



TIP OF THE MONTH

Celebrating Physical Therapy Month!

What if we told you... you are not meant to live in pain. It's not a

normal part of aging, it's not something you should have to live with, and it definitely shouldn't keep you from doing the things you love most. As physical therapists, we spend our entire careers working to help our community prevent and/or recover from injury and pain. How do we do that? Magic! No, not really. It's science. Taught to graduates of a 7-year undergrad-to-doctorate program and then honed and specialized through the 300 million physical therapy appointments attended each year in the US alone. But that's enough about us. Let's talk about you.

What Should You Do if You Start Feeling Pain?

- **Work with our team to understand your pain.** We play a valuable role in the patient education process. This includes setting realistic expectations for recovery. If you're not sure why something hurts, if it will go away on its own, or the best way to heal from an injury... Ask!
- **Keep moving. Movement is medicine!** An active lifestyle that is appropriate for your condition can help manage symptoms and decrease pain. We can prescribe exercises specific to your condition, needs, and goals.
- **Don't wait.** If you experience an injury or are experiencing the onset of pain, seeing a physical therapist early on can help address and manage your symptoms. Your body will naturally work to heal itself but when left to its own devices that can lead to overcompensation by opposing muscle groups and generalized weakness near the injured area. By [going to physical therapy first](#), you can help cut down the time off work, off sports, and promote healing much faster. Remember, the quicker you get into therapy following an injury or persistent pain, the quicker your recovery time will be.

Do You Only Treat Pain?

We treat way more than pain. People see us for all kinds of things including:

- To prevent or reduce the need for surgery
- Fall prevention
- Reducing the likelihood of sports injuries
- Help reaching overall health goals

Can I Go To PT Directly, or Should I see my Doctor First?

For most patients, you do NOT need a referral to see a qualified physical therapist and begin care. Physical therapists work one-on-one with patients to achieve long-term solutions without expensive prescriptions or tests, saving both time and money. For patients coming to us first, we are happy to work directly with your physician to facilitate the most appropriate plan of care. For those with federal or state-funded insurance plans, a referral from a physician will be required. If you don't have a physician and need one, we have relationships with many local providers and can refer you to someone we trust.

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



“Take care of your body. It's the only place you have to live.”

— Jim Rohn

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

The Spoo-Quiche

We've taken a classic quiche and turned it into something fun for the season! You choose the filling; we'll do the rest!



INGREDIENTS:

- 2 Pillsbury Pie Crusts (1 box)
- 4 large eggs
- 1 cup of whole milk
- 2 cups of your filling of choice
- Shredded cheese if desired
- Salt and pepper to taste

DIRECTIONS:

1. Preheat the oven to 375° and roll out one pie crust onto the pie plate, pushing lightly down in the center and edges
2. Bake for about 7-8 minutes until lightly browned and remove
3. In a bowl, whisk the eggs and milk until combined, then stir in your filling/s of choice
4. Pour the egg mixture into the crust and bake for 40 minutes
5. While the quiche is baking, roll out the second pie crust onto a flat surface and use pizza cutters or a knife to make a pumpkin face
6. 20 minutes into the bake, open the oven and gingerly place your crust pieces on top to finish baking. The quiche is done once the center jiggles only slightly. Add more time as needed
7. Let cool, and enjoy!