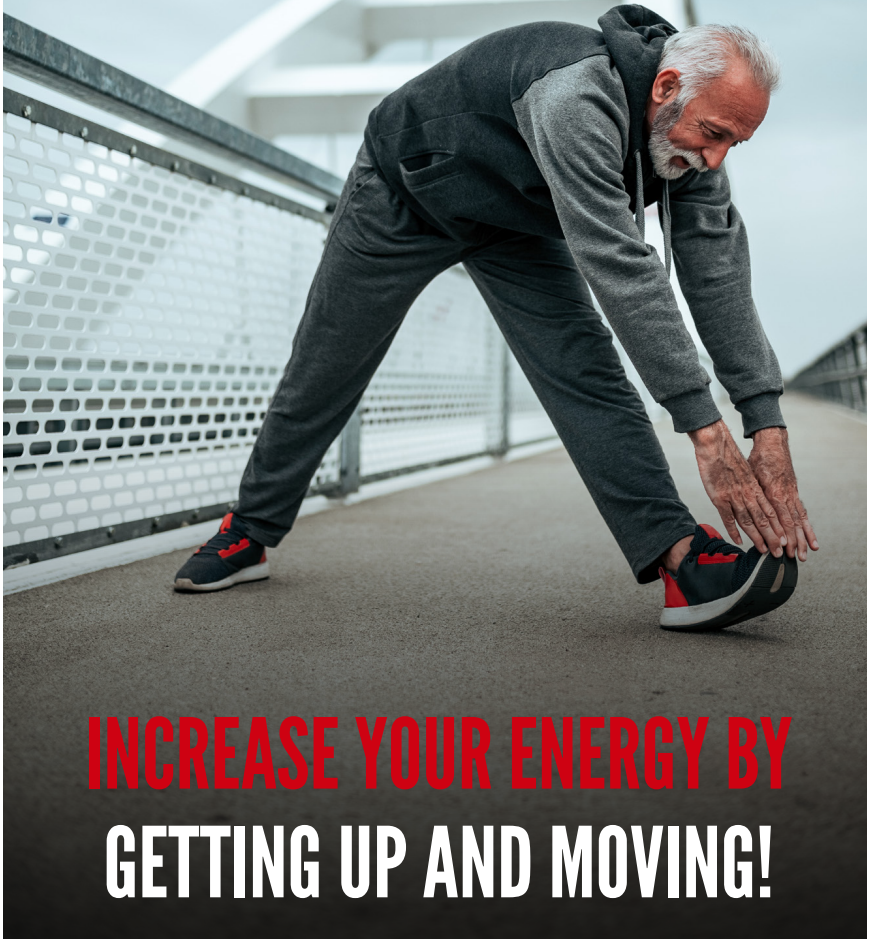




PhysioWorks

N E W S L E T T E R



**INCREASE YOUR ENERGY BY
GETTING UP AND MOVING!**

*Physical Therapy
Occupational Therapy*

*Work Conditioning
Work Hardening
On-Site Worker Treatments*

*Hand Therapy
FCE*

INCREASE YOUR ENERGY BY GETTING UP AND MOVING!



Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact Physio Works today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

Why Is Physical Activity So Important

When you don't participate in frequent physical activity, your muscles begin to weaken and over time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting

toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

How Can I Get Moving?

There is one fundamental rule of the human body: it was made to move!

There are several reasons why people may not want to participate in physical activity. Perhaps your body simply doesn't move the way it used to, or perhaps painful areas of your body make it difficult to move in the ways you'd like. Whatever the case may be, the truth is that restriction in movement has the potential to lead to harmful health problems.

10 TIPS YOU CAN DO ON YOUR OWN

Some easy pain-relief and energy-boosting steps you can take on your own include:

1. Decide to get up and get moving
2. Get up from your chair every 20 minutes and walk around, even if it is just for a few seconds.
3. Walk or exercise at least 30 minutes every day.
4. Drink plenty of water.
5. Stretch your legs, hips, spine, and neck for 10 minutes every day.
6. Don't push yourself too far if you feel pain.
7. Make sure you are sitting properly at your desk or computer.
8. Take frequent breaks for breathing exercises. Inhale and exhale deeply.
9. Stretch your arms overhead frequently throughout the day.
10. Do strengthening exercises 2-3 times per week.

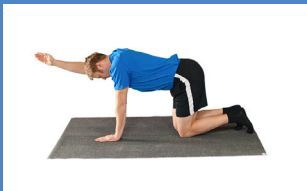
In order to be healthy, there needs to be a large emphasis on movement. When your body is flexible, strong, well-balanced, and fueled by a nutritious diet, it is able to perform at its optimal levels. At Physio Works, we are dedicated to helping you live the best life you can, and our movement experts would be more than happy to help you relieve your pain, re-align your body, and get moving once again. If you are looking for assistance in living a more physically active life, contact us today.



 **We take most medical insurances!**
Call **253.867.5759** to schedule a consultation with your physical therapist at **Physioworks** today!

EXERCISE ESSENTIALS

Helps With Tightness In The Neck And Shoulders



FOUR POINT + ARM RAISE

Start on hands and knees, hips and shoulders at 90°. Lift one arm out front. Bring it back down and then repeat on opposite side. 8-10 times on both arms.

www.simpleset.net  SimpleSet Pro

REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at PhysioWorks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

253.867.5759

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



PATIENT SUCCESS SPOTLIGHT



HEALTHY RECIPE FRUIT ENERGY BALLS

Ingredients

- 1 cup chopped almonds
- 1 cup dried figs
- 1 cup dried apricots
- 1 cup unsweetened shredded coconut

Directions

Combine almonds, figs and apricots in a food processor; pulse until finely chopped. Roll the mixture into small balls and dredge in coconut. To make ahead: Cover and refrigerate for up to 3 days or freeze up to 3 months.



Notice a loss of energy? Call **253.867.5759** to schedule a consultation with your physical therapist at PhysioWorks today!

“THE WHOLE TEAM TREATS THEIR PATIENTS LIKE FAMILY...”

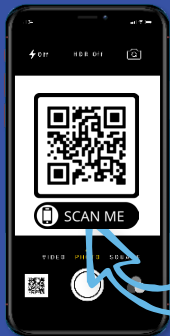
“As an interpreter, I work in many clinics and I get to see the different patient/therapist relationships. I can say from my experience here, that the whole team treats their patients like family. Iryna, the hand therapist gives great information regarding each injury she treats. Luda, one of the physical therapists, always makes sure the patient is comfortable doing each exercise. All in all, Everyone works together to give their patients the best results.”

- Maria G.

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!



GET BACK TO LIVING YOUR LIFE PAIN-FREE!

Call us at **253.867.5759** to book your appointment today!

PHYSIOWORKS

319 S. WASHINGTON AVE.
KENT, WA 98032
(LOCATED INSIDE PHYSIO HEALTH CLINIC)
P : **253.867.5759**
F : **253.850.6445**

ATLAS PHYSIOWORKS

13410 HWY 99 #205
EVERETT, WA 98204
P : **425-787-5227**
F : **425-787-5228**

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IN SILVERDALE**

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