



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

Keep up With Your Physical Therapy This Summer



Meet Mazy
Inside



Incorporate Home
Exercises Into
Your Travels

Patient
Success

Stretch Your
Brain With
Summer Trivia

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Physical
Therapy**

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The Newsletter About Your Health And Caring For Your Body

Make Your Physical Therapy A Priority



Is it time for your next appointment? Scan the QR code to visit our website.

Do You Know Anyone That Needs Our Help?

Refer a loved one today! We can help them:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit comfortably for longer
- ✓ Walk longer distances
- ✓ Maintain a healthy life

Missouri | 573.769.6166

South Carolina | 843.536.4888

How We Help Our Patients Heal Better

- Electrical Stimulation
- Graston Technique
- Kinesio Taping
- Joint Mobilization
- Manual Therapy
- McKenzie Method
- Myofascial Release
- Orthotics
- Therapeutic Exercise
- Vestibular Therapy



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How to Keep up With Your Physical Therapy This Summer

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At Priority Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

Incorporate Home Exercises Into Your Travels

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Tips to keep up with your physical therapy:

- **Use the hotel gym:** Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.
- **Exercise in the pool:** You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D. Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

- **Explore the town you are staying in:** Does your schedule leave little time to fit in physical activity? Walking around the neighborhood or visiting the shops can be an easy way to exercise.

Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

- **Maintain a healthy diet on the go:** Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

Request an appointment today

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Priority Physical Therapy to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856927/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5930801/>



Patient Success



"I came to Priority Physical Therapy with a full right hip replacement. I began therapy not being able to drive, walked with a cane, my flexibility and pain had a lot to be desired. With the professional help from Ruthie and the staff, in a few days was rid of the cane. Later was allowed to drive, climb stairs, and my flexibility is super, No Pain! Now I'm back and able to doing those daily tasks. I would highly recommend PPT for your Physical Therapy requirements!" — **Chuck P.**



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.



PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!



Meet Mazy

Our latest addition to the clinic is Mazy, a 6 month old miniature bernadoodle. She is very energetic in the clinic and is helping Mandy greet the patients as they enter the clinic. She is hypoallergenic. Her lovely disposition and happy go lucky attitude make her a great asset to our Priority Physical Therapy team.



Start Healing With Priority Physical Therapy

Call Missouri at 573.769.6166 or South Carolina at 843.536.4888



Stretch Your Brain With Summer Trivia

1. What does SPF stand for?
2. Which US state has the average hottest temperature?
3. On what one of two dates does the Summer Solstice occur?
4. What three Zodiac signs occur during the Summer?
5. What is the birthstone for July?
6. In which country was the record for hottest temperature ever recorded set?
7. In what year were the first modern Summer Olympic games held?
8. How old is the oldest mosquito fossil?
9. In what country did fireworks originate?
10. In what year did the Fourth of July become a holiday in the United States?



- Answers:
1. Sun Protection Factor
 2. Florida
 3. June 20 or 21
 4. Cancer, Leo, and Virgo
 5. Ruby
 6. The United States - Death Valley, CA
 7. 1896
 8. 79 million years old
 9. China
 10. 1870