



DISCOVER THE BENEFITS OF A STRONGER CORE

WITH EXPERT PHYSICAL THERAPY TIPS!



"I definitely recommend anyone to check them out. Very professional team."

Read Tawa's Full Review Inside

SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER, AND MORE ACTIVE!

OptimumPhysiotherapies.com

210-985-9498



NEWSLETTER

SE HABLA ESPAÑOL



DISCOVER THE BENEFITS OF A STRONGER CORE WITH EXPERT PHYSICAL THERAPY TIPS!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Optimum Physio Therapies, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot – from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

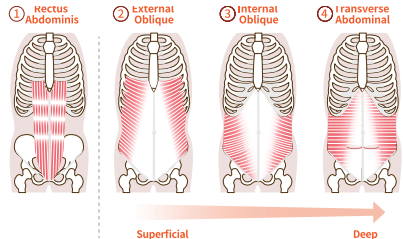
Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

What Is the "Core"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck

muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.



The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination,

Continued inside.

CALL 210-985-9498 TODAY FOR YOUR APPOINTMENT!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com



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and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

Building Core Strength with Expert Guidance

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

Book Your Appointment at Optimum Physio Therapies Today!

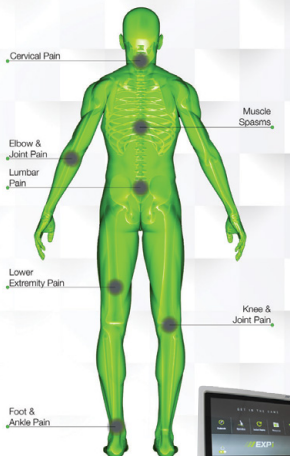
Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Call us today to set up an appointment!

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LASER THERAPY



Laser therapy is a treatment offered at Optimum Physio Therapies for its safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

If you are looking for laser therapy contact Optimum Physio Therapies today! We'll set up an appointment for you and figure out whether or not laser therapy could help in reducing your pain.

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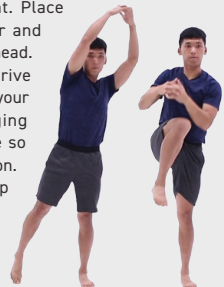


EXERCISE ESSENTIALS

Power Knee Drives

PT W/RED

Start by standing up straight. Place one hand on top of the other and raise your arms up over your head. Brace your abdominals and drive your left knee up and across your body, simultaneously bringing your arms down at your knee so they meet near your midsection. Quickly raise your arms back up and tap your toes to the floor before immediately going into your next repetition.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.



OPT 10 YEAR ANNIVERSARY MERCH

To celebrate its 10th anniversary, Optimum Physio is excited to introduce its new line of commemorative merchandise! This exclusive collection features t-shirts (\$20), tote bags (\$10), a trucker hat (\$20) and a dad hat (\$15). Each item features the clinic's anniversary logo, making them the perfect memento for patients, staff, and healthcare professionals. Get yours today and show off your support for Optimum Physio's continued commitment to providing top-notch physical therapy services!



Shirt \$20 Trucker Hat \$20

Tote \$10 Dad Hat \$15

PATIENT SUCCESS STORY!



“ I definitely recommend anyone to check them out. Very professional team. ”

"I was experiencing pain and tiredness in my middle back (between my scapulas) and decided to have it checked out. I must admit Mark was very professional and outlined the probable cause of my discomfort. The team worked pretty well and I am feeling much better with the exercises set up by Eric and Michael. I definitely recommend anyone to check them out. Very professional team." —Tawa R.

We Want To Hear Your PT Success Story!

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



AVOCADO SALMON SALAD

Sonia's Cooking Corner



Ingredients:

- 1 6oz can Alaskan Sockeye
- 1/2 Stalk celery, chopped
- 1/4 cup red onion, chopped
- 2 tsp spicy brown mustard
- 2 Tbsp dill pickle relish
- 1/4 tsp black pepper
- 7 pitted black olives, chopped
- 1/2 Avocado
- Brown rice wrap

Directions:

1. Put salmon in a large mixing bowl and mix in celery, onion, mustard, relish, olives, pepper, and avocado.
2. Mix thoroughly, stirring avocado into the mixture.
3. Transfer salad to brown rice wrap.

Enjoy!

Nutrition Facts:
Serves 2-4
Fats: 17g
Carbs: 25g
Fiber: 6g
Protein: 33g

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!

WHAT'S NEXT AFTER PHYSICAL THERAPY

BUILD ON YOUR SUCCESS

WORKOUT WITH THE TEAM THAT ALREADY KNOWS YOU!

Personalized fitness classes for all levels!



SCAN ME!

