



NEWSLETTER

SE HABLA ESPAÑOL



GET THE MOST
OUT OF YOUR
**SUMMER
VACATION**
WITH PHYSICAL THERAPY!

INSIDE

PATIENT SUCCESS STORY

RUNNING SHOE TIPS

SONIA'S CORNER

Optimum Physiotherapies.com

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



GET THE MOST OUT OF YOUR **SUMMER VACATION** WITH PHYSICAL THERAPY!

INSIDE:

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- *Sonia's Corner*

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Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. At Optimum Physio Therapies, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer!

Too often, the trend for many patients is to opt out of their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury.

One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer months – so you can enjoy the warm weather without pain!

At Optimum Physio Therapies, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

PHYSICAL THERAPY IS WORTH YOUR TIME, EVEN IN THE SUMMER

At Optimum Physio Therapies, we offer injury screenings to help when it comes to physical therapy, you'll see benefits if you put in the time and the work. Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of surgery,

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

Get Moving Today with Optimum Physio Therapies!

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opioids, or unnecessary testing. If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries.

Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life. Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic.

Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being.

If you have been attending physical therapy, there are two primary reasons to stop.

- **You've reached your goals:** Once you and your therapist are satisfied with your success, it's time to move on.
- **You're not seeing progress:** It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.

Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

PHYSICAL THERAPY IS IMPORTANT, NO MATTER THE TIME OF YEAR!

Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries.

The individualized manual therapy and consistent exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted ailments and injuries.

Physical therapy has been shown to help in the following ways:

- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Reduce the risk of falls
- Avoid surgery
- Improve balance and coordination

Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.

GET STARTED TODAY!

Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need! Contact Optimum Physio Therapies today to schedule an appointment.

Follow Us On Social Media And Stay Informed On The Happenings At Optimum Physio Therapies.

Things like Dr. Mark DeAnda's Top 6 Movement Breaks to Work Pain Free on our YouTube Channel.



Scan this QR Code to check out Social Media sites. Be sure to click on our YouTube link to watch Dr. DeAnda's video!



(210) 314-6725

PATIENT SUCCESS STORY!



"I was nervous going in due to the fact that I had never been to physical therapy before and I was pleasantly surprised by how nice everyone was. They made the place feel incredibly welcoming and did not act annoyed no matter how much I talked. I wasn't sure what to expect, but it wasn't to enjoy my time there, so I wish each and every one of the staff good luck and a happy life!" — J. Scott.



RUNNING SHOE TIPS

Are You Looking to Start Running this Summer? Here are the 3 Most Important Things About Your Running Shoes!

1. Break in Period

If you're trying on shoes that feel heavy, stiff, clunky or not just right they likely are the wrong shoes for you. The right pair will feel comfortable as soon as you put them on: light weight, cushioned, and balanced.

2. Level

If you feel your arches "tipping in" or "pushed out", then the support is wrong for you. Too much support will restrict your foot and give the feeling you're tipped out. Too little support may feel like your foot is caving in and give the tipped in feeling. The proper pair will feel balanced and level.

3. Size

Running shoes should have ample toe room, but secure from the ball of the foot to the heel. Your feet will splay out over time and it's not uncommon to go up in size. Running shoes won't break in, so they need to feel like they fit the second you put them on.

If you've been wanting to get started with running but have experienced pain or discomfort in the past, or you're not sure how to add mileage or get faster, we have the answers you've been looking for. Call Optimum Physio Therapies today.



CALL
(210) 314-6725
TODAY

EXERCISE ESSENTIALS

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.

This exercise helps relieve lower back pain.



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



GRILLED CHICKEN CAPRESE

INGREDIENTS:

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

INSTRUCTIONS: Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.



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!**