



TIP OF THE MONTH

Don't Let Your Summer Be a Bummer!

If you're looking at your summer plans and thinking, I don't think I can do that anymore... Come to physical therapy. We can help.

Who Can Benefit from Physical Therapy?

1. People in Pain:

We can evaluate a current or previous injury and see if physical therapy is the best next step. Whether your pain came on fast or gradually, we can help you through each of the [four stages of recovery](#).

2. People Experiencing Weakness:

Does the family want to go to a more adventurous destination than you think you can handle? We'll work together to [condition your body](#), so you have the ability and confidence to tackle those hikes/stairs successfully.

3. People Considering Surgery:

Physical therapists can work with you to remove or reduce the need for surgery. If surgery is needed, we also provide [pre-op appointments](#) to help make recovery easier and safer.

[You Have Direct Access to Physical Therapy](#). For most, you can start a plan of care without a physician referral. Direct Access does not apply to patients in federal or state-funded programs such as Medicare or Medicaid.

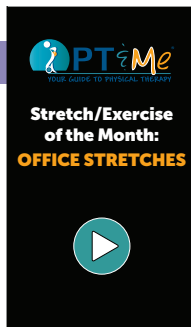
Whether you're traveling or enjoying everything our area has to offer. Let us help you get the most out of your summer.

EXERCISE OF THE MONTH

Office Stretches

It's important to take short movement breaks every 30 minutes spent sitting.

[Here are 3 stretches](#) to add to those movement breaks to help keep your body flexible.



5 WAYS TO OVERCOME STRESS AT WORK



Featured Article: [5 Ways to Overcome Stress at Work](#)

What can we do now to overcome stress? Here are a few ways to minimize stress levels and put a positive spin on your day.

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



“Live in the sunshine. Swim in the sea. Drink in the wild air.”

— Ralph Waldo Emerson

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

Blackberry, Avocado & Feta Salad



This summer salad can be found on [crowdedkitchen.com](#). We've changed the ingredients slightly, but no matter how you make it, it's delicious.

SALAD

INGREDIENTS:

- 5 cups leafy greens
- 1 cup blackberries
- ¾ cup blueberries
- 1 avocado, diced
- 1.5 cups sliced cucumbers
- 1/2 cup feta cheese
- 1/3 cup toasted hazelnuts (or other nut/seed)

DRESSING

INGREDIENTS:

- 1/3 cup olive oil
- 2 tbsp lime juice
- 1 tbsp maple syrup (or other liquid sweetener)
- 2 tbsp finely chopped mint
- ¾ tsp salt
- Pepper

DIRECTIONS:

1. Whisk together all ingredients for vinaigrette. Taste and adjust seasoning as desired.
2. Assemble salad ingredients and toss in vinaigrette. Enjoy fresh.