

OCTOBER

THE THERAPY Connection

A newsletter for our valued patients & friends.



TIP OF THE MONTH

Better Movement Starts with Our Team

This Physical Therapy Month, we're here to remind you: you don't have to live with pain. As [musculoskeletal experts](#), we're passionate about helping people in our community feel their best, move with confidence, and get back to the life they're meant to live.

Here are some of the ways we can help:

1. **Pain & Injury Relief:** Relieve pain, [reduce inflammation](#), and restore comfortable movement.
2. **Pre- & Post-Surgical Rehabilitation:** Personalized rehabilitation to [help you heal safely](#) and get back to your life.
3. **Sports Medicine:** We help athletes prevent injuries and [return to their sport](#).
4. **Balance & Fall Prevention:** Improve balance, [reduce your risk of falls](#), and stay active and independent.
5. **General Conditioning:** Build strength, flexibility, and endurance for a healthier, more active life.
6. **Workplace Rehabilitation:** Recover from work-related injuries and [return to work safely](#) and confidently.

Your goals are important to us! Find one of our physical therapists to experience the difference our team can make.

EXERCISE OF THE MONTH

Piriformis Stretch

The Piriformis muscle in the buttocks helps control hip rotation and pelvic stability. When the piriformis muscle becomes inflamed or tight, it can put extra pressure on the sciatic nerve, causing sciatica (nerve pain that runs down the leg). Stretching this muscle regularly can help minimize sciatica pain and improve hip mobility. Seek out a physical therapist if you already have sciatica pain to help pinpoint whether the pain is spinal or piriformis-related.



**DIRECT
ACCESS TO
PHYSICAL
THERAPY**



Featured Article: [Direct Access to Physical Therapy](#)

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



"You'll never do a whole lot unless you're brave enough to try." — Dolly Parton

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!