

SE HABLA ESPAÑOL

DON'T MISS OUT
ON OUR MONTHLY
WEBINARS!

Details Inside!

READ HER
SUCCESS
STORY
INSIDE!

LIVE A HAPPIER & HEALTHIER LIFE WITH PHYSICAL THERAPY!

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

(Read more inside...)

optimumphysiotherapies.com

INSIDE

LIVE A HAPPIER & HEALTHIER
LIFE WITH PHYSICAL THERAPY!

EXERCISE ESSENTIALS

SONIA'S CORNER

LIVE A HAPPIER & HEALTHIER LIFE WITH **PHYSICAL** **THERAPY!**



INSIDE:

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Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain.

GETTING ON TRACK WITH PHYSICAL THERAPY:

The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

PHYSICAL THERAPY TREATMENTS ARE CATERED TOWARD YOUR NEEDS AND GOALS!

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

If you are looking for a healthier, stronger, and more active lifestyle, contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!
optimumphysiotherapies.com

ASPIRE TOWARD A HAPPIER & HEALTHIER LIFE

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you



need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – Optimum Physio Therapies is here to help.

Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!



- 1. Identify** The “software” of the nervous system controls everything related to health, recovery, and performance. We perform a series of manual muscle tests plus map your body with the NEUBIE to precisely identify the underlying nervous system issues that delay recovery.
- 2. Reset** We use manual therapy and neurological stimulation with the NEUBIE to change those neurological patterns and very quickly re-educate the body back to a state of more normal, optimal functioning.
- 3. Breakthrough** By working through these restrictions, you can tap into the range of motion, strength, and capacity for pain-free movement that you had all along - it was just lying dormant, unable to be expressed.

**NOW OFFERED AT
OPTIMUM PHYSIO
THERAPIES!**



DON'T MISS OUT ON OUR MONTHLY WEBINARS!

Topics Include: Back Pain, Sciatica, & More!



Scan this QR Code using the camera app on your smart phone and be taken directly to our workshops page!



www.optimumphysiotherapies.com/workshops

EXERCISE ESSENTIALS

PLANK FOREARMS & KNEES

Position yourself on forearms and knees. Make your body flat as a plank from head to feet. Keep trunk engaged, do not let lower back arch. Repeat as necessary.



PATIENT SUCCESS STORY!

"Remember when you were advising me not to get my knee replaced, but to work with you, and get it strengthened? You asked me what my goal is. I randomly said that I wanted to at least hike down and up the Grand Canyon. Check out the attached pictures. Also...I hiked with a back pack, it was 128 degrees at the bottom. I managed to go down in 6.5 hours. Spent the night, and hiked back up in 6 hours. I was told that anything under 7 hours is impressive. Thank you and your amazing crew for helping me achieve this goal." - V. Deckard



SONIA'S CORNER

HEALTHY STIR-FRY

INGREDIENTS:

- 1 chicken breast, cut into bite sized pieces or serve over quinoa instead (vegan)
- 2 cups broccoli, chopped
- 1 cup mushrooms, chopped

- 1 tsp. low sodium soy sauce or 2 sprays of Bragg liquid aminos
- 4 green onions, chopped
- Handful of bean sprouts



Courtesy of Sonia

INSTRUCTIONS:

Coat small pan with peanut oil and cook chicken until no longer pink inside. Steam broccoli in separate pan until tender. In another pan, saute mushrooms in peanut oil until browned. Combine chicken, mushrooms and broccoli in bowl. Top with onions, sprouts and low-sodium soy sauce.

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!



WE'RE HIRING

THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**