



NEWSLETTER

SE HABLA ESPAÑOL

Happy Holidays!

FROM ALL OF US AT OPTIMUM PHYSIO THERAPIES



INSIDE

UNLOCK THE BENEFITS OF LASER
THERAPY AND DRY NEEDLING
PATIENT SUCCESS STORY
SONIA'S CORNER

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

SCHEDULE AN APPOINTMENT TO
DISCUSS HOW OUR LASER THERAPY
AND DRY NEEDLING SERVICES MAY
BENEFIT YOU! AND THE BEST PART
IS, THE FIRST SESSION IS ON US!



UNLOCK THE BENEFITS OF LASER THERAPY AND DRY NEEDLING

WE OFFER A SAFE WAY TO FIND THE PAIN RELIEF YOU'RE SEARCHING FOR!

INSIDE:

- *Start 2023 Off Right!*
- *Sonia's Corner*
- *Patient Success Story*
- *Optimum Physio Therapies FREE Workshops*

If you are looking for a non-invasive, safe, and effective way to relieve your pain and recover from a condition, you may be an ideal candidate for cold laser therapy and dry needling.

If you have never tried either of these therapeutic modalities, it's natural to have some questions. You might be wondering—are these treatments safe? Will they hurt?

It is normal to be a bit apprehensive about a new course of treatment, especially if it is something that you don't know a lot about. However, at Optimum Physical Therapy, we are here to put your mind at ease by letting you know that cold laser therapy and dry needling does not hurt, and is completely safe.

In fact, these treatments have been supported by several scientific studies as a non-invasive, and effective treatment method for acute and chronic pain. They are excellent methods of treatment that have demonstrated the ability to significantly decrease pain levels and change patients' lives for the better!

If you have been searching for relief and recovery options, contact Optimum Physical Therapy today. We'll help you schedule a consultation so you can discuss how our laser therapy and dry needling services may benefit you! And the best part is, the first session is on us!

LASER THERAPY: A SAFE AND EFFECTIVE TREATMENT OPTION

Laser therapy is used to treat inflammation, as well as muscle weakness and pain. Even though the use of the laser in treatment is extremely effective, it only marks the beginning of your successful therapy journey!

Because of decreased inflammation and increased comfort levels, a therapist can move the joint around with manual therapy more easily and comfortably than if the patient had not had the laser treatment first. People may be turned off by the prospect of using a laser as part of their therapy, but there is no need to be concerned.

Continued inside

210-985-9498

Find the pain relief you're looking for! Contact Optimum Physio Therapies today!



Get Moving Today with Optimum Physio Therapies!
OptimumPhysiotherapies.com

UNLOCK THE BENEFITS OF LASER THERAPY AND DRY NEEDLING

Continued from the previous page.

Laser therapy uses low-power lasers that work to stimulate cells. The low-level laser therapy option can be one of the most simple things you've ever done; all you have to do is sit back and relax while your therapist's equipment does the hard work!

It can be a little scary to try a new treatment before if you don't know anything about it, or what conditions it can treat. There are a large variety of conditions that laser therapy can treat, including but not limited to:

- Sports injuries
- Fibromyalgia
- TMJ
- Plantar fasciitis
- Carpal tunnel syndrome
- Migraines
- Soft tissue damage
- Back pain and sciatica
- Arthritis
- Shoulder pain
- Neck pain
- Bursitis
- Disc injuries

HOW DOES LASER THERAPY WORK?

Laser therapy has even earned a reputation as being one of the safest, non-invasive treatment options on the market. Medical lasers are approved by the FDA and they adhere to strict ISO standards. Laser treatments are administered directly to the skin, to avoid contact with the eyes and pupils.

When conducting a laser treatment, photons will be released into the tissues surrounding the affected area to facilitate healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.



Laser treatments are completely painless, despite some uninformed criticism. Depending on the type of laser used, many patients experience little to no sensation at all when receiving laser therapy sessions.

The laser causes some patients to feel a warm sensation, which is often regarded as calming and pleasant. Laser therapy usually runs between 2 and 10 minutes, and the majority of patients get improvements after just a few sessions!

WHAT IS DRY NEEDLING?

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility. When performing dry needling, our physical therapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain and decrease muscle tension.

Dry needling has been proven to treat numerous musculoskeletal issues, including:

- Acute and chronic injuries
- Overuse injuries
- Neck pain
- Headaches
- Back pain
- Sciatica
- Muscle spasms
- Muscle strains
- Tendinitis
- Knee pain
- Hip pain
- Fibromyalgia
- Tennis elbow
- Golfer's elbow



DOES DRY NEEDLING HURT?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained physical therapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle. This is comparable to a quick muscle cramp or ache.

The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.

REQUEST AN APPOINTMENT TODAY!

Do you have a physical problem or an injury that keeps you from living the life you want? Don't hesitate to contact Optimum Physical Therapy to schedule a consultation if you've been suffering from acute or chronic pain!

Are you ready to unlock pain relieving modalities and get back to the life you love? Contact our office today to start your recovery journey- your first session is on us!

Sources: <https://totalperformancept.com/physical-therapy-treatments/laser-therapy/>

WORKSHOPS

Optimum Physio Therapies offers **FREE** workshops to help keep you informed and feeling better. Check out our **Workshops** page at optimumphysiotherapies.com/workshop/ or just scan the QR code for more information on upcoming workshops.



opt
PHYSIO THERAPIES
OPTIMUMPHYSIO
THERAPIES

210-985-9498

START 2023 OFF RIGHT!

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Optimum Physical Therapy is here to help you!

That's why we wanted to share two of the best things you can start doing today to get your health on the right track for the New Year — **atrobic stretches and exercises**, and **strength training**.

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact Optimum Physical Therapy today for more information.

SONIA'S CORNER

FALL/WINTER POTATO SOUP

INGREDIENTS

- 2 Tbsp. grape seed oil
- 1 onion, diced
- 1 stalk celery, chopped
- 2 carrots, peeled and diced
- 8 oz. red potatoes, cut into 1 inch pieces
- pink himalayan sea salt and freshly ground pepper, to taste
- 5 cups torn baby spinach leaves
- 1 (15oz) can pinto beans, drained and rinsed
- 2 tsp. red wine vinegar

DIRECTIONS: Heat oil in a large pot over medium heat. Add onion, celery and carrots to pot and saute until tender, 6 to 8 minutes. Add potatoes and 4 cups water. Add dash of sea salt and pepper, to taste. Bring to a boil and then reduce to low. Let cook until potatoes are tender, about 12 minutes. Mash half the contents of the pot until slightly thickened. Add spinach and beans and continue cooking until spinach is tender, about 8 minutes. Stir in vinegar.



Courtesy of Sonia



PATIENT SUCCESS STORY!



"I selected Optimum Physio for the variety of recovery modalities. The comprehensive and well-rounded recovery, treatment and training approach was the best physio experience I've ever had. The treatment and recovery would not have been possible without a friendly, involved and amazing staff. Each and every member of the OPT team welcomed me in and ensured I understood and properly performed my treatment regimen. Thank you very much for all you do for your patients and the community!" — Alex P.

We want to here your PT success story!

Scan the QR code to visit our review page and share your story. You could be someone inspiration to get the help they need.



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!**

210-985-9498

OptimumPhysiotherapies.com