



Health & Wellness

The Newsletter About Your Health And
Caring For Your Body

Carve Out Some Time For End-Of-Year PT Care.



Have you met your insurance deductible? You may qualify for free physical therapy from the clinic you trust. Call us today to get started on your healing journey.

INSIDE:

- Live Your Healthiest Life This Fall
- Benefits Of Physical Therapy



Health & Wellness

The Newsletter About Your Health And Caring For Your Body



Live Your Healthiest Life This Fall

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 Priority Physical Therapy can help.

October is National Physical Therapy Month. Priority 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 Priority 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

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

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.

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.

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492> • <https://academic.oup.com/ptj/article/90/7/1014/237793> • <https://bjm.bmj.com/content/52/24/1557/tab-station-tools> • <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

Call Us Today

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

WWW.PRIORITYPT.NET

Get The Most Out Of Your Benefits

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. Now is the time to come in for physical therapy!

Scan the QR code to schedule your appointment now!



Healthy Recipe

EGGPLANT STIR FRY



INGREDIENTS:

- 4 eggplants (about 11/2 lbs)
- 5 tbsp canola oil/peanut oil, divided
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp plum sauce
- 2 jalapeño peppers, cut into thin rings
- 1 small yellow onion, sliced into 1/4-inch wedges
- 2 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 cup packed fresh basil leaves

DIRECTIONS: Cut eggplants into quarters lengthwise, then into 2-inch pieces. Heat 2 tablespoons oil in a large cast-iron skillet over high heat. Add half of the eggplant and cook, stirring occasionally, for 4-5 minutes. Transfer to a large bowl. Repeat with 2 tablespoons oil and the remaining eggplant. Cover the eggplant to keep warm and set aside. Whisk hoisin, soy sauce and plum sauce in a small bowl. Set aside. Heat the remaining 1 tablespoon oil in the skillet over high heat. Add jalapeños and onion; cook, stirring often for 4-5 minutes. Add garlic and ginger; cook, stirring often for 30 seconds-1 minute. Add the onion mixture and basil to the eggplant and stir in the sauce. Serve immediately.

<https://www.eatingwell.com/recipe/280383/easy-eggplant-stir-fry/>

Patient Success

"I once was blind but now I see!"

"I once was blind but now I see! As silly as that seems this is a true statement. When I came to Priority PT I was unable to lift my arm due to a shoulder injury. This came from a few months prior running Spartan obstetrical races. I take a lot of pride in being physically fit and pushing my body to its limits, but due to my injury I was unable to move my shoulder without pain much less train. Dr. Lauren and her staff tailored a program that quickly and effectively targeted my shoulder issues to not only relieve my pain, but strengthen my shoulder to the point I am able to train again. Dr. Lauren and her staff are professional, courteous, and encouraging. It was always a joy coming to therapy. As an active person who has been in therapy before I would recommend Priority PT to anyone, and knowing my history with injuries I know it is only a matter of time before I will be back in physical therapy. When that day comes I will be a repeat patient. I can now see the light, and it is good!" — **T.M.**



October Trivia

1. What is a "hallow?"
2. In what country was the first written account of children using the phrase "trick or treat" on Halloween?
3. In what decade did trick-or-treating as we know it today start gaining popularity in America?
4. What were the original jack o' lanterns made from?
5. Where did Mary Shelley get the idea for Frankenstein's monster?



1) A saint or holy person, 2) Canada, 3) 1930s, 4) Turnips, 5) A dream.

We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.

Scan the QR code with your smartphone and select the clinic you visited to leave your review today!



MISSOURI 573.769.6166
SOUTH CAROLINA 843.536.4888