

# NEWSLETTER

# LEAVE YOUR ACHES & PAINS IN 2020! WITH PHYSICAL THERAPY



# NEWSLETTER



## HELP YOUR ACHES & PAINS WITH PHYSICAL THERAPY

Everyone develops aches and pains from time to time. After a long day out in the sun, or after an afternoon of trying to keep up with household chores, sometimes the tasks that we expect of our bodies can get the best of us.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day in your shoes, or a crick in your neck that just won't go away, dealing with aches and pains can really take a toll on your overall feeling of wellbeing. If you stopped and asked around, you'd be amazed to see how many people are struggling with aches and pains, just like you. What may surprise you even more is how many people are coping with those pains without doing anything productive about it.

### How to Deal with Aches and Pains

Pain medications can reduce the severity of aches and pains for a little while, but they don't do anything to resolve the issue. There are things that you can do at home that can alleviate your aches and pains,

helping to reduce the severity of your discomfort while also reducing the likelihood that the pain will return. Don't just complain about those aches and pains. Start doing something about them. Here is a quick rundown of things that you can do at home that can reduce your daily pain:

**1. Use hot and cold therapy** appropriately to reduce inflammation. After a good workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts on and off for 20 minutes at a time during the first 24-72 hours after the pain develops. After that, consider soaking in hot water, such as taking a warm bath, to further soothe your muscles.

**2. Don't underestimate** the power of resting! Your body relies on sleep just as much as your brain. You need to get plenty of sleep to keep your stress level at a minimum—and that includes your physical stress level. Aim to sleep between 7-9 hours every night. The more activity you engage in, the more sleep you need.

### Relieve Daily Pain

Learn how physical therapy can make your life pain-free!

### Patient Success Spotlight

Discover what our patients have to say!

### Healthy Recipe

Try a healthy recipe perfect for starting the new year right!

# RELIEVE DAILY PAIN WITH PHYSICAL THERAPY

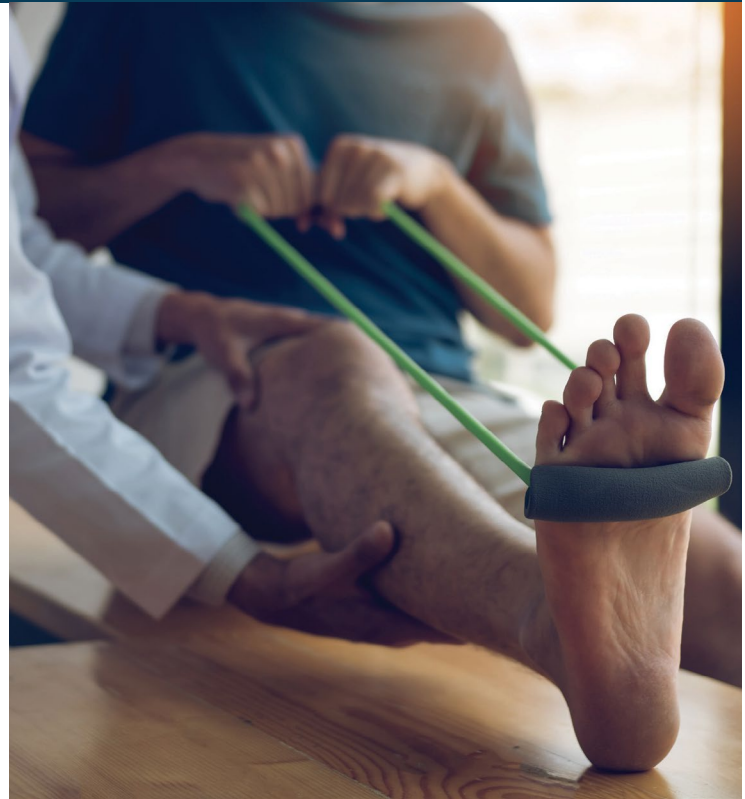
**3. Keep your body in good shape** with regular exercise. It may seem counterintuitive to cut down on pain by moving more, but exercise is a really good way to reduce aches and pains. When you exercise every day, you are able to train your muscles for more movement, and thereby reduce aches and pains.

Keeping active, staying rested, and being smart with hot and cold therapy create a trifecta for healthy management of aches and pains, but they aren't going to solve the bigger problems. When aches and pains start to grow severe, or chronic, then it is time to reach out to a professional for support. Physical therapy is the best way to reduce aches and pains because it takes into account a combination of active and passive strategies to help tackle the cause of your pain.

## Why Physical Therapy?

There are a lot of different reasons as to why you may start feeling aches and pains. Muscle pain will occur whenever your muscles start to grow. To build more muscle mass, your muscles have to stretch, and lactic acid can pour into the lining of your muscles to cause a burning sensation. More movement will push that acid out, helping you to experience relief, and in time your muscles will develop increased elasticity, and the burning won't be so severe. Build-up of tension from stress or overuse, and muscle pain from poor posture can also contribute to regular pain. A physical therapist can take a comprehensive assessment to help determine what may be the primary cause behind your aches and pains.

Working with a physical therapist can help you develop a new approach to managing your aches and pains. Your physical therapy program



will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching and targeted movements to help you experience ongoing relief from regular discomfort. **Give us a call so we can help you say goodbye to your aches and pains.**

**Call us today to schedule an appointment!**

## SPINACH STUFFED MUSHROOMS

### INGREDIENTS

- 20 medium mushrooms
- 1/4 cup chopped shallots, scallions or onion
- 2 cloves garlic, chopped
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon soy sauce
- 2 cups chopped fresh spinach
- 1/2 cup Plain Oikos Organic Greek Yogurt
- Salt and pepper to taste

### DIRECTIONS

Wash the mushrooms and carefully remove the stems without breaking the caps. Finely chop the stems. Combine the shallots, garlic and vinegar in a small skillet or saucepan and cook for 1 to 2 minutes. Add the chopped mushroom stems and soy sauce and cook, stirring occasionally, for 3 to 5 minutes, until the mushrooms soften and release their juices. Add the spinach and cook, continuing to stir, until it is wilted and the liquid in the pan is absorbed. Remove from the heat and let cool for a few minutes, then stir in the yogurt. Season with salt and pepper to taste.

Preheat the oven to 350°F. Stuff the spinach filling into the mushroom caps. Place the mushrooms in a baking pan and bake for 20 minutes, until tender. Remove from the oven and let sit for a few minutes for the filling to set before serving. Yields 20 mushrooms.

Recipe: <http://www.organicitsworthit.org/make/spinach-stuffed-mushrooms>



# Patient Success Spotlight



**Skip is always super helpful, clearly explains his ideas, and keeps it fast and friendly.**

*"Skip is always super helpful, clearly explains his ideas, and keeps it fast and friendly. What I like best is he's comfortable with passing on off to one of many specialists he works with. He's part of OCR in FoCo, and I don't mind the 30 min trip for another opinion." -D.M.*

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<http://1sudoku.com>

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DISCOVER HOW TO  
**LIVE PAIN-FREE**

**SMART  SPORTS**

At Smart Sports, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.

**It's time to go to Smart Sports if:**

- You're tired of living in pain
- You want to feel better and move better
- You have been in an auto accident or injured on the job
- You want to prevent injury



**1. Call and talk to your therapist**



**2. Discover why your pain has come back**



**3. Get your custom recovery program**



**FREE THERAPY CONSULTATION**

**CALL TO SCHEDULE TODAY!**

**(307) 632-7677**

Limited to the first 25 callers.  
Expires 1-30-21