



# NEWSLETTER

*SE HABLA ESPAÑOL*



## **FEELING WIPED OUT FROM COVID-19? PHYSICAL THERAPY CAN HELP YOU RECOVER**

COVID-19 has changed our lives in many ways. Many are finding out that surviving the virus doesn't mean you're done with it. See how PT can help can help restore your health after COVID.

*(Read more inside...)*

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

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- HOW TO FUNCTION AT YOUR BEST**
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# FEELING WIPED OUT FROM COVID-19?

## PHYSICAL THERAPY CAN HELP YOU RECOVER

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To say that 2021 was a whirlwind would be an understatement. Without a doubt, COVID-19 has taken our world and flipped it upside down! Everywhere we look, we see news and information regarding the virus, and as more research is done, it's being discovered that there are several negative lasting effects from it. Many of these side effects are causing physical and emotional challenges that can continue for an unknown period of time.

We're all wearing masks and buying up hand sanitizer by the gallon to prevent the spread of the virus, but we still must prepare for what may happen to our bodies if we do get sick. Recovery from COVID-19 is no easy feat. Here at Optimum Physio Therapies, we offer methods of physical therapy treatment for patients recovering from COVID-19.

To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!

### EXPERIENCING THESE SIDE EFFECTS? YOU MIGHT NEED PHYSICAL THERAPY.

The virus has been found to lead to a loss of function in many different areas of the body.

As time has passed, the list of side effects from COVID-19 has lengthened drastically. Different people report different things happening to them, and can be much worse for some than for others depending on age, pre-existing conditions, and other factors.

A few commonly experienced side effects of COVID-19 are as follows:

- Feelings of soreness all over, bodily aches and pains
- Balance and gait issues, vertigo
- Fatigue, exhaustion
- Weakened muscle strength
- Decreased heart and lung capacity

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

*(Continued from the previous page.)*

- Difficulty breathing (leading to neck pain, rib pain, back pain)
- Decreased stamina
- Impaired ability to walk and stand upright

We know this list looks long (and a bit intimidating!), but the good news is that you don't have to travel the road to recovery all on your own. Physical therapy treatment at Optimum Physio Therapies can help you get your strength back!

## **WHAT A PHYSICAL THERAPIST CAN DO TO HELP YOU RECOVER FROM COVID-19**

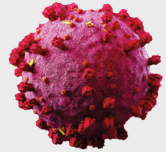
Although many people do not experience severe side effects of the virus and therefore may not need intense rehabilitation, there are plenty of people who come through our doors feeling extremely weak and at a loss for how to shake the residual problems caused by the virus.

COVID-19 places a lot of physical and emotional stress on a person, and as your body fights the virus and begins to heal itself, you might be left feeling as if you really have just sustained an injury. COVID-19 side effects should be treated just like any other kind of physical trauma that results in pain.

Regaining your strength back after a bout of COVID-19 is a long process, but physical therapy can help. Our skilled therapists at Optimum Physio Therapies can help patients get their muscle strength, stamina, and energy back during recovery through the following types of training and exercise programs:

- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Balance and gait training

- Aerobic exercise and for improved pulmonary health
- Stretching
- Endurance training
- Manual therapy



Your physical therapist will complete a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19, and pinpoint the exact areas on your body that may be causing you pain. From there, he or she will create a customized treatment plan specific to your needs for optimizing your levels of function and restoring your health to what it was previous to contracting the virus.

Optimum Physio Therapies doesn't have all the answers about when COVID-19 will be a thing of the past. What we do know, is that our physical therapy treatment options are a sure-fire way to help those in need of rehabilitation. If you or a loved one is struggling to recover from COVID-19, don't let the painful side effects become chronic conditions. Call us today!

## **SHOW COVID-19 WHO'S BOSS, CONTACT US TODAY!**

COVID-19 has indeed wreaked havoc on our health, work, and social lives. Here at Optimum Physio Therapies, our physical therapists strive to give our patients back their ability to function normally, and help ease the suffering COVID-19 caused their bodies. We won't rest until we see that our patients are healthy, strong, and pain-free.

**Contact our office today to learn more about our physical therapy services for COVID-19 recovery. Our skilled physical therapists are ready and waiting for you with a smile...even if you can't see it through our masks!**

## **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.



**(210) 314-6725**

## **PATIENT SUCCESS STORY!**



*"Before coming to Optimum Physio, I had been struggling to play lacrosse for months because of my knee. After just a couple of weeks working with Dr. Mark and his team, I was able to run again. Now I am back to playing lacrosse and running like normal. Every step of the way was helpful, and the team listened to my input. They let me bring my lacrosse equipment into train and the experience was completely patient-driven. Thank you so much Optimum Physio!" — Emily G.B.*



# HOW TO FUNCTION AT YOUR BEST



There is a big difference between the amount of sleep you can get by on and the amount you need to function optimally. According to the National Institutes of Health, the average adult sleeps less than seven hours per night. In today's fast-paced society, six or seven hours of sleep may sound pretty good. In reality, though, it's a recipe for chronic sleep deprivation.

Just because you're able to operate on six or seven hours of sleep doesn't mean you wouldn't feel a lot better and get more done if you spent an extra hour or two in bed.

While sleep requirements vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, most older people still need at least 7 hours of sleep. Since older adults often have trouble sleeping this long at night, daytime naps can help fill in the gap. If you're getting less than eight hours of sleep each night, chances are you're sleep deprived. What's more, you probably have no idea just how much lack of sleep is affecting you.

## How Is It Possible To Be Sleep Deprived Without Knowing It?

Most of the signs of sleep deprivation are much more subtle than falling face first into your dinner plate. Furthermore, if you've made a habit of skipping on sleep, you may not even remember what it feels like to be truly wide-awake, fully alert, and firing on all cylinders. Maybe it feels normal to get sleepy when you're in a boring meeting, struggling through the afternoon slump, or doing off after dinner, but the truth is that it's only "normal" if you're sleep deprived.

### YOU MAY BE SLEEP DEPRIVED IF YOU:

- Need an alarm clock in order to wake up on time
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Get sleepy in meetings, lectures, or warm rooms
- Get drowsy after heavy meals or when driving
- Need to nap to get through the day
- Fall asleep while watching TV or relaxing in the evening
- Feel the need to sleep in on weekends
- Fall asleep within five minutes of going to bed

For more information on how PT can help you sleep better, call Optimum Physio today.

## EXERCISE ESSENTIALS

### SIDE-LYING CORE ACTIVATED LEG CIRCLES

Lie on your side with bottom leg bent and top one straight. Hand flat on floor in front, near your chest. Tighten your lower abdominals to keep your trunk still. Point the toes of the top leg and slowly make small circles first clockwise, then counterclockwise keeping the knee straight ahead or slightly upward. Repeat on opposite side.

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!



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!**

# SONIA'S CORNER

## ORZO WITH ZUCCHINI AND TOMATO



Courtesy of Sonia

### INGREDIENTS:

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- Salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

**INSTRUCTIONS:** Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

