

SE HABLA ESPAÑOL



A SIMPLE NUTRITIOUS DIET CAN RELIEVE YOUR PAIN & INFLAMMATION

With a nutritious dietary plan and the help of a physical therapist, you can decrease your pain and inflammation symptoms.

(Read more inside...)

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PATIENT SUCCESS STORY

5 TIPS FOR BETTER
HEART HEALTH

EXERCISE ESSENTIALS

SONIA'S CORNER



**FEBRUARY IS HEART
HEALTH MONTH.
CELEBRATE BY
PRACTICING 5
SIMPLE HEALTH TIPS**
DETAILS INSIDE!

A SIMPLE NUTRITIOUS DIET CAN RELIEVE YOUR PAIN & INFLAMMATION

INSIDE:

- 5 Tips for Better Heart Health
- Sonia's Corner

- Patient Success Story
- Exercise Essentials

Is your daily life limited by chronic pain and inflammation? While this isn't an uncommon occurrence, it is avoidable in many cases. Maintaining a nutritious diet can become an important part of any physical therapy regimen, especially if you are experiencing chronic pain. Everything you consume works to fuel your body, so eating the right foods can aid in a quicker recovery from painful conditions. By exercising regularly, managing your stress, and eating nutritious meals, you can help significantly reduce the pain and inflammation you are feeling. To learn more about how our physical therapists can help you manage your nutrition, contact Optimum Physio Therapies today to schedule a consultation.

WHY AM I EXPERIENCING INFLAMMATION?

Your immune system can naturally respond to injury, ailment, or other harm through inflammation. If you have an infection, wound,

tissue damage, or buildup of toxins in your body, the immune response is triggered to deal with it. Without inflammation, injuries wouldn't be able to heal; however, if this process goes on for too long, chronic inflammation can occur. This can lead to serious health conditions, such as arthritis, diabetes, heart disease, or even some cancers. If you experience persistent pain, it is wise to contact a physical therapist as soon as possible, as it may mean that the inflammation has become chronic. Traditionally, chronic inflammation has been treated through strict rest and medication. However, a lack of exercise can actually make inflammation worse, as it constricts joints and causes muscles to stiffen. Additionally, medications come with a whole slew of side effects, some of which can be dangerous and/or habit-forming. Luckily, pain and inflammation can be treated in much easier and healthier ways, including diet.

(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

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HOW CAN NUTRITION HELP REDUCE MY PAIN & INFLAMMATION?

Nutritionists have had patients report great success in turning around their symptoms by adopting an anti-inflammatory diet. Inflammation is your body's way of trying to heal, which can be accelerated through a nutritional diet that complements the removal of toxins. This includes:

- 1. Adding in more veggies!** Raw broccoli, Brussels sprouts, cauliflower, and cabbage are the best options when sustaining an anti-inflammatory diet. They can be cooked if you prefer, but raw vegetables are generally better for speeding up the inflammation process. You'll want to eat up to nine servings per day, and you can substitute fruits for a couple of those servings to break it up, if it becomes too much. Otherwise, the timeless saying "eat your veggies" is key.
- 2. Trying your best to avoid red meat altogether.** It is best to avoid red meat while participating in an anti-inflammatory diet. If this proves difficult, red meat is okay in small doses; however, it should be an extremely rare treat in your diet. The proteins in red meat require extra work from your kidneys to process, so it will slow down the healing process if you eat a lot of it. One small piece of steak, one time per week, should be your maximum limit. Luckily, chicken and fish are just fine for an anti-inflammatory diet. Enjoy them with all of those servings of vegetables!
- 3. Reducing your grain and dairy intake.** In order to strengthen your body's immune response, you'll want to avoid simple carbs

and sugars. Unfortunately, that means no donuts, no pastries, and no white breads. Dairy products should also be extremely limited, so very little cheese or milk with anything. Whole grains, such as barley, oats, brown rice, and wheat are best.

WHAT ELSE CAN I DO?

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain and inflammation symptoms. In addition to this, you can also help manage your pain and inflammation through:

- **Daily exercise:** Exercise will keep the muscles warm, which can alleviate pain or stiffness, and stop the inflammation from becoming worse.
- **Stress management:** If you're feeling mentally stressed, your body can become physically stressed - causing more inflammation and a longer recovery rate. Taking time to relax can actually allow you to heal quicker!
- **Weight loss:** If you have some unwanted weight, getting down to your ideal body weight will help with your pain and inflammation.

Schedule your consultation with Optimum Physio Therapies today to discuss nutrition plans with one of our licensed physical therapists and gain additional advice on other ways you can help manage your pain!

**CALL OR TEXT (210) 314-6725 TO
SCHEDULE YOUR APPOINTMENT TODAY!**

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.



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PATIENT SUCCESS STORY!



"When I first came to Optimum Physio I could barely walk on my right foot. While I won't miss my sprained ankle, I will miss the wonderful staff here. From the first time I walked in, I knew I was in good hands. Thank you so much to the entire team for making me strong again, I am so thankful and excited to get back to doing what I love!" — Natalie I.



5 TIPS FOR BETTER HEART HEALTH

February is Heart Health Month. Celebrate by practicing these 5 simple health tips:



1. Aim for lucky number seven.

Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

2. Keep the pressure off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

3. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

4. Slash saturated fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

5. Find out if you have diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

EXERCISE ESSENTIALS

PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.

Try this exercise to strengthen your core.



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!*

SONIA'S CORNER

VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

INGREDIENTS:

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

INSTRUCTIONS: In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>



Courtesy of Sonia



THE OPTIMUM PHYSIO FAMILY IS GROWING!

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