is tender and falling off the bone. Season with salt when meat is almost done. While cooking, skim the top layer of foam and fat from the pot using a ladle. If necessary, add warm water to maintain the same level of broth in the pot. Remove pork from broth; reserve broth. Trim excess fat, and remove meat from bones; discard bones, onion, and garlic from the broth. Shred meat, and cover. Now for the sauce, soak the ancho and guajillo peppers in water just enough to cover for 25-30 minutes until soft. Using a blender or food processor blend peppers, garlic cloves, onion, and oregano, adding some of the water in which they were soaking. Puree mixture until smooth. Heat oil in a large skillet over medium-high. Add the dry pepper puree and salt to taste, stirring constantly as it splatters. Reduce heat to medium; simmer, about 25 minutes. Using a strainer, add the sauce to the broth. Bring to a boil and add the meat, and simmer gently, for about 10 minutes. Stir in white hominy, and season with salt and pepper. Simmer until heated through. Serve Pozole in large Mexican soup bowls and place garnishes on the side as shown above

ABOUT US

Our mission at Optimum Physio is to bring an excellent clinical experience through new therapies, community awareness and education. An excellent clinical experience through new techniques, tools, and innovative approaches to facilitate the natural healing of the body. Education to our patients and community through local events, educational workshops, publications of articles and books so to empower the people to make better health choices.