



## TIP OF THE MONTH

## October is Physical Therapy Month!

You were not meant to live in pain. As therapists, we spend our entire careers working to help the people in our communities feel better and get back to the things they enjoy most. So how do we do that? Simply put, we work to improve strength, flexibility, and independence by working with you to remove pain, injury, and weakness.

### What if I want to avoid pain?

Movement is the best medicine. The more active you are now, the less likely you will experience weakness and pain as you age. Many older adults believe that they are **too old for strength training**, but that's not the case. As physical therapists, we can work with to prescribe exercise specific to your conditions, needs, and goals.

### What should I do if I start feeling pain?

Talk to your physical therapist. 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 you both time and money. Physical therapy can be used for many different ailments and can help cut down the time off work, off of sports, and promote healing much faster. Physical therapy can be used for many of your minor and major injuries. Following surgeries or traumas (accidents, dislocations, fractures, sprains) it can cause a considerable reduction in swelling and allow things to heal faster than if without therapy.

### How long after an injury should I wait before coming in?

Often, patients end up in physical therapy based on the referral of our physician after dealing with an injury for a certain period of time. However, by nursing an injury for weeks before your first appointment, the body may have already begun to heal; and not always the way we would like it to. **By going to physical therapy first**, you can help cut down the time off work, off of sports, and promote healing much faster. Remember, the quicker you get into therapy following an injury or persistent pain, the quicker your response time will be to therapy.

If you are in pain, please give us a call. We are working hard to provide a safe environment where patients can come and receive care. When you're ready, we're here to get you back on your feet!

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



***“Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.”***

— J.K. Rowling

## 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

### Spider Deviled Eggs

We know you'll fall in love with this recipe. This is definitely a classic the whole family will enjoy.



### INGREDIENTS

- 12 large boiled eggs
- 6 to 8 Tb mayo
- 1 to 2 Tb sweet pickle relish
- 1 tsp yellow mustard
- Salt and pepper to taste
- Paprika
- Black Olives whole and sliced

### DIRECTIONS

1. Peel and halve the eggs, scooping out the yolks into a medium sized bowl
2. Mix the mayo, relish, mustard, salt and pepper into the bowl with the yolks and mix thoroughly
3. Put the mixture into a piping bag and pipe it into the egg whites
4. Sprinkle Paprika over the eggs
5. Garnish with a whole black olive, and add 6 slices to each olive to imitate legs
6. Refrigerate and enjoy!



**WHY YOU  
NEED  
PHYSICAL  
THERAPY**

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