



TIP OF THE MONTH

Get Your Health & Wellness Fix in 2026

Don't let pain or mobility issues hold you back. 2026 is YOUR year! After each 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! If your goal is to prioritize your health, we can help turn your dream into reality.

How We Can Help You Achieve Your Health Goals.

Our team will identify muscular imbalances and areas of weakness that could lead to injury, modify incorrect movements, and treat the areas experiencing pain.

Here are some ways physical therapy can help patients feel and move better:

1. [Remove or Reduce Musculoskeletal Pain](#)
2. [Improve Strength and Endurance](#)
3. [Pre & Post Surgical Recovery](#)
4. [Improve Posture and Gait](#)
5. [Sports Injury Recovery and Prevention](#)
6. [Sleeping without Pain](#)
7. [Fall Prevention](#)

Life is too long to live in pain. Waiting can worsen symptoms and start impacting other areas of your body, causing a simple problem to become a complex one. For more information about [our services](#) or to schedule an appointment, contact us.

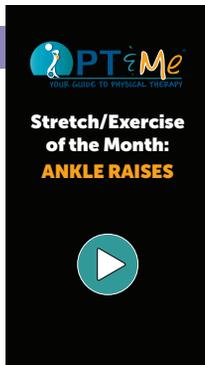
*\*\*If you have Medicare or Medicaid, ask your doctor for a referral before making an appointment. Direct Access is not applicable to patients in federal or state-funded programs, such as Medicare, Medicaid, or Tricare.*

EXERCISE OF THE MONTH

Ankle Raises

If you've suffered an ankle sprain, you may have been told you would be more likely to have them again in the future.

This simple exercise can help prevent future ankle sprains by strengthening the tendons around your ankles, as well as your calf muscles. It's a great exercise for athletes and non-athletes alike.



Featured Article:

[Winter is a Great Time to Take Care of Injuries](#)

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



*"It is never too late to be what you might have been."*

— George Eliot

## 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

Banana Protein Bars

Watch [Prep Ahead Banana Protein Bars](#) on YouTube. Our friend Vanessa found this recipe and told us it was a winner!



INGREDIENTS:

- 2 medium ripe bananas
- 1/2 cup melted coconut oil
- 1/3 cup maple or agave syrup
- 1 tsp vanilla extract
- Salt to taste
- 1 cup rolled oats
- 1/4 cup unsweetened desiccated coconut
- 1/2 cup mixed seeds
- 4 scoops protein powder
- 1/2 cup raisins

DIRECTIONS:

1. Preheat the oven to 350°
2. Mash the bananas, then stir in your wet ingredients
3. Slowly stir in your dry ingredients until evenly mixed throughout
4. Shape into bars and set about an inch apart on a lined baking dish
5. Bake for 12-15 minutes and let cool completely.