

## TIP OF THE MONTH

## Top 5 Reasons Why You Need Physical Therapy

This Physical Therapy Month, we are celebrating all of the great things we help our patients accomplish year round. Did you know that we can do so much more than just helping patients recover from an injury? We've listed our top five - so check it out and help us celebrate the science of physical

therapy and our talented team of professionals!

### 1. YOU ARE IN PAIN

If you are experiencing pain, physical therapy can help you treat the cause and not just the symptoms of your pain. Physical therapists work one-on-one with patients to achieve long-term solutions without the use of expensive prescriptions or tests, saving them both time and money.

### 2. PREVENT SURGERY

Physical therapy works to reduce pain and heal injury. It works so well in fact that in many cases, it has been proven to remove or reduce the need for surgery. In the event that surgery is needed, a pre-op visit can help make recovery easier and safer.

[http://www.nejm.org/doi/full/10.1056/NEJMoa1305189?query=featured\\_home](http://www.nejm.org/doi/full/10.1056/NEJMoa1305189?query=featured_home)

### 3. HAVE FALLEN MORE THAN ONCE IN THE PAST YEAR

According to the CDC, falls are the leading cause of injury and death for Americans over 65. Fall prevention programs offered by physical therapists are designed to increase independence with functional activities, functional mobility, and safety awareness while decreasing fall risk.

### 4. PREVENT SPORTS INJURIES

Physical therapists work with athletes on many levels to prevent injury while promoting improved performance. By evaluating body movements and muscle strength - physical therapists can tailor programs not only to the sport, but to the individual athlete. Injury recovery programs are also available.

### 5. REACH OVERALL HEALTH GOALS

Physical therapy can help those that have had trouble with mobility or are looking to improve strength and overall health. Physical therapists are able to tailor programs to each patient's ability levels in order to improve confidence and independence, while reducing the risk of future injury.

We are so excited to share Physical Therapy Month with you this October. If you think physical therapy could benefit you – schedule an appointment and we would be happy to go over your concerns and/or needs. For more information about all the great things physical therapy can do, visit [PTandMe](#) or give us a call. Happy Physical Therapy Month!



#### PT&Me Featured Article:

#### [Tips for Seniors: How to Avoid Injuries During Sports & Exercise](#)

Our bodies change with age. It may not be a pleasant thought, but at least most changes are gradual...[more](#)

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



*“My mission in life is not merely to survive, but to thrive.”*

— Maya Angelou

## 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

### Monster Rice Krispies

These snacks are great as a party idea or to put in kid lunches this Halloween. If you need a fun and easy spooky snack, this is it!



#### Ingredients:

- Rice Krispies Treats™ homemade or purchased
- Colored melting chocolates – Recommend: purple, green, and orange
- Colored Sprinkles
- Candy Eyeballs

#### Directions:

1. Put down a large sheet of wax or parchment paper on your workspace and lay out your Rice Krispies Treats™ so that they don't touch
2. Put your sprinkles and candy eyeballs into little bowls for use later
3. Heat your melting chocolate colors separately in microwave safe bowls using the instructions on the packaging
4. Holding your Rice Krispies Treats™ upright, dip the bar about a third of the way down into the melted chocolate and then directly into the sprinkles
5. Lay the bar flat onto the paper and apply the monster eyes while the chocolate is still warm
6. Continue until all of your monsters are made and the chocolate has set
7. Enjoy your monster treats!