



CALL-IN AND WIN!
CAN YOU FIND THE HEARTS?

Details Inside!

FINDING YOURSELF IN PAIN FROM YOUR NEW YEAR'S RESOLUTIONS? **TRY THE RICE METHOD!**

A new year usually means new start, new goals, and new good habits, such as better nutrition, exercise, and focusing on overall health and wellness. But with every new exercise routine, there can be challenges and even new aches and pains.

(Read more inside...)

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INSIDE

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WHAT IS THE RICE METHOD?

STAFF SPOTLIGHT



NEWSLETTER

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This is actually quite common in the body, especially when we push ourselves to do something that we are not used to doing. When we take on new exercises or routines, or even increase the intensity of exercises that we are already doing, we must give our body enough time to rest and recover, in order to give ourselves time to adjust.

When we do not allocate enough time to adjust to the new activities that we've taken on, it could lead to achy muscles and ligaments, tendon inflammation, pulled muscles, inflamed joints, or sprains and strains throughout the body.

SO, WHAT DO WE DO?

In order to continue our progress toward accomplishing our new year's resolutions and reaching our goals, it is important to listen to your body. Whether your resolution is to live a healthier life, drop some weight, improve your strength, or just be better physically, it is important to make sure you are always listening to your body's needs. **That's where the RICE method comes in!**

[Read More Inside!](#)

Get Moving Today with Optimum Physio Therapies!

www.optimumptsa.com

WHAT IS THE RICE METHOD?



Remember the acronym RICE when pushing toward your resolutions: RICE stands for Rest, Ice, Compression, and Elevation.

REST: Resting is important for the body! By allowing recovery periods for yourself, your body is able to repair any damaged areas on its own and regain strength for the next round of exercise. If you find yourself achy or painful after a difficult workout, it may be wise to rest for a couple days and let your body relax before continuing. Especially in the beginning taking it slow is key.

ICE: Ice is also a great tool for achy, painful, or inflamed muscles. Ice helps to ease inflammation and can be an integral part of enhancing the healing process of the body. Whenever you are feeling achy, holding an ice pack to the affected area is a good rule of thumb. Ice also helps to ease pain and soothe tender areas of your body.

COMPRESSION: Compressing a painful or achy area with some sort of bandage or wrap coupled with ice can also help with both pain relief and healing. If rest and ice are not working on their own, compression is a smart next step. Compressing the ice at the affected area will stop the damage from getting worse as compression immobilizes the area to prevent additional strain or tearing. Compression can also help an injury heal quicker in this way by driving the cold temperature deeper into the body decreasing inflammation and increased circulation allowing

your body to heal on its own. If you are using the compression method, make sure you are also resting and icing the affected area all at the same time!

ELEVATION: Compression and elevation typically go hand-in-hand. If you are in need of elevation, it is likely that compressing the affected area will also be wise. Elevation serves a purpose to increase circulation to the injured area. By elevating your injury higher than your heart, blood flow is down hill and allows better circulation to the injury. Imagine you have a sprained ankle and you're resting on the couch – if your ankle is elevated atop a couple pillows, it is much higher than your heart and allows blood flow and swelling to move out of the injured area and into blood circulation. This is the whole point of elevation – to move circulation out of the swollen and inflamed area! Again, much like with compression, if you are elevating a certain part of your body, make sure you are also resting and icing to aid in healing, all at the same time!!

If you do not ignore your pain and choose to handle it immediately, there is a 95% chance you will address it quickly and find relief using the RICE method.

For those of you that still have pain and want to handle your new injury ASAP so you can get back to accomplishing your resolutions, don't hesitate to call Optimum Physio Therapies! Schedule your Free Screen in the clinic or online, so can get back to your new year goals without a hiccup.



STAFF SPOTLIGHT

Arturo Guerrero graduated Summer 2020 with a bachelor's in kinesiology with a concentration in kinesiology and health science at the University of Texas at San Antonio. He was born and raised in the border town of Brownsville, Tx. Shortly after graduating high school, he decided moved to San Antonio to continue his education in Kinesiology at the University of San Antonio. It was during this time he began his work with Dr. De Anda in 2015, helping San Antonians overcome their injuries and get back to normal living. He believes that movement is a medicine for creating change in a person's physical, emotional, and mental state. One of his passions other than exercising is helping people and believes there is no better way to help people than helping them overcome an injury. He aspires to become a Doctor in Physical Therapy in the near future.

MONTHLY PRIZE

CALL IN & WIN!

CAN YOU FIND THE HEARTS?



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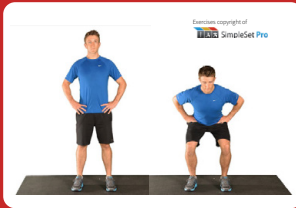
THIS ONE DOESN'T COUNT :)

Call (210) 314-6725 with the correct number of hearts in this newsletter and be entered into a drawing for a **FREE Laser Session!**

EXERCISE ESSENTIALS

SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 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

"Optimum Physio is a friendly, comfortable place with very alert and positive staff that make your program easy to complete. I came to the clinic with balance as well as arthritis and back problems and have improved markedly with experiences provided for my particular condition. I strongly recommend Optimum Physio to anyone in need of therapy" - Ybarra-Fausto

HEALTHY RECIPE

PB&J PINWHEEL SANDWICH KABOBS



INGREDIENTS:

- 1 Flatout flatbread (we like MultiGrain with Flax for this recipe)
- 2 - 2 1/2 tablespoons creamy natural peanut butter (or other nut butter or nut-free butter - see note)
- 1 - 1 1/2 tablespoons 100% pure fruit jelly
- Fruit such as strawberries, blackberries, raspberries, blueberries, or grapes - rinsed and stemmed, if needed

INSTRUCTIONS:

Place a Flatout flatbread on your work surface and spread it very thinly with peanut butter, and then with jelly. (The exact amount of each that you use is up to you, but avoid spreading it too thickly, or the pinwheels will be difficult to roll, cut, and thread onto skewers.) Beginning at one short side, roll the flatbread up. (Don't roll too tightly, or you'll force most of the peanut butter and jelly toward the outer edges.) Using a very sharp or serrated knife, cut the roll-up into 7 (1-inch) pinwheels, being careful not to smash the roll-up as you cut. (If you prefer, you can roll the flatbread beginning at a long side, and then cut it into 10 (1-inch) pinwheels. These pinwheels will be a little smaller, which can be nice for tiny kiddos.) Thread pinwheels onto 2 wooden skewers, alternating the pinwheels with fruit. If you would like, for safety, you can snap the sharp skewer points off when you're done threading. Wrap in plastic and refrigerate until serving (or use lunch box ice packs to keep cool).

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.