NOVEMBER

THE THERAPY Connection

A newsletter for our valued patients & friends.



TIP OF THE MONTH

The Benefits of Walking

Walking is one of the simplest habits you can build to support your overall health. Regular walks can offer a variety of benefits, from improving cardiovascular health and mood to maintaining muscle strength, supporting long-term joint health, and promoting healthy digestion. The best part? Walking is free, low-impact, and easy to adapt to nearly any fitness level, making it an accessible way to stay active and feel your best.

The benefits of walking aren't just reserved for athletes. Studies show that modest, consistent walking improves sleep quality, emotional resilience, and long-term brain health in people of all ages and activity levels. Adding more walking to a daily routine does not require a schedule overhaul.

Quick Changes You Can Make

- Park further from the entrance at the grocery store.
- Take a short walk during a lunch break.
- Choose the stairs over the elevator.
- Walk to a nearby errand instead of driving.

These small, intentional choices add up quickly and deliver real, lasting results.

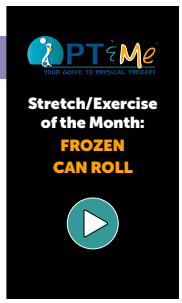
Research backs this up. A 2025 meta-analysis in The Lancet Public Health found that walking just 7,000 steps a day significantly improves outcomes across multiple chronic conditions — heart disease, diabetes, cognitive decline, and more. A separate study found 30 minutes of daily walking reduced cardiovascular disease risk by up to 20% in just six months.

Every patient who walks through the door has different goals, limitations, and starting points. If you're interested in a movement plan tailored to specific needs and goals, request an appointment today.

STRETCH OF THE MONTH

Frozen Can Roll

The Frozen Can Roll is a great stretch for those with plantar fasciitis pain. This stretch can be done while sitting or standing depending on your balance level.



PT & Me
YOUR GUIDE TO PHYSICAL THERAPY
Corner!



Featured Article: Raking Injury Prevention Tips

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

"Gratitude is the heart's memory"

— French Proverb

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

Citrus Marinated Turkey Breast



If you're looking for a deliciously fresh Turkey option for smaller gatherings, this may be the solution!

INGREDIENTS:

- 20oz can of pineapple
- 2 medium onions, divided (chopped)
- 1 bulb of garlic
- 1 orange
- 2 tsp of lemon pepper salt
- 1tsp of thyme
- 1tsp of rosemary
- 1tsp of sage
- Half cup of balsamic vinegar
- 2 T of Molasses
- 4-5lbs boneless, skinless, turkey breast
- Roasting pan or similar
- 3 large carrots
- 3 celery ribs

DIRECTIONS:

1. Thaw the turkey breast in the fridge beforehand
2. Add the pineapple, one onion, 2-3 bulbs of garlic, and everything else below through the Molasses into a food processor and blend until smooth.
3. Rub the mixture onto the turkey and marinate in the fridge for a minimum of 3 hours; overnight preferred
4. Preheat the oven to 375° and get out your roasting pan
5. Chop up the remaining onion, carrots, and celery into large pieces – place at the bottom of the pan
6. Smash 2 cloves of garlic and toss in
7. Place the turkey breast on top, cover with a lid or aluminum foil, and bake for the first hour or so (10-15 minutes total per pound)
8. Remove the lid/foil, change the temp to 450°, and low broil for an additional 10-20 minutes, checking frequently until the internal temp reads 165°
9. Let the turkey rest for 15 minutes before serving.