



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

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Discover the Benefits of a Stronger Core



What is the
"Core"?

Exercise Of
The Month:
Forearm Plank

Healthy Recipe:
BBQ Grilled
Chicken

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



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For Our Palmyra Friends...



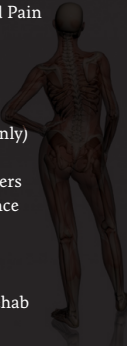
Scan this QR code to learn more about our 24 hour affordable gym and to get started on your 2024 goals.

Or Check It Out At: [Lead.me/beamsN](https://lead.me/beamsN)

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



Discover the Benefits of a Stronger Core with Expert Physical Therapy Tips!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Priority Physical Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

Call Or Text Us Today!

Missouri | 573.769.6166

South Carolina | 843.536.4888

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What Is the “Core”?

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When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

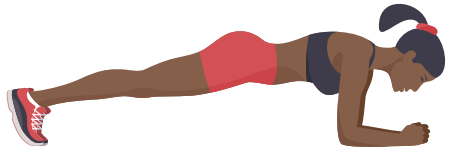
Building Core Strength with Expert Guidance

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When

Exercise Of The Month: Forearm Plank



How To: Starting with your forearms pressed on the ground, lift your body up. Your hands should be palm down to the ground or clasped together. Align your elbows directly under your shoulders. Widen your shoulder blades to engage your back muscles. Engage your quadriceps and squeeze your gluteals. Push back on your heels to engage your leg muscles. Hold for 30 seconds.

functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

Sources: <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-021-c4858-6> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6497754/> • https://journals.lww.com/ncsc-jcr/fulltext/2012/02000/effct_of_core_strength_on_the_measure_of_power_in_8.aspx • <https://www.mdpi.com/2411-5142/6/2/57> • <https://www.frontiersin.org/articles/10.3389/fphys.2022.915259/full>

Book Your Appointment at Priority Physical Therapy!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life! Call us today to set up an appointment!

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Happy 25th Anniversary To Our Palmyra Clinic!



Happy 25th Anniversary to our Palmyra Clinic!
Join us for our big Open House on July 11th from
4 PM - 6 PM!



Healthy Recipe: BBQ Grilled Chicken

Ingredients:

- 1½ pounds chicken tenderloins or boneless skinless chicken breasts
- ¼ cup vegetable oil
- 3 cloves garlic, minced
- 1½ teaspoon salt
- 1 tbsp packed light brown sugar
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon cayenne pepper
- About 1 cup barbecue sauce

Directions: If using boneless skinless chicken breasts, place the chicken breasts one at a time in a 1-gallon zip-lock bag, using a meat mallet, pound the breasts to an even ½-inch thickness. (Skip this step if using tenderloins.) In a large bowl, whisk together the oil, garlic, salt, brown sugar, smoked paprika, cumin, chili powder, and cayenne. Place the chicken in the bowl and, using tongs, toss until the chicken is evenly coated with the marinade. Cover the bowl and place in the refrigerator to marinate for at least 6 hours or up to 24 hours. Preheat the grill to high and oil the grates. Grill the chicken, covered, for 2 to 3 minutes. Flip the chicken, and then brush with some of the barbecue sauce. Cook for 2 to 3 minutes more. (Note that tenderloins will cook faster than breasts.) Transfer the chicken to a serving platter and serve with the remaining barbecue sauce alongside.

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Staff Spotlight

Meet our PT, Dr. Lauren Huggins

Dr. Huggins has been a dedicated Physical Therapist for the past 11 years. She brought her expertise to Florence, opening the second location of Priority Physical Therapy 8 years ago! Lauren's interest in healthcare began at a young age while witnessing the compassionate care her mother provided to patients within the clinic. Following in her mother's footsteps, Lauren earned her doctorate at St. Louis University. When she's not in the clinic she enjoys spending time with her family.

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