



TIP OF THE MONTH

Adding Physical Therapy to your 2023 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. 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. Patients Considering Surgery:

Physical therapists can work with you to remove or reduce the need for surgery. If you're looking for a conservative plan of care, you've come to the right place. In the event that surgery is needed, we also provide [pre-op appointments](#) to help make recovery easier and safer.

4. Seniors:

Seniors 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 2023! We want to help you make this the best year ever by preventing injuries and improving function!

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



"You are never too old to set another goal, or to dream a new dream."

— Malala Yousafzai

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

Pesto Chicken & Artichokes

This recipe is delicious and takes no time at all to make. If you need to stretch the recipe, serve it on a bed of pasta.



INGREDIENTS:

- 4 thin chicken breasts
- Salt, pepper, garlic powder, and onion powder to taste
- Jar of pesto
- Olive oil
- 1 small jar of artichokes quartered in brine/water
- Grape tomatoes halved

DIRECTIONS:

1. Preheat the oven to 400° F and cover a baking pan with foil
2. Season the chicken with salt, pepper, garlic powder, and onion powder on both sides
3. Bake for 20 minutes or until the internal temp is 165° F
4. Halve the artichoke quarters and sauté in olive oil until they begin to sizzle
5. When the chicken is done, cut into strips and place into the pan with the artichokes moving the heat to low
6. Mix your preferred amount of pesto in the pan with the grape tomatoes until evenly coated. Heat all the way through and serve hot



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