OCTOBER

THE THERAPY Connection

A newsletter for our valued patients & friends.

TIP OF THE MONTH

October is Physical Therapy Month!

We want to be your physical therapist for life. From our youngest patients to our seniors, we are here to help you live a pain-free functional life - no matter the stage. When you're in pain come to physical therapy first, we can help you cut down the time off sports, and off work, and promote healing much faster.

What should I do if I start feeling pain?

- **Work with our team to understand and treat your pain.** We play a valuable role in patient education, including setting realistic expectations for recovery.
- **Keep moving.** An active lifestyle that is appropriate for your condition can help manage symptoms and decrease pain. Physical therapists can prescribe exercise specific to your condition, needs, and goals.
- **Don't wait.** If you experience an injury or develop the onset of pain, seeing a physical therapist early on can help address and manage your symptoms.

Did you know that we treat more than just 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 to reach overall health goals
- Making cool new PT friends

If you or someone you know could benefit from any of the services above spread the word about physical therapy!

PT & Me
YOUR GUIDE TO PHYSICAL THERAPY
Corner!

Featured Article:

Top 8 Signs You Can Benefit from Outpatient Physical Therapy

We are so excited to have the opportunity to share what we're all about. Without further ado, let's get started on our Top 8 signs you could benefit from outpatient physical therapy. Some of these may be surprising... 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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"Many of life's failures are people who did not realize how close they were to success when they gave up"

– Walt Whitman

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

Mummy Brownies

What better way to celebrate the season than with a twist on a classic dessert. These are so fun to make and even better to eat!

INGREDIENTS

- Betty Crocker Milk Chocolate Brownie Mix
- 2 T water
- 1/2 cup vegetable oil
- 2 eggs
- White chocolate melting wafers
- Shortening (as needed)
- Piping or Ziploc Bag
- #3 sized decorating tip
- Candy Eyeballs

DIRECTIONS:

1. Bake the brownies using the instructions on the back of the box
2. Once the brownies are cool, cut them into squares and lay them down on a baking sheet/ parchment paper.
3. Assemble your piping bag, or sub with a sandwich bag
4. Heat the white chocolate until melted, if the chocolate is too thick, thin it by adding small amounts of shortening while stirring
5. Quickly fill your piping bag and drizzle over your brownies
6. Add the candy eyeballs and enjoy!