




Physical Therapy

NEWSLETTER



**DAILY ACHES AND PAINS
HOLDING YOU BACK?**
LOOK NO FURTHER FOR RELIEF!

Shake That Ache!

Try these simple tips for
overcoming aches & pains

Exercise Essentials

Try this exercise to
relieve hip pain

Your Health In Mind!

We are offering telemedicine
to all our clients



How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

Why am I so achy?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

(Continued inside)



Suffering from arthritis pain? Call 253.867.5759 to schedule a consultation with your physical therapist at Physioworks today!

SIMPLE TIPS FOR ACHE RELIEF:

- **Sleep!** — This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- **Stay hydrated** — Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.
- **Maintain a healthy diet of fruits and vegetables** — Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.
- **Exercise regularly** — Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.
- **Keep a good posture** — Slouching causes stress on the shoulders and neck, which can cause pain or achiness.

If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

- **Get a physical therapy consultation** — If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

How physical therapy will help:

A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better - so why wait? Say goodbye to your daily aches and pains with physical therapy today!



EXERCISE ESSENTIALS

This Exercise Helps To Relieve Hip Pain!



HIP ADDUCTION | SIDELYING

Lie flat on your side. Place a rolled towel between your waist and the floor, directly above your hips. Position your bottom leg in line with your trunk. Bend your top knee and place your foot flat on the ground directly in front of your bottom knee. Lift your bottom foot as high off the ground as you can, keeping your knee straight. Relax your leg back to the start position. Repeat 10 times on each leg.

YOUR HEALTH IN MIND!

We are excited to announce that we are offering telemedicine to all our clients due to the COVID-19 pandemic.

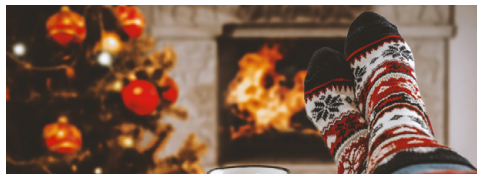
In the clinic, we are taking all the necessary precautions so that we may keep working to care for our clients. We want to encourage those who do not think that they need hands-on care to stay at home and receive their treatment through the telemedicine option. If you do wish to continue with physical therapy in person, treatment is still available for you! We look forward to continuing to care for you on either platform.

Our doors are **currently open** for full rehabilitation services, in addition to our telemedicine option. For more information, feel free to call us at **253.867.5759**. Everyone stay safe and stay healthy.

*We are now accepting
Blue Cross Blue Shield insurance!*

SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!

TIPS TO PREVENT HOLIDAY STRESS



Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Instead, try donating to a charity in someone's name, or try making and giving homemade gifts.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.



SEASONAL RECIPE

CLASSIC VEGAN CHILI

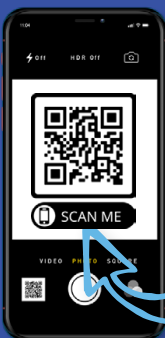
Ingredients

- 2 tbsps olive oil
- 1 large onion, diced
- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 2 medium carrots, diced
- 5 garlic cloves, minced
- 2 tbsps mild chili powder
- 2 tbsps ground cumin
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper, or to taste
- 3 (14 oz) cans fire roasted tomatoes
- 3 (14 oz) cans beans (black, kidney, pinto) drained and rinsed
- 1 1/2 cups frozen corn, thawed
- Salt and pepper, to taste

Directions

Coat the bottom of a large pot with the oil and place it over medium heat. Give the oil a minute to heat up, then add the onion, peppers, and carrots. Sweat the veggies until they begin to soften, about 10 minutes, stirring frequently. Stir in the garlic, chili powder, cumin, paprika, and cayenne. Continue cooking and stirring until the mixture becomes very fragrant, about 1 minute. Stir in the beans and tomatoes. Bring the chili to a boil, lower the heat and let it simmer for about 30 minutes, until the veggies are soft and the chili has thickened, stirring occasionally. Stir in the corn and cook the chili for another minute, just to heat the corn. Remove the pot from heat and season the chili with salt and pepper to taste. Ladle into bowls and serve.

DO YOU HAVE A SUCCESS STORY WITH US?

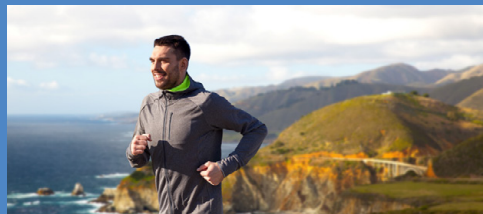


We Make It Easy To Leave A Review!

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!

Physio Works

PATIENT SUCCESS SPOTLIGHT



"Very happy ... ! My recovery is better every day and the treatment is excellent. Very grateful to you.

Super contento ... ! Mi recuperación cada día es mejor y el trato es excelente. Muy agradecido con ustedes."
— **Brian L.**