



Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

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

## *Get Back Into a Safe Exercise Routine* With Physical Therapy

It's Almost 2024!

Healthy Recipe:  
Pumpkin Cookies

Patient  
Success

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



**Priority  
Physical  
Therapy**

# Health & Wellness

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

**Scan to Book Today!**



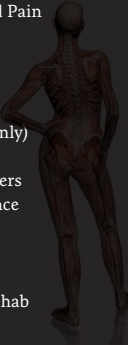
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**Make Your Body A Priority**

*We Can Help you with:*

- Arthritis
- Back Pain
- Balance & Gait Disorder
- Brain Injury
- Chronic Pain
- Dizziness & Vertigo
- Elbow Wrist & Hand Pain
- Fall Prevention
- Foot & Ankle Pain
- Headaches
- Hip & Knee Pain
- Incontinence (MO only)
- Neck Pain
- Neurological Disorders
- Pediatric Incontinence
- Pediatrics
- Pelvic Pain
- Post-Covid Rehab
- Pre/Post Surgical Rehab
- Shoulder Pain
- Sports Injuries
- Stroke
- TMJ Dysfunction
- Whiplash
- Work Injuries



## ***Get Back Into a Safe Exercise Routine***

**H**ave you gotten out of your exercise routine because life's gotten too busy? Have you noticed a mysterious new pain but haven't had a chance to address it yet? At Priority Physical Therapy, our physical therapists can guide you through a safe return to exercise.

Everyone knows that exercise is important: your body, quite simply, was made to move. But between work, family obligations, and life's general hecticness, sometimes working out just falls to the wayside.

But what happens when you decide to pick things back up again? It's important that you understand the safest ways to get back into your exercise routine so that you can avoid injuries. At Priority Physical Therapy, we want to make sure you resolve an old problem and help you get back into a regular exercise routine without developing any new aches and pains.

**Contact us to see how we can help, whatever your goals!**

**Contact Us Today**

Missouri | 573.769.6166

South Carolina | 843.536.4888

**PRIORITYPT.NET**

# Tips From Our Physical Therapists For A Safe Return To Exercise

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888



Everyone should know some important considerations when starting or resuming an exercise program. Our physical therapists are movement experts skilled at guiding people through rehabilitation and beyond—so you know our advice isn't based on the latest fad. Here are just a few of our favorite tips:

## Always use the proper form:

Maintaining your form is crucial no matter what exercise you do. Understanding how to perform an exercise properly can be the difference between results and injury. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or deconditioning.

## Take it easy at first:

If you haven't worked out in a while, it's important to begin with baby steps so that you are not adding extra stress to your joints and muscles. Inactivity leads to physical limitations and an increased risk of injury—but so does trying to do too much too soon. A physical therapist can help you recognize your body's limits and create an exercise plan to get back to your physical goals.

Additionally, our physical therapists can address any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Our movement analysis is a comprehensive way to learn how your body moves to ensure you improve your current form and limit the impact on your joints during exercise.

## Focus on health instead of a number on the scale:

While there is definitive evidence that taking off weight removes the added stress on your joints, making long-term changes to your health means taking a whole-body approach. Proper nutrition can help with weight loss while reducing inflammation in the body. Stress management will also improve your health and well-being.

No matter your goals, our physical therapists will customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This personalized program will help you reach your health goals and decrease the pressure on your joints!

## Set intentions and plan your day around them:

Small modifications to your daily routine can make a big difference to your overall health. We typically recommend making minor changes to your daily routine so the adjustments are more manageable.

## Here are a few small changes to your routine that our therapists definitely approve of:

- Choose the stairs instead of the elevator.
- Do any yardwork yourself, whether mowing the lawn or tending to your garden.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are at sports practice.
- Take the dog on walks around the park or your neighborhood every day.
- Get off the bus one stop early and walk the rest of the way to your destination.

Sources: <https://www.sciencedirect.com/science/article/pii/S2352900816300127> • [https://www.physio-pedia.com/Injury\\_Prevention\\_and\\_Body\\_Mechanics](https://www.physio-pedia.com/Injury_Prevention_and_Body_Mechanics) • <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106> • <https://www.ingentaconnect.com/content/ben/crf/2019/00000015/00000003/art00005> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796229/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5942145/>

## Ready to Get Moving Again? Call to Make an Appointment

If you've been looking for assistance getting back in shape, your search ends here. Priority Physical Therapy is here to help you achieve your wellness and fitness goals. Contact us today to discover how we can help you safely strengthen your muscles and get your energy back without undergoing surgery? Call today to schedule an appointment with one of our specialists.

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## Healthy Recipe: Pumpkin Cookies

### Ingredients:

- 1 cup unsalted butter
- 2 cups old-fashioned oats
- 1 2/3 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp pumpkin pie spice
- 1 cup granulated sugar
- 3/4 cup brown sugar
- 1 egg yolk, (at room temperature)
- 2 tsp pure vanilla extract
- 1 cup pumpkin puree

### Brown Butter Glaze

- 1/4 cup unsalted butter
- 1 1/2 cups confectioners' sugar
- 3 Tbsp milk
- 1/4 tsp vanilla

**Directions:** In a skillet, melt and brown 1 stick of butter over medium heat for about 5-8 min. Remove from heat and let cool for 5 min. While cooling, whisk oats, flour, baking soda, salt, cinnamon, and pumpkin pie spice together in a medium bowl. Preheat oven to 350° F and line two baking sheets with parchment paper. Set aside. Pour 3/4 cup of the cooled brown butter into a large bowl and whisk in granulated sugar and brown sugar until combined. Whisk in egg yolk and vanilla extract, and then pumpkin puree until combined. Mix in dry ingredients into the wet ingredients until combined. Use a medium scoop to place balls of cookie dough onto the two baking sheets 3 in apart from each other. Bake for 14-15 minutes until lightly browned, then let cool for 10 minutes. For Icing: Blend remaining 1/4 cup of browned butter with the remaining ingredients until smooth, then ice cooled cookies before serving.

Courtesy of: [sallysbakingaddiction.com/brown-butter-pumpkin-oatmeal-cookies/](https://sallysbakingaddiction.com/brown-butter-pumpkin-oatmeal-cookies/)



## Patient Success

“When I first came in, I had a great deal of back pain in my spine. I could barely walk. By coming to physical therapy, I was able to get exercises and the manual techniques I needed to get better. I am now able to walk more and I am feeling much better.”

— Cleo Voepel

## It's Almost 2024!

### Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

*If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.*

Get Started On Your Goals With PT!



### Share Your Success! Scan To Share Your Story!

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!



Call to Book today! Make your body & health a Priority!

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