



FIX & PREVENT

INSIDE

PATIENT SUCCESS STORY

RUNNING SHOE TIPS

EXERCISE ESSENTIALS

SONIA'S CORNER

Optimum Physiotherapies.com

RESOLVE YOUR INJURIES
& PREVENT FUTURE
INJURIES FROM
HAPPENING
WITH PHYSICAL
THERAPY!



FIX & PREVENT

RESOLVE YOUR INJURIES & PREVENT FUTURE INJURIES FROM HAPPENING WITH PHYSICAL THERAPY!

INSIDE:

- Running Shoe Tips
- Sonia's Corner

- Patient Success Story
- Exercise Essentials

Do you have persistent pain you're trying to get rid of? Do you wonder what you can do to prevent injuries? At Optimum Physio Therapies, our skilled therapists can perform an injury assessment to help identify the steps you need to take to resolve your aches and pains now and, more importantly, prevent injuries in the future!

We understand that many people simply don't know if they feel normal. Too often, people take a "wait and see" approach rather than address their concerns head-on.

People are worried they will have to keep coming back to physical therapy, but your program can be a "one and done" deal when you come in for an injury screening. At Optimum Physio Therapies, we can determine if your condition requires more intense therapy or should be done independently at home.

Give us a call today to hear more about our injury prevention services and how we can make sure your treatment with us will be what you need to get back in the game and prevent future problems.

HOW CAN I PREVENT AN INJURY?

At Optimum Physio Therapies, we offer injury screenings to help determine if you need physical therapy to resolve your pain and identify your likelihood of experiencing an injury in the future. Your body tells you what it can and cannot do in subtle ways, and we can help figure out what it is trying to communicate to you!

We will analyze how your body moves and perform a physical assessment of your soft tissue and joints to understand better why you are hurting. This information can help identify mobility deficits and weaknesses that make you more susceptible to injuries.

This assessment can include more activity-based analysis like watching how you squat and jump or performing a gait and balance analysis. We are on the lookout for abnormalities during the screening, whether in wobbly landing positions, weaknesses, loss of motion, or general issues with posture and techniques.

Our comprehensive assessment helps determine if you have an injury that's causing your pain. We can also assess if you

(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!

Optimum Physiotherapies.com

(Continued from the previous page.)

are compensating due to an underlying issue that is causing the pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

After your initial screening, your physical therapist will develop a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and practices that you can do on your own to help prevent your risk of future injury.

HOW TO PREVENT INJURIES

If you've suffered from pain and injury in the past, and you want to figure out how to stop them in the future, schedule a consultation with one of our physical therapists today. We will educate you about what your body is telling us and what you can do to reduce your injury risks. Some of the most important steps you can take include the following:

Proper sleep: Sleep is the most effective strategy that everyone can do to reduce their risk of injuries. Research has shown that people sleeping less than 6 hours a night are more likely to injure themselves. In comparison, sleeping 8-10 hours per night has the most significant effect on injury prevention.

Strength training: Building strength has been shown to reduce injuries to muscles, tendons, and joints. Strengthening is one of the most effective strategies you can do to help stay injury-free.

Nutrition matters: A scientifically-backed approach, like the Mediterranean Diet, helps provide the nutrition you need to recover from injury and reduce the risk of future injuries. Processed foods, foods high in sugar and fat, limit your body's ability to heal and perform at a high level.

Surprisingly, multiple research studies have concluded that stretching and flexibility are ineffective for injury prevention. The tightness you feel may indicate weaknesses or joint restrictions and not be related to the flexibility of your tissue. Stretching can feel good, and people like to do it, but other proven methods are more valuable than preventing injuries.

CALL TODAY TO SCHEDULE AN APPOINTMENT

At Optimum Physio Therapies, our team of physical therapists is experts at treating injuries and preventing future injuries. We have proven success with treating people of all skill levels.

Call today to schedule an appointment with one of our specialists!



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.

opt
OPTIMUMPHYSIO
THERAPIES

(210) 314-6725

PATIENT SUCCESS STORY!



I had the best experience ever! I highly recommend Optimum Physio to all. All the therapists are very professional and knowledgeable. I'll return for sure! It's not just exercise, it's the machines they use afterward. Love you guys! ❤️ I feel energized!" — V. Ruiz.

CONGRATULATIONS TO ALL THE 2022 GRADUATES!

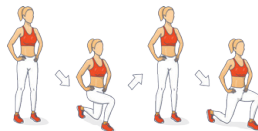


Leanna Sofia DeAnda
graduating from Travis Early College and SAC (San Antonio College).

EXERCISE ESSENTIALS

WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 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!

SONIA'S CORNER

MEDITERRANEAN CHICKEN SALAD

INGREDIENTS:

- 1/3 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- 1/4 tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

INSTRUCTIONS: Cut in a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.



Courtesy of Sonia



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!**