

OCTOBER

THE THERAPY Connection

A newsletter for our valued patients & friends.

TIP OF THE MONTH

Celebrating Physical Therapy Month

October is our favorite month out of the year because we get to celebrate everything physical therapy! Every day, we look forward to helping our patients reach their goals by reducing symptoms and improving function. We compiled a short list below to help you get started.



There are two important things every patient should know before beginning physical therapy treatment:

1. Make sure to attend all appointments as recommended by your provider.
2. Be sure to follow through with the instructions and exercises provided by the therapist

By making sure that you attend your visits and following through with your exercises, you will help to increase your chances for success with conservative care. However, if appointments are missed and instructions are not followed through correctly, the chances for success will decrease significantly.

Did you know that physical therapy is intended to make changes within the body? We accomplish this through the use of stretching, exercise, manual therapies (such as massage and mobilization of the joints), and the use of modalities.

The goals of change are to:

- Stretch short tissues to make them longer.
- Strengthen weak tissues to make them stronger.
- Improve and correct bad / abnormal biomechanics and asymmetries in order to alleviate pain and take stress off the body.

Physical therapy is a gradual process. Improvement takes time. We work with each of our patients to set reachable goals throughout rehabilitation. While some goals are easier to achieve than others, each visit is designed to help each patient reach their goals. If you are not in physical therapy and feel as if treatment is not progressing at the rate you had expected, or have any questions about your care, please tell us and we can review your plan of care. For more information about physical therapy, check out a patient based informational site that can give you information about your diagnosis, what to expect from PT and so much more. Check it out today at www.PTandMe.com



PT&Me Featured Article:

Treatment Options for Achilles Tendinitis

The Achilles tendon is the largest tendon in the body. It connects your calf muscles to your heel bone and is used when you walk, run and jump. [more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“In the entire circle of the year there are no days so delightful as those of a fine October.”

— Alexander Smith

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Spooky Spider Biscuits

Looking for something not so spooky to celebrate the season with? Try out these very festive spider biscuits!



Ingredients:

- Bisquick or biscuit mix of your choice
- Milk
- Black food coloring gel (can find at Michael's or Hobby Lobby or any crafts store)
- Pretzel sticks
- M&M's

Directions:

1. Preheat the oven to 450°
2. Follow the instructions from the biscuit mix and while mixing, add 3-4 drops of black food coloring gel
3. Continue to stir or knead the dough, adding coloring until the desired color is achieved
4. Roll out the biscuits by hand and put them on a sprayed cookie sheet
5. Using 4 pretzel sticks for each biscuit, break the sticks in half and push them firmly into the dough until all 8 legs are present
6. Open the M&M's and put two on each spider for eyes. Pressing firmly in so they won't come out during the baking process
7. Bake for 8-9 minutes, let cool, and enjoy a spooky breakfast!