



SE HABLA ESPAÑOL

NEWSLETTER



BECOME
HEALTHIER &
STRONGER
WITH STRENGTH
TRAINING

INSIDE

PATIENT SUCCESS STORY

BACKPACK SAFETY

SONIA'S CORNER

Optimum Physiotherapies.com

OUR STRENGTH TRAINING
PROGRAMS WILL GET YOU BACK
ON TRACK TO LIVING A HAPPY
AND HEALTHY LIFESTYLE!



INSIDE:

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- *Patient Success Story*
- *Sonia's Corner*
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Everyone desires to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish, due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this also affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle. Call Optimum Physio Therapies today to learn more and start a new chapter on a healthier you!

STRENGTH AND FLEXIBILITY

There are approximately 642 skeletal muscles in the body. This means that your strength and flexibility play an important role

in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you means a healthier you. Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps in building muscle mass, and it is typically the final step in a rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain, strength training will help you get back to your optimum physical performance.

WHAT DOES IT TAKE TO BE HEALTHIER?

Health is a relative term. It means that your body is operating at a high normal range in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

(Continued on the next page.)

Want to become healthier and stronger? We can help! Contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!
[Optimum Physiotherapies.com](http://OptimumPhysiotherapies.com)

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At Optimum Physio Therapies, our strength training programs will get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

7 TIPS FOR A HEALTHIER, STRONGER, AND MORE ACTIVE YOU:

Strength training is an important part of reaching your peak physical potential, but there are other health and wellness techniques to keep in mind while you're doing so:



1. LIMIT YOUR SITTING.

Get up every 30 minutes and walk around at work and home. Prolonged periods of sitting can cause muscles to stiffen up and become weaker.

2. GET UP AND MOVE.

Exercise regularly, even if it's just walking for a short time every day. Moving will help keep your muscles loose and will avoid losing their strength.

3. NUTRITION AND PORTION CONTROL.

Keep your intake of food nutritious, at a comfortable level. Fueling your body with the correct foods will increase your energy and make it easier to exercise.

4. DRINK MORE WATER.

Water keeps your body systems functioning at their optimum levels. This will also make exercise (and muscle recovery!) much easier.

5. BREATHE.

Work on your deep breathing techniques to increase oxygen intake and get your lymphatic system moving.

6. GET ENOUGH SLEEP.

Sleep at least 8 hours a day. It is best to get into a routine so you go to bed and wake up on a regular cycle. This helps your endocrine system, which controls several aspects of your body.

7. TAKE CARE OF ACHEs AND PAINS.

Don't let any long-term problems linger. Get professional help at Optimum Physio Therapies by scheduling an appointment today!

WORKSHOPS

THU., AUG 18

BACK PAIN & SCIATICA WORKSHOP

HOSTED BY: DR. MATT TERCERO,

PT, DPT, IADN CERT, IAMTC

FOR MORE INFORMATION AND TO REGISTER, SCAN THE QR CODE.



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THERAPIES

(210)-985-9498

PATIENT SUCCESS STORY!



"Let me tell you, I love all these guys and gals so much. This was my first time ever doing PT and I honestly was really scared. But the whole team made me feel welcome from day one and the longer I got to know them the more awesome I realized this team is. They really really care about me and want to see me heal, succeed, and grow both in the studio and out. I was originally here for my pelvis, then switched to my shoulders, and while my body presents a rather complex long term process of healing, I'm confident that I know what to do going forward because of this group. I'm indebted to this team and will never forget what they've done for me." — Peyton

BACKPACK SAFETY

Strategies for Parents and Students



Backpack Strategies for Parents and Students

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading the Backpack:

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.

Wearing the Backpack:

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many

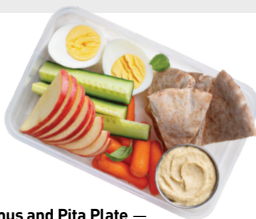
blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.

- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.

SONIA'S CORNER



Courtesy of Sonia



TIPS FOR BACK TO SCHOOL NUTRITION

Ensure your kids drink plenty of water — Dehydration can lead to a system overload. Our thinking becomes cloudy, energy diminishes, cell activity becomes sluggish and elimination becomes stagnant. Sending your kids to school with 1-2 water bottles daily is one of the easiest and healthiest options. Adding freshly squeezed lemon and lime can add flavor and aids in digestion.

The lunchtime sandwich may be the standard option, but let's face it: Slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

Hummus and Pita Plate

— Nine out of 10 kids love a good hummus — why not make it the star of the show?

Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). Whatever your child loves will work!

Using these back-to-school nutrition tips, you can set the tone for the school year and support your child's health, happiness and success. Wishing all kids a wonderful first week back to school!

EXERCISE ESSENTIALS

SINGLE LEG & ARM DEADLIFT

Stand on one leg, dumbbell in the opposite hand as the stance leg. Keeping your pelvis facing forward, bend at the hip and move your non-stance leg up and behind you. Your stance knee will bend slightly. Point your toes towards your stance foot to help keep your hips from opening up. From this position, rise up from the hips. Repeat exercise 10 times. Repeat on both sides.



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!*

opt

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!***