



## Health & Wellness

*The Newsletter About Your Health And  
Caring For Your Body*



*Show Your Body  
Some Love With PT*

### **INSIDE:**

- Are You Taking Care Of Your Heart?
- Patient Success
- Free Workshop



Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

## Are You Taking Care of Your Heart?



February is American Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart! The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it. Physical therapy at Priority Physical Therapy can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process! Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

### TIPS FOR BETTER HEART HEALTH

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is different! Plaque forming in your arteries is the cause of heart attacks and artery blockages. Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape!

The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercise regularly can help you lose weight and enhance your attitude as well.

- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-training techniques.
- **Maintain mobility of the joints and muscles:** Stretching keeps you active and makes you feel better. Knowing the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.
- **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.
- **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.



### DID YOU KNOW...

*At the end of the 5th century, Roman Pope Gelasius officially declared the date of February 14 "St. Valentine's Day." It wasn't until the Middle Ages, though, that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14.*

# PHYSICAL THERAPY CAN HELP YOU TAKE CARE OF YOUR HEART

If you're looking for a safe way to improve your heart health, physical therapy is a great option.

Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

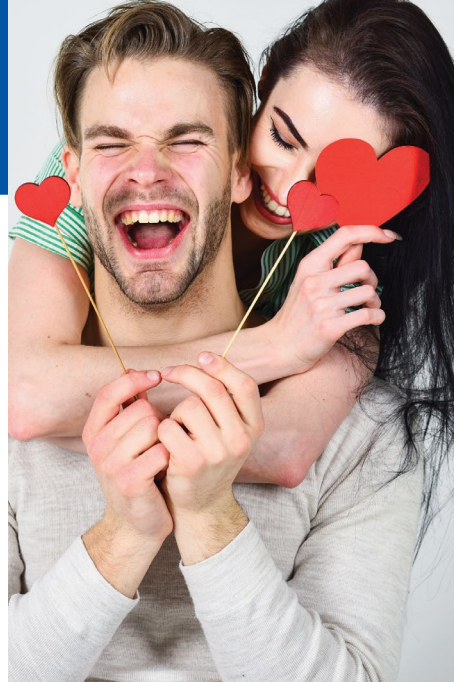
Every program Priority Physical Therapy designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

## LOVE YOUR HEART, LOVE YOUR LIFE

This month is all about loving and appreciating others, but don't forget to take care of yourself! Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at Priority Physical Therapy would love to help you live the highest quality of life possible. Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!



## EXERCISE ESSENTIAL

### IT BAND - STRETCH - SIDELIYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.



*Don't hesitate to give us a call if you have any questions about the exercise.*

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# Free Rotator Cuff & Shoulder Pain Workshop

## Rotator Cuff & Shoulder Pain Workshop

February 22<sup>nd</sup>, 2022

6:30 PM | Palmyra, MO

1219 S. Main St.  
Palmyra, MO 63461  
P: 573.515.2935

## Rotator Cuff & Shoulder Pain Workshop

February 22<sup>nd</sup>, 2022

6:30 PM | Florence, SC

2521 S. Cashua Drive  
Florence, SC 29501  
P: 843.8871107



## PATIENT SUCCESS



**"The therapists and staff are top notch."**

"When I first came to Priority Physical Therapy I was just starting to move my arm again after having a SLAP tear, Bicep and rotator cuff repair. They made sure I took my time and correctly started moving my arm. Each week the therapists pushed me to correctly do my stretches and exercises to carefully start rebuilding my strength. The atmosphere and friendly people that I shared time with made the experience even better. Slow and steady, I got my strength built up. I can now do almost everything I could do before my surgery. The therapists and staff are top notch. I definitely would recommend to anyone seeking physical rehab." — John S.

## How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573.515.2935 • South Carolina 843.8871107 now to register as we are taking only 25 attendees.

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



## HEART HEALTHY RECIPE: CHICKEN & WHITE BEAN STEW

- 1 lb. dried cannellini beans, soaked overnight and drained (see Tip)
- 6 c. unsalted chicken broth
- 1 c. chopped yellow onion
- 1 c. sliced carrots
- 1 tsp. finely chopped fresh rosemary
- 2 bone-in chicken breasts (1 pound each)
- 1 (4 oz) Parmesan cheese rind plus 2/3 cup grated Parmesan, divided
- 4 c. chopped kale
- 1 tbsp. lemon juice
- ½ tsp. kosher salt
- ½ tsp. ground pepper
- 2 tbsp. extra-virgin olive oil
- ¼ c. flat-leaf parsley leaves

Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on low until the beans and vegetables are tender, 7 to 8 hours. Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones. Return the chicken to the slow cooker and stir in kale. Cover and cook on high until the kale is tender, 20 to 30 minutes. Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley.

*Tip: To save time, you can substitute 4 (15 ounce) cans no-salt-added cannellini beans (rinsed) for the soaked dried beans.*

MISSOURI 573.515.2935

SOUTH CAROLINA 843.887.1107