

NEWSLETTER

WHAT CAN REGULAR EXERCISE & NUTRITION DO FOR BREAST CANCER?

Regular exercise can decrease the risk of developing breast cancer and improve symptoms associated with cancer and its treatments. **Some benefits include decreased:**

- Fatigue
- Anxiety
- Side effects from cancer reducing therapy

A recent study also links physical activity with longer survival in women diagnosed with high-risk breast cancer. Women who engaged in regular physical activity before their cancer diagnosis and after treatment were less likely to have their cancer recur compared with those who were inactive. This is also true for people who exercise sometimes but do not meet the daily recommended amount. Just ten minutes of exercise every day or every other day may result in less fatigue for people with cancer.

What Amount of Exercise is Best? Physical Activity Guidelines for Americans recommend that adults engage in at least 2.5 to 5 hours of moderate-intensity physical activity or 1.25 to 2.5 hours of vigorous-intensity aerobic physical activity per week. Women with breast cancer who met the minimum physical activity guidelines both before diagnosis and at the 2-year follow-up (after treatment) had a **55% reduced chance of their cancer returning and a 68% reduced chance of death** from any cause (not just breast cancer) compared with those who did not meet the guidelines at both times. By adding physical activity into your day, it is likely to influence many health outcomes for breast cancer survivors. This includes quality of life, anxiety, fatigue, functional strength, and the ability to tolerate treatment.

What can good nutrition do for breast cancer? Eating nutrient-rich foods, like flax seeds and **abundant portions of fruits and vegetables, can lower the risk of breast cancer and increase health.** In addition, cruciferous vegetables such as broccoli, Brussels sprouts, and cauliflower are especially beneficial. Certain micronutrients have been shown to reduce the risk of breast cancer. One of those

nutrients is **Vitamin D**, which may reduce the risk of breast cancer by not allowing the formation or growth of cancer cells. You can get vitamin D naturally from the sun and by eating some types of fish.

What can a nutrient-depleted diet do for cancer risk?

Foods that are devoid of helpful benefits can decrease our overall health. Obesity, and eating nutrient-poor foods, such as concentrated sugars and refined flour products (which can lead to diabetes), low fiber intake, consumption of red meat, and imbalance of omega 3 and omega 6 fats all contribute to increased cancer risk. Diet may play a role in both promoting and inhibiting human breast cancer development. Nutritional risk factors such as consumption of dietary saturated and trans fats, meat, and alcohol, have a variety of associations with breast cancer risk.

- **Saturated and trans fats:** The type of fat has different effects on the risk of breast cancer.
- **Meat:** Consumption of meat is associated with heterocyclic amine exposure. What is that? It's a mutagenic compound—it changes DNA to increase the risk of getting cancer.
- **Alcohol:** Even small amounts of alcohol have been linked with an increased risk of breast cancer in women.

Getting Started. Both exercise and good nutrition can help you before, during, and after breast cancer treatment. Talk with your oncologist or surgeon about adding regular exercise to your treatment plan. Ask that they refer you to the **Cancer Survivorship Program at ReQuest Physical Therapy**, where we can help you establish realistic goals. The physical therapist will design your exercise program for the most benefits and the fewest risks to your health or physical condition. It is important to find activities that are both enjoyable and sustainable. Together, we can design a safe, effective, and enjoyable program to meet your needs and goals. Start gently, and remember to rest and recover between sessions.

*Take care,
 Jeff Gilliam, PT, PhD, OCS*

OUR SERVICES

- Injury Treatment
- Vestibular Fall Treatment
- Sciatica Treatment
- And More!

requestphysicaltherapy.com

NEWSLETTER

I THINK I MAY HAVE SCIATICA – HOW CAN I FIND RELIEF?

INSIDE:

- What Can I Do On My Own?
- Patient Success Spotlight
- Healthy Recipe
- Discovering Proper Ergonomics for Your Home Office

Whether you have pain or have been suffering for a long time, seeing a physical therapist at ReQuest Physical Therapy can help you return to a more active and pain-free life. Give us a call today:

- GAINESVILLE: (352) 373-2116
- TIOGA CENTER: (352) 692-2131

Sciatica, also referred to as “lumbar radiculopathy” is a pain that typically radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks, making it the largest nerve in the human body. When this nerve becomes irritated, pain ensues, and it is usually felt in the lumbar area and behind the thigh. The pain can also radiate to the lower limbs, making it difficult to bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by a back injury or disc degeneration, as well.

If you have been suffering from lower back pain, or pain that radiates down to your buttocks or even down your legs, don’t hesitate to contact ReQuest Physical Therapy today. We’ll provide you with the relief you need to live life comfortably once again!

Understanding sciatica treatments: Sciatica is diagnosed through a physical examination and an evaluation of medical history. A CT scan or MRI may also be performed, in order to locate the root cause of sciatica. According to Move Forward PT, “Conservative care like physical therapy often results in better and faster results than surgery or pain medication.” Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain.
- Improving motion.
- Increasing strength.
- Improving flexibility.

- Educating you on how to stand, bend, and twist.
- Returning to normal activities.

Stretching and strengthening exercises are key to treating sciatica pain. Many exercises can help strengthen the spinal column and the supporting muscles, ligaments, and tendons. Most of these back exercises focus not only on the lower back, but also the abdominal (stomach) muscles, gluteus (buttock) muscles, and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage. Stretches for sciatica are designed to target muscles that cause pain when they are tight and inflexible.

Hamstring stretching is almost always an important part of a sciatica exercise program. Most people do not stretch these muscles, which extend from the pelvis to the knee in the back of the thigh, in their daily activities. **Targeted stretches can help loosen up tight muscles and improve elasticity, thus easing pain caused by sciatica.**

WHAT CAN I DO ON MY OWN?

There are some common home remedies you can try, to help ease some of your sciatica symptoms. For example, alternating with ice and heat compresses, or sleeping with a pillow between your knees can help alleviate some pain and stiffness. Sitting in a reclining chair can also help provide some relief, as it redirects the pressure from your lower back. Going for a walk or taking part in other gentle exercises can also help in getting your body moving so it doesn't become too tight.

These are some commonly used at-home treatment methods for pain management, but they unfortunately do not always work. If your home treatments are having little-to-no effect in reducing your pain and restricted motion, or if your symptoms persist for more than a week without improvement, you should seek the aid of a physical therapist. If your symptoms worsen, be sure to consult with your primary physician. Physical therapy can provide you with the treatment you need to alleviate your aches and pains.

How do I get started? If you believe you may be living with sciatica pains, contact ReQuest Physical Therapy today to schedule a consultation with one of our experienced physical therapists. We will determine your diagnosis before creating your treatment plan. The main stages of your plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This



will help increase your overall strength and range of motion. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact ReQuest Physical Therapy for relief. **We'll provide you with an individualized treatment plan to help you get back to your normal life as quickly as possible.**

Call us today to schedule an appointment!

LEMON PAPRIKA BRUSSELS SPROUTS & LEEKS

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 3 C Brussels sprouts, trimmed & blemished outer leaves discarded, each cut in half
- 1 ½ C leeks or onion, sliced
- 2 tsp. vegetable broth or extra virgin olive oil
- 2 tsp. smoked paprika or to taste
- 1 tsp. cumin or to taste
- 1 tsp. cinnamon or to taste
- Dash of salt
- Fresh ground peppercorns, to taste
- 1 lemon, cut into wedges

DIRECTIONS

Preheat oven to 400°F. Line baking pan with parchment paper. If you don't have any, lightly spray baking pan with thin film of non-stick cooking spray. In a large bowl, toss the vegetables with broth or oil to coat. Pour off excess broth or oil. Toss in seasonings. Spread veggies in single layer evenly on baking pan. Bake 10 minutes or until sprouts and leeks are tender. Garnish with lemon wedges and ground peppercorns.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.



Patient Success Spotlight



His kind gesture to that woman made my day!

"One rainy day, I witnessed a staff member start to walk a patient to her car. I told him during my session that 'his kind gesture to that woman made my day'. That staff person was Adrian." - **Janis P.**

ReQuest
PHYSICAL THERAPY

**WE MAKE IT
EASY TO LEAVE
A REVIEW!**



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Patient Results page)
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



requestphysicaltherapy.com

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay out before your insurance company starts covering your medical services. If your deductible has already been met, your physical therapy sessions would likely be very affordable. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy may be completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021!

Are you in pain? Call us today at **352-373-2116** to schedule an appointment with one of our physical therapists. We will guide you to affordable treatments that will place you one step closer to pain relief.

ReQuest
PHYSICAL THERAPY



FREE 15 MINUTE PAIN SCREEN

CALL TO SCHEDULE TODAY!

GAINESVILLE: (352) 373-2116

TIOGA CENTER: (352) 692-2131

Limited to the first 25 callers.
Expires 11-30-20



DISCOVERING PROPER ERGONOMICS FOR YOUR HOME OFFICE

With all of us working from home, it can be difficult to find a comfortable workspace. However, it is important to make sure that the ergonomics in your office are functioning properly, in order to avoid developing unwanted aches and pains. When working from home, ask yourself, "how do I maintain my posture throughout the day?" Do you catch yourself slouching frequently? Do those last couple hours of the workday leave you achy and ready to call it quits? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with some ergonomic changes.

For more information on how to optimize the ergonomic setup of your home office, or additional tips for beating daily aches and pains, contact ReQuest Physical Therapy today.

Making the most of your work-from-home days. If you work from your home office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

If you are at a desk for extended periods of the day, it is important to make sure your back posture is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable. In addition to making the most of your home office, it is also important to make sure you are taking care of your body. When working from home, it is no secret that most of the day is spent with limited levels of mobility.

It is important to make sure that you get up every 30 minutes or so and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow. Exercise is incredibly important in general, especially if your job involves several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back.

Taking even a small amount of time to walk or jog around the neighborhood every day after working from home can highly improve your posture and gait – in addition to helping you get you out of the house for some time!

Have you thought about investing in a standing desk? Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, especially the ones that many of us are experiencing right now, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks and making your home office more ergonomically friendly!

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

Studies suggest whether you choose a standing or adjustable desk for your workday, integrative support can be beneficial in easing yourself into the new setting. In fact, those who participated in some sort of integrative support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.

At the end of the day, make sure you're comfortable. No matter how you choose to work from home, ergonomics is an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on your overall happiness, productivity, and well-being.

At the end of the day, make sure you're comfortable – don't let the daily stresses of working from home take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday. **For more information, contact ReQuest Physical Therapy today.**

Exercise Essentials

Try these exercises to keep you moving...

PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time. Alternate 20 times.

Strengthens
Back

Exercises copyright of
SimpleSet Pro
www.simpleset.net



ANGRY CAT STRETCH

While in a crawl position, draw up your spine to arch your back. Hold for 20 seconds and repeat 10 times.

Stretches
Lower Back



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

About Us

When you need physical therapy, you have the right to choose where you go. If you are tired of being a number and ready for a physical therapy team that's proud to offer special services not found in any other practice in the Gainesville area, ReQuest Physical Therapy is your choice.

We offer a variety of additional premier services to make your time at ReQuest as pleasant as possible, including discounts for cash/self-pay patients, flexible payment schedules, and same-day appointments. We also accept patients without a physician's referral, so you can begin treatment quickly and without the hassle of extra paperwork.



MASSAGE THERAPY RETURNS!

ReQuest Physical Therapy will reopen massage therapy services. Need relief from muscle spasms, improvement in flexibility, or improved circulation? Massage therapy may be the best solution for you.

To schedule your massage therapy session call a clinic nearest you and let them know you are ready to gain pain relief!



Telehealth at ReQuest PT

ReQuest Physical Therapy is committed to your health and wellness and is pleased to announce the addition of telehealth services for our patients!

We have worked diligently to establish technology that allows us to continue treating your condition while also doing our part to #flattenthecurve!

This digital platform means no interruption to plans of care, even when scheduled clinic visits are not an option.



Video Conference:

Virtual face time with patients which allows therapists to collect all the necessary information to prescribe or modify exercises based on range of motion and functional testing.