



Health & Wellness

The Newsletter About Your Health And
Caring For Your Body

Spring Back Into Action



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Spring Is the Season of Renewal



Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At Priority Physical Therapy, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring! Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle. If you require assistance for getting started, whether to resolve an injury or commit to fitness, physical therapy can help. Request an appointment with Priority Physical Therapy today!

WE CAN HELP YOU BE MORE ACTIVE THIS SPRING

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. Priority Physical Therapy physical therapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

SPRINGTIME ACTIVITIES PHYSICAL THERAPY CAN HELP WITH

RUNNING

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

GARDENING

Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

BIKING

Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets! Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

WHAT TO EXPECT FROM PRIORITY PHYSICAL THERAPY PHYSICAL THERAPY

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve. We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.



We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

REQUEST AN APPOINTMENT TO GET STARTED TODAY

Priority Physical Therapy offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most. Request an appointment today if you're interested in using your reinvigorated energy this spring!

Sources: <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm> • <https://www.sciencedirect.com/science/article/abs/pii/S0003999318302120> • <https://www.tandfonline.com/doi/abs/10.3109/09593985.2010.544052>

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

WWW.PRIORITYPT.NET

Free Back Pain Workshop

Back Pain Workshop

April 12th, 2022

6:30 PM | Palmyra, MO

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



Back Pain Workshop

April 12th, 2022

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.

WWW.PRIORITYPT.NET



DID YOU KNOW...

In the initial Roman calendar April was the second month of the year until January and February were added in 700 BC. It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime or from the Greek goddess Aphrodite.

PATIENT SUCCESS



"I am walking better, have less pain, and am enjoying my daily activities and exercising again!"

"Before I came to Priority Physical Therapy, I was having great trouble with flexibility in my left ankle and foot, making it more difficult to do many of my daily activities and my weekly exercise routines. Thanks to Brittany and Lauren, I am walking better, have less pain, and am enjoying my daily activities and exercising again. PPT staff are always friendly and encouraging. I thank God for them." — Diane G.



HEALTHY RECIPE: APPLE, GOAT CHEESE, AND PECAN PIZZA

INGREDIENTS

- 1lb six-grain pizza crust
- Cooking spray
- 3 cups thinly sliced Fuji apple
- 1 cup crumbled goat cheese
- 2 tsp chopped fresh thyme
- 1 tbsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 tsp fresh lemon juice
- 1 1/2 tsp honey
- 2 cups baby arugula
- 3 tbsp chopped pecans

INSTRUCTIONS

Preheat oven to 450°. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut pizza into 6 wedges.

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