

TIP OF THE MONTH

Add Physical Therapy To Your 2021 Health Plan

You get your vitals checked every year - your musculoskeletal system



should be checked too. As physical therapists, we are uniquely qualified to evaluate physical changes in your body that could potentially lead to pain or injury. By making a routine visit, we can help patients prevent issues in the future. You know they say, An ounce of prevention is worth a pound of cure. So who can benefit the most from these visits? Well, a bunch of people!

1. Former Patients: If you have been discharged from physical therapy in the last 6 months or longer, this is a great time to get a follow-up. We can evaluate your previous injury and see if there are any signs of recurrence, go over your HEP to see if it needs to be updated to fit your current needs, and check any other ailments that may be bothering you.

2. Athletes: This past year, athletes were put in a unique position. Shortened seasons and training periods can lead to an [increase in injury](#). By going to physical therapy, we can evaluate the demands of your sport, compare that to your current physical capabilities, and create an exercise plan tailored to specific muscle groups.

3. Seniors over 65: Seniors over the age of 65 can find themselves losing vision, strength, and perhaps, most importantly, balance. By going to physical therapy for a balance screening, we can identify your risk of falls and prevent them before they happen. The CDC says that 25% of people ages 65 and older fall each year. By going through a [fall prevention program](#), we can help bring that statistic down.

We are so excited to be in 2021! We want to help you make this the best year ever by preventing major injuries or pain. We take your safety seriously. We are following all local and CDC guidelines to keep you safe. In-clinic and [virtual appointments](#) are available.

Happy New Year 2021



Featured Article: [Exercise Tips to Get You Moving](#)

Becoming physically active requires a conscious effort for most adults. Develop an exercise program to fit your individual goals. Be sure to consider ways to increase your activity levels throughout the day. Every little bit helps! [...more](#)

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



“No matter how hard the past, you can always begin again.”

— Buddha

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

Roasted Winter Vegetables

We want to start the year off right, and what better way to do that, than with a side or roasted winter vegetables. This recipe is from Ina Garten so you know it doesn't disappoint! [Full Recipe](#)



INGREDIENTS

- 1 pound carrots, peeled
- 1 pound parsnips, peeled
- 1 large sweet potato, peeled
- 1 small butternut squash, peeled and seeded (about 2 pounds)
- 3 Tbs good olive oil
- Salt & pepper to taste
- 2 Tbs chopped flat-leaf parsley
- Italian seasoning to taste

DIRECTIONS

1. Preheat the oven to 425° and line 2 baking sheet with parchment paper
2. Dice your vegetables into 1-inch pieces and put in a large bowl
3. Pour in the Olive oil, salt, and pepper and mix thoroughly until well coated
4. Spread out the veggies so there's no overlap and bake for 25-35 minutes
5. Sprinkle with parsley and Italian seasoning, serve hot, and enjoy!