



## Health & Wellness

The Newsletter About Your Health And  
Caring For Your Body

# LIVE A *Happier & Healthier* LIFE WITH PHYSICAL THERAPY!



## INSIDE:

- Aspire Toward A Happier & Healthier Life
- Exercise Essential
- Tips For Better Heart Health!
- Share The Love!



# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

## LIVE A *Happier & Healthier* LIFE WITH PHYSICAL THERAPY!

CALL US TODAY! MISSOURI 573.769.6166

SOUTH CAROLINA 843.536.4888



A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle, contact Priority Physical Therapy today!

**Getting on track with physical therapy:** The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients strengthen their

muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

### **Physical therapy treatments are catered toward your needs and goals!**

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive about physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

[WWW.PRIORITYPT.NET](http://WWW.PRIORITYPT.NET)

# ASPIRE TOWARD A HAPPIER & HEALTHIER LIFE

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain.

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate

your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further - Priority Physical Therapy is here to help. Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: [http://www.apta.org/uploadedFiles/APTAorg/About\\_Us/Policies/Practice/PTRoleAdvocacy.pdf](http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf) - <http://www.apta.org/Media/Releases/Consumer/2013/12/15/>



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## EXERCISE ESSENTIAL

### ARM FLY

Lay flat on your stomach with your arms at your side. Lift your chest and your arms off the floor then slowly move your arms to a "T". Repeat 10 times.



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## TIPS FOR BETTER HEART HEALTH!

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



MISSOURI  
573.769.6166

SOUTH CAROLINA  
843.536.4888

**WWW.PRIORITYPT.NET**

# FREE WORKSHOPS

## Knee Pain Workshop

February 16, 2021

6:30 PM | Palmyra, MO

1219 S. Main St.  
Palmyra, MO 63461  
P: 573.769.6166



## Shoulder Pain Workshop

February 16, 2021

6:30 PM | Florence, SC

2521 S. Cashua Drive  
Florence, SC 29501  
P: 843.536.4888



## How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573-769-6166 • South Carolina 843-536-4888 now to register as we are taking only 25 attendees.

# PATIENT SPOTLIGHT



*"Thank you for all your help and bright, smiling faces!"*

"I came to Priority PT suffering from pain in my lower back, left upper back and the right side of my neck. It had been several months since I had been to the gym because of Covid-19 concerns and was uncertain as to what to do. But the referral by my doctor to Priority PT was spot on! Their positive & engaged attitudes have been just reassuring. The therapy methods they developed for me were inventive, focused on my direct needs and motivations. I intend to continue with the exercises I have learned here at home and expand upon them. Thank you for all your help and bright, smiling faces!" **—Stella M.**

## HEART HEALTHY SUNRISE SMOOTHIE



### INGREDIENTS:

- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 1/4 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 2 tbsp honey (optional)
- 1/2 – 1 small beet frozen
- 1 tbsp hemp seeds
- 1 ripe banana
- 1/2 cup ice

### DIRECTIONS:

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

## Share the Love!

Do you have friends or family who can't:

- Move without pain
- Bend & move freely
- Balance comfortably & securely
- Sit for long periods
- Walk long distances
- Live an active & healthy lifestyle

Have your friend call us today for a  
**FREE 15-MINUTE SCREENING**  
with a Physical Therapist!