

### TIP OF THE MONTH

#### 8 Signs That You May Need Physical Therapy

Have you been thinking about going to physical therapy, but aren't quite sure if it would be a good fit for you? There's no reason to guess when your health is concerned. Our resolution in 2019 is to help you reach your health goals. We've put together 8 types of patients that can



directly benefit from a physical therapy program. We are just scratching the surface, but if these relate to you or a loved one, physical therapy can help with each of the items addressed below.

*If you are...*

- 1. Currently on pain medication:** Physical therapy is a great alternative to opioids. The CDC recommends physical therapy as an alternative that may work better and have fewer risks and side effects.
- 2. Complaining of pain:** If something hurts and resting eases the pain, you may be at risk for loss of functional mobility. Physical therapy can help treat and minimize pain while preventing the onset of chronic pain.
- 3. In need of post-op recovery:** If you were recently an inpatient at a hospital or rehab center, or underwent a surgical procedure and was on mobility restrictions, early physical therapy is key to preventing hospital re-admissions.
- 4. Suffering from nagging pain:** If you are not able to enjoy sports or other hobbies due to nagging symptoms of joint or muscle pain or stiffness, a physical therapist can treat the problem while educating you about prevention.
- 5. Experiencing balance issues:** If you have had a fall in the past year, exhibit a loss of control when bending over or sitting, or need multiple attempts to rise from a seated to standing position, you could benefit from a physical therapy strengthening program.
- 6. Unable to sleep due to pain:** If you are suffering from interrupted sleep due to neck, back or shoulder pain associated with positioning, physical therapy can help get you get back to a well-rested night of sleep.
- 7. Losing muscle control while sitting down:** If you tend to flop down into a chair in a pattern of uncontrolled descent when attempting to sit down, physical therapy can help strengthen your core and regain the strength and flexibility needed to sit down with confidence.
- 8. Limited with active daily living:** If you are experiencing health and functional limitations, exercise and healthy lifestyle habits produce greater effects on function and pain. We can work with you to achieve your health goals and help get you back to the activities you look forward to the most.

Physical therapy is not just about helping patients after an injury, it is also about making sure that our bodies have the strength and flexibility needed to avoid injuries in the first place. We want you to feel and move at your best. If you are adjusting your lifestyle around pain relief, call us directly and let us help you change for the better in 2019!



Featured Article: [Fall Prevention Programs Can Keep You On Your Feet](#)

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



**“Old guys can still have fun and still do stuff.”**

— George H. W. Bush

### 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

#### Mock Loaded Mashed Potato Casserole

This low carb meal is filling and will leave you feeling satisfied. It's super easy to make and tastes great!



#### INGREDIENTS

- 1.5 lb of shredded cooked chicken
- 1 head of cauliflower
- 1 tablespoon minced onion
- 1 tablespoon parsley
- 1 tablespoon garlic powder
- ½ tablespoon dill
- 8oz cream cheese
- 4oz mayo
- 4oz sour cream
- 8oz shredded cheddar
- Salt & Pepper to taste

#### DIRECTIONS

1. Preheat the oven to 350°
2. Boil the cauliflower until it easily slides off of a fork and drain
3. Mix all ingredients except for the cheese together in a large bowl
4. Spoon half of the mixture into a casserole dish, and cover with a layer of shredded cheddar. Repeat
5. Bake for about 30 minutes or until the cheese has melted and serve hot!