

Because Of
Physical Therapy:
YOU CAN DO MORE IN
2024!

TIP OF THE MONTH

You Can Do
More in 2024!

Don't let pain or mobility issues hold you back.

2024 is YOUR year! After every visit with us, you'll feel a little bit better, a little bit stronger, and before you know it — you'll be back better than ever! Starting this year by prioritizing your health is the best gift you could have given yourself. So, let us know what you want to do this year. We want to help you make that happen!

What are Your Goals?

Do you have a goal in your head - perfect! If you need a little bit of help - that's okay too. Here are common benchmarks our patients work toward.

- [Going back into their sport](#) at the level they were before injury.
- [Sleeping without pain](#)
- Getting back into a dance, yoga, or other fitness classes
- Having enough endurance to walk down the aisle, up the stairs, or for long periods.

How We Can Help You Achieve Your Goals.

Physical therapists are [musculoskeletal experts](#). We use manual therapy, stretching, exercise, and other modalities to fine-tune your muscular abilities and help you achieve your goals. We will look for muscular imbalances and areas of weakness that could lead to injury, modify incorrect movements, and treat areas experiencing pain.

2024 is your year to achieve something great, and we want to help you get there. Large or small, your goals are important to us. You can call us to get started. There is no time like the present!



PHYSICAL
THERAPY
TREATING
MORE
THAN PAIN

Featured Article: [Physical Therapists Do More Than Treat Pain.](#) What do physical therapists do? Physical therapists work to improve strength, flexibility, and independence, by working to remove pain, injury, and weakness! [more.](#)

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



*“You could do anything,
if you only dared.”*

— Sarah J. Maas

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

Oatmeal Pancakes

This is our friend Vanessa's favorite pancake recipe. You can view her take on the [original recipe](#) below. (Yields 6 pancakes)



INGREDIENTS:

- 1/2 cup of milk
- 1/2 cup of whole milk Greek yogurt
- 1 large egg
- 1 mashed banana
- 2 cups whole rolled oats
- 2 T maple syrup
- 1 T avocado oil
- 1 tsp vanilla extract
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp salt
- Fruit for toppings

DIRECTIONS:

1. Mix all ingredients except for the fruit topping in a blender until smooth
2. Pour into a pitcher and whisk checking that everything is blended
3. Let the batter rest for at least 10 minutes
4. Heat your skillet or hot plate and make your pancakes!