

Wright

PHYSICAL THERAPY

JOINT • SPINE • SPORT



**GET YOUR
LIFE BACK
ON TRACK**

WITH **WRIGHT**
PHYSICAL THERAPY

INSIDE

**5 TIPS FOR AVOIDING
SPORTS INJURIES**

**HEALTHY RECIPE: SPINACH
STUFFED MUSHROOMS**

GET YOUR HEALTH BACK ON TRACK

With Wright Physical Therapy!



Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at Wright Physical Therapy can help.

October is National Physical Therapy Month. Wright Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced at treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with Wright Physical Therapy today, so we can help you get back to the life you deserve!

Why Should I Choose Physical Therapy?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

Benefits of Physical Therapy

A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally.

Continued inside.

HEALTHY RECIPE



SPINACH STUFFED MUSHROOMS

INGREDIENTS

- 20 medium mushrooms
- 1/2 tsp soy sauce
- 1/4 cup chopped shallots, scallions or onion
- 2 cups chopped fresh spinach
- 2 cloves garlic, chopped
- 1/2 cup Plain Oikos Organic Greek Yogurt
- 1 tbsp balsamic vinegar
- Salt & 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.

EXERCISE TO TRY AT HOME

Standing Shoulder Flex/Hip Ext.

Start by standing up straight. Swing one arm straight up over your head by your ear and simultaneously swing your opposite leg back behind you, allowing your back to arch. Maintain your balance and repeat the swings without placing your limbs down. Do 3 sets of 10.



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY



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For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Wright Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success.

5 TIPS FOR AVOIDING SPORTS INJURIES

Whether your kids play for their school team or an extracurricular rec team, there is always the risk of an injury. Some are fairly minor, such as scrapes and bruises, but some can be serious enough to need medical intervention. Here is a collection of tips that can help keep your kids playing the game they love rather than watching from the sidelines:

- 1. Get a preseason physical.** Make an appointment with your child's pediatrician to get a thorough sports physical before the season starts. A sports physical can assess any areas that may be a concern for your young athlete, and in turn keep them from exasperating any conditions that may need to be treated.
- 2. Emphasize the importance of warm-ups.** Stretching is important to loosen muscle fibers and increase blood flow to the area. A mix of both static stretches (such as toe touches) and dynamic stretches (such as high-knees) will get your athlete ready to hit the field.
- 3. Make sure they are getting enough rest.** Muscle fatigue predisposes an athlete to injury, so sleep is critical for your body to restore and rebuild muscle fibers. Make sure your child is also taking a season "off," as overuse injuries are the most common injuries seen in young athletes.
- 4. Make sure they are hydrating!** Heat-related illnesses, such as heat exhaustion and heat stroke, are a real concern for anyone exercising outside, especially on hot and humid days. Make sure your child is adequately hydrating before, during, and after activity.
- 5. Make sure they are eating a healthy, well-balanced diet.** It is important for athletes to fuel up correctly with a diet that consists of whole foods such as fruits, vegetables, and lean proteins. Be sure to make time for breakfast, too!

Even when following tips and guidelines to the letter, injuries can unfortunately still occur. Be sure to tell your young athlete that the old saying "no pain, no gain" doesn't apply when it comes to actual injuries. Playing through pain can lead to further damage and a longer healing time, so it is important to address any nagging pains or acute injuries before they turn into something more serious.

Your physical therapy team at Wright Physical Therapy can help create a plan to treat and prevent injuries by promoting strength training and proper form. Call us today to see how we can help your child succeed this season!

CALL TODAY!
208.736.2574



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PATIENT SUCCESS



"I had major back surgery. Wright Physical Therapy treated me before and after my surgery. I was amazed at the care I received by their staff. Every routine I was given was explained to me in detail. My recovery was to be a minimum of 12 weeks. Wright Physical Therapy got me back to work in 6 weeks. I highly recommend them." – R.G.



We want to hear your Success Story. Scan the QR code and leave us a Google review.

Thank you!

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