



TIP OF THE MONTH

Discover the Great Things Physical Therapists are Doing!

October is Physical Therapy Month, and we are so excited to share it with you! Physical therapy is a dynamic profession that helps people of all ages who have medical conditions, illnesses, or injuries that limit their regular ability to move and function.

Here are a few of the things physical therapy has to offer you:

- 1. Reduce or Eliminate 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 or Postpone 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.
- 3. Improve your balance and prevent falls:** 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 help you figure out what body mechanics need to be corrected and create an injury recovery program for you to ensure a safe return to your sport.
- 5. Rehabilitation from COVID-19:** Even patients that weren't hospitalized can experience multiple symptoms that may last several weeks or even months. Our clinicians will provide you with a comprehensive evaluation so we can develop an individualized treatment plan to overcome your impairments and [restore your strength](#).
- 6. 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 can tailor programs to each patient's ability levels in order to improve confidence and independence while reducing the risk of future injury.

We know that no two people are alike and work to create a customized program that can help individuals return to their prior level of functioning and encourage lifestyle changes that can help prevent further injury and improve overall health and wellbeing. Make October your healthiest month yet and have a physical therapist help take care of you!



WHY SHOULD I DO MY HOME EXERCISE PROGRAM?



Featured Article: [Why Should I Do My Home Exercise Program](#)

When a patient walks in for physical therapy, one of the things they are sent home with is a home exercise program. But why do they do that? ...[more](#)

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

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“You sort of start thinking anything’s possible if you’ve got enough nerve”

— Naomi Judd

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 Burgers

You can buy pre-packaged burger patties from the grocery store or use the marinade below, but these are fun for everyone! Original marinade recipe from [infinetaste.com](https://bit.ly/Burgers2Nite) <https://bit.ly/Burgers2Nite>



BURGERS

- 1/4 cup Worcestershire sauce
- 2 T red wine vinegar
- 2 T brown sugar
- 2 cloves garlic, minced
- 1 T vegetable oil
- 1 tsp onion powder
- 1 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp liquid smoke (mesquite)
- 1 pound ground beef (80/20)

MONSTERS

- Burger buns
- Toothpicks
- Whole olives
- Sliced cheese of choice
- Sandwich Stuffers
- dill pickles
- Toppings of choice

DIRECTIONS:

1. Preheat grill to high heat, and take cheese out of the fridge
2. Mix everything in the burger column in a bowl and slowly work the marinade evenly into the ground beef
3. Evenly divide your beef into 4 patties
4. Grill on high heat for 3-4 minutes each side until cooked
5. Cut 4 triangles into the cheese slices mimicing fangs
6. Dress burger as desired adding the pickles cheese last
7. Stick two olives into the top bun using toothpicks and serve! Sauté the zucchini noodles in a tablespoon of olive oil until tender - move to the side and keep warm
8. serve! on bits, parsley, and remove from heat
9. Mix in your zucchini noodles, season with salt and pepper to taste, garnish with olive oil and Parmesan, and enjoy!