

SEE HOW THE
NEUBIE IS
CHANGING LIVES!

Check out the Patient Success Story
inside then call to see how it can
change your life!



ARE YOU READY TO BE HEALTHIER IN THE NEW YEAR?

While there's never a bad time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make major changes!

(Read more inside...)

[optimumphysiotherapies.com](https://www.optimumphysiotherapies.com)

INSIDE

PATIENT SUCCESS STORY

**TAKE SOME TIME TO
REJUVENATE YOURSELF!**

EXERCISE ESSENTIALS

SONIA'S CORNER



**CHECK OUT DR. MARK
DEANDA'S YOUTUBE
VIDEO: THE TOP 6
MOVEMENT BREAKS TO
WORK PAIN FREE**

DETAILS INSIDE!

ARE YOU READY TO BE HEALTHIER IN THE NEW YEAR?

INSIDE:

- *Check Your Posture*
- *Sonia's Corner*

- *Top 6 Movement Breaks To Work Pain Free*

Optimum Physio Therapies wants all of our patients to know that we are behind you 100% when it comes to maintaining your fitness and embarking on a journey to better health. That's why we wanted to share some of the best things you can start doing today to get your health on the right track!

STRETCHES AND EXERCISES FOR IMPROVED HEALTH

There are tons of targeted stretches and exercises that may help you feel better, and get into better shape at the same time!

Optimum Physio Therapies physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger, as well as increase their flexibility, stability, and stamina.

Here are some types of stretching pointers that may help you improve your overall health.

AEROBIC ACTIVITIES

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

STRENGTH TRAINING EXERCISES

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights
- Using resistance bands during a workout

(Continued on the next page.)

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

(Continued from the previous page.)

DYNAMIC STRETCHING TECHNIQUES

Dynamic stretches are a bit more interactive and can expand your range of motion. It's essential to know your limits when it comes to your range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained.

There are more ways that stretching can benefit you and help improve your overall performance and health. Healthline lists a few improvements that can result from stretching regularly:

- Improves flexibility
- It can help to heal and prevent back pain
- Fewer tension headaches
- Increases range of motion
- Improves your performance in physical activities
- Increased blood flow

PRIORITIZE YOUR MENTAL HEALTH

It's essential to pay attention to your mental and emotional health as well as your physical health!

Optimum Physio Therapies encourages our patients to reach out for counseling and guidance. There's nothing wrong with asking for professional help or doing research to find things that you can do at home to boost your overall wellness.

A few things experts recommend that you do to improve your overall health are as follows:

- Do something you're good at, such as journaling, reading, or some form of art.
- Practice daily meditation.
- Set up an appointment with a mental health specialist.
- Regulate your sleep schedule.
- Make sure you're maintaining a nutritious diet.

Here's to a great new year...

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health. If you're interested in learning more about how you can put your health first once and for all, contact **Optimum Physio Therapies today for more information!**

Sources <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>, <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364451>, <https://www.healthline.com/health/benefits-of-stretching#types>



PATIENT SUCCESS STORY!

If you want to see how the Neubie can fit into your treatment, call us at 210-314-6725 to set up an appointment.



OPTIMUMPHYSIO
THERAPIES



"I came in unable to walk and the Neubie has helped me build strength and balance. It has helped remap the nerves from my leg to my brain. Lunges and squats were something I never thought I would be able to do again, but thanks to the Neubie I am getting back to working out. I'm truly amazed by how much progress I have made with this magical machine... and the help of my wonderful therapists here at Optimum Physio."

— Amanda B.

TOP 6 MOVEMENT BREAKS TO WORK PAIN FREE



Join Dr. Mark DeAnda as he goes over his top 6 movements that will help you work pain free if you are at a desk all day.



Scan this QR Code to watch this video on YouTube.

TAKE SOME TIME TO REJUVENATE YOURSELF!



Few people take the time to pause for a moment and do deep breathing exercises that can lower our cortisol levels. Deep breathing exercises are easy to do and just take a few minutes. You also don't need any special equipment to do them!

SONIA'S CORNER

FARMERS MARKET VEGETARIAN QUESADILLA

INGREDIENTS:

- 1/2 cup red bell pepper
- 1/2 cup zucchini, chopped
- 1/2 cup yellow squash, chopped
- 1/2 cup red onion, chopped
- 1/2 cup button mushrooms, chopped
- 1 Tbsp. grapeseed oil
- 6 (9inch) whole wheat tortillas
- 1 1/4 cups shredded sharp cheddar cheese

INSTRUCTIONS: Heat grapeseed oil in a large pan over medium heat. Add in red pepper, zucchini, yellow squash, onion and mushrooms. cook for about 6/7 minutes, or until tender. Remove vegetables from pan. Place one tortilla in pan. sprinkle some of the cheese and vegetables onto the tortilla. Top with a second tortilla. cook until golden on both sides, for approximately 2-3 minutes per side. Remove Quesadilla from pan and repeat with remaining ingredients. cut each quesadilla into 8 triangles with a pizza cutter. serve hot.



Courtesy of Sonia

EXERCISE ESSENTIALS

SIDE STEPS WITH EXERCISE BAND

Begin with a mini band placed around the ankles, hands on hips, and hips slightly back in an athletic stance. Step to the side, pushing through the grounding leg, and then actively pulling that leg back under the hip to continue moving in the same direction as many steps as directed by your physical therapist. Repeat in the other direction as directed by your physical therapist. Complete 3 sets of 10 repetitions.



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!



THE OPTIMUM PHYSIO FAMILY IS GROWING!

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