

NEWSLETTER

RUNNING AT THE MOUTH
WHILE RUNNING FOR MY LIFE



**MY NOISY
CANCER
COMEBACK**

FITZ KOEHLER
READ MORE INSIDE

OUR SERVICES

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

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NEWSLETTER

SURVIVING BREAST CANCER WITH A COMEBACK

INSIDE:

- Improve Physical Performance with These Stretches
- Patient Success Spotlight
- Healthy Recipe
- Benefits of Cross-Training

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

Local author, race announcer and breast cancer survivor, Fitz Koehler is long-time member of Gainesville Health and Fitness. She has written a book on her recent breast cancer journey *My Noisy Cancer Comeback*. We asked her to share a few words of encouragement.

It's undeniable that my breast cancer diagnosis came with exorbitant amounts of terror, stress, and uncertainty. However, as things played out, I figured out how to gain some control over what felt like a completely uncontrollable situation. If you are navigating the treacherous waters of any type of cancer or disease, I'd like to recommend a few maneuvers to help you resume some power and ease your emotions.

1. Perspective. If you make this your best friend, you'll be able to endure all of the hard stuff with a bit more peace. I often reminded myself that I wasn't a kid with cancer, it wasn't MY kid with cancer, and thankfully for me I wasn't dealing with other far less curable diseases. Even though my situation was bad, reminding myself that things could be much worse preserved my sanity.

2. Passions. Before I even began treatment, I made a firm decision to continue travelling the country as a professional race announcer and fitness expert and continue spending quality time with my kids. Doing both was tough at times, but my choices brought about far more good than harm. If I had given up either, I would have certainly fell further into despair. If you have hobbies like gardening, music, animals, crafting, sports or time with loved ones, pursue them as much as possible. If you love animals but you're stuck in the hospital, watch sweet animal videos on your phone. If you can't physically be with your favorite people, schedule a video meeting. It ALL counts! As I reveal in my memoir, my work provided me with legitimate superpowers and the running industry was part of my cure. I shudder to think what might have happened to me if I had given it up during treatment.

3. Positivity. While I cried a million tears because of cancer care, I also smiled a million smiles. I found out early on that I received no extra points for being extra sad, so when I

had the opportunity to laugh and experience joy, I took it. If nothing else, my cancer diagnosis made me even more grateful for each day on earth and I worked hard to make the best of them. It's been seven months since my 21st and final round of chemo and I'm still thrilled to wake up each morning. Positivity can be a learned behavior. Practice it until it sticks!

4. Personal pep talks work. I'm a total wimp when it comes to medical procedures, so I really had to talk myself through them all. What I found myself saying internally was "I can do hard things!" As I put one foot in front of another heading towards a scary scan, surgery, needle poke or round of chemo I would say it over and over. I reminded myself that I built a business, raised great children and even competed as a full-contact kickboxer. I've done lots of hard things and I could do this too. Eventually I had said it enough that I had gotten myself through my final treatment and I'm finally cancer-free.

No one expects a cancer patient to be immune to emotion. That would be ridiculous. But if you dig deep and make quality decisions, you may find that you have a bit more control than you realize. I hope you enjoy my tale of triumph while reading *My Noisy Cancer Comeback: Running at the Mouth, While Running for My Life*. More importantly, I can't wait to read your comeback story. I'm rooting for you and sending all of my noisy love! **Shop at Fitzness.com using discount code **GHFC**, and get a signed book with a free gift including free shipping.**

- Fitz Koehler, M.S.E.S.S

IMPROVE PHYSICAL PERFORMANCE WITH THESE STRETCHES

Many common aches and pains stem from tight muscles and poor movement. The key to good health is to keep your body flexible. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. When your tissues are flexible, normal blood and lymphatic fluids circulate the body easier, oxygenating your tissues properly. This helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired. Additionally, stretching is necessary for dedicated athletes, weekend warriors, or anyone looking to improve their physical performance. After a workout you may not feel the need to stretch if your muscles aren't aching or sore. However, there are several potential effects of not taking the time to stretch correctly after exercise. You might experience stiffness if you're not stretching adequately. Muscles and tendons that aren't stretched properly after exercise may be more susceptible to injury. It is important to not only make sure you're stretching after exercise, but that you're doing the right types of stretches. Some helpful stretches to incorporate that will help you avoid pain and injury include:

1. Kneeling hip flexor stretch. Kneel on a mat or soft surface. Make sure you're positioned so your right knee is straight up and the bottom of your right foot is flat on the floor. Extend your left leg behind you so the top of your left foot is flat on the floor. Begin to shift your weight forward and stop when you begin to feel the stretch in your hip. Hold for 30-45 seconds, then switch legs.

2. Pigeon stretch. Begin on a mat or soft surface. Sit so your left leg is extended behind you, with the top of your left leg flat on the floor, and your right leg bent so the outside of your calf and thigh are flat on the floor. Your right foot should be almost touching your left hip. Slowly lean forward with your arms outstretched so your chest is resting on top of your bent right leg. Keep your head tucked toward the ground. Hold for 30-45 seconds, then relax and switch sides.

3. Calf stretch. Stand with your hands on your hips. Step forward with your right leg and bend your knee, keeping your left leg straight behind you. Place your left heel flat on the ground so you feel the stretch in your left calf muscle. Hold for 30-45 seconds, then switch legs.

4. Quad stretch. Stand with your legs hip-width apart. Relax your shoulders and flex your abdominal muscles. Use your right hand to pull your right leg toward your



buttocks, so your knee is bent facing the floor. Hold your right foot in your hand for 30-45 seconds, then repeat on the left side.

5. Hamstring stretch. Begin by holding onto a stable object, such as a wall, chair, or railing. Place your right foot on a slightly raised surface, such as a step or a curb, so your heel is touching the surface and your toes are facing upwards. Make sure your hips are straight. Slowly bend your left knee until you begin to feel the stretch in your right thigh. Hold for 30-45 seconds then repeat with the left leg.

6. Supine twist stretch. Begin by laying on a mat or soft surface, with your back flat on the ground and your right knee bent. Use your left arm to bring your bent right knee to the other side of your body, keeping your right arm outstretched flat on the ground. Rotate your hips slightly to the left in order to do this. Hold for 30-45 seconds then repeat with the left leg.

Add stretches to your daily routine today! There are many other ways that stretching can help you live your best life. If you are looking to add stretches to your daily life, contact us for assistance! We will schedule a consultation with one of our dedicated physical therapists, so you can discuss which stretches will be best for you. **Contact ReQuest Physical Therapy today to get started on the first steps of your treatment plan and learn more about how targeted stretches will benefit you!**

Call us today to schedule an appointment!

APPLE, CELERY, & WALNUT SALAD

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

This classic salad of apples, walnuts, and celery, also known as waldorf salad, is given a healthy makeover with the substitution of mayo with Greek yogurt.

INGREDIENTS

- 1 gala or Fuji apple, diced (1/4 inch)
- Juice of 1/2 lemon as well as zest from the peel for garnish
- 3 ribs celery, diced (1/4 inch)
- 2 cups celery or other mixed greens
- 1/2 cup coarsely chopped walnuts
- 1/2 cup nonfat plain Greek yogurt
- Salt and freshly ground black pepper, to taste

DIRECTIONS

Toss the apples with the lemon juice in a bowl. Add celery and walnuts then toss. Stir in Greek yogurt and season to taste with salt and pepper. Chill at least 30 minutes to allow flavors to develop. Serve on bed of celery or other mixed greens.

Optional ingredients: quartered grapes, minced red onion, chopped pecans, apple cider vinegar, Dijon mustard, and/or 1/2 teaspoon ground tarragon

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



Patient Success Spotlight



I have learned a regimen of exercises that I can do everyday at home!

"This is my second experience with the ReQuest PT and there was no question about where I would choose to go. Everyone is so friendly and caring. They greet you by name and make you feel at ease. I have learned a regimen of exercises that I can do everyday at home to supplement what they do. I know without their guidance I would not be as strong as I am.

The physical therapists are very hands-on helping you learn how to strengthen the parts of your body that need help. Sometimes this comes from using special machines and equipment, and sometimes with massage or a combination of both. The staff works well together so that when you might not always have the same therapist, they keep detailed notes, so your individual program stays the same." - **Patricia Z.**

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 one of our locations nearest to you 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 12-30-20

BENEFITS OF CROSS-TRAINING



When working out, it is important to include a variety of exercises. If you're doing workouts without some variability, you're increasing your risk of sustaining an injury from repetitive strain or overuse! Cross-training is a way to avoid this because it involves varying your fitness program by combining different types of exercise activities.

Cross-training is a great way to treat a patient dealing with a pain condition by exercising all of their muscles and increasing their overall fitness levels. This method of treatment can decrease the number of overuse injuries an individual experiences and will make your muscles adapt more easily to new exercise and activities.

It doesn't matter if you're an athlete or just looking to improve your health and increase your levels of physical activity, this kind of approach can still do wonders for your fitness. If you're struggling with a pain condition, contact ReQuest Physical Therapy in town today to learn more about how cross-training could benefit you.

Treating a person, or treating a problem? Cross-training is about more than treating the issue a patient is dealing with. It involves doing a deeper dive and taking a close look at the reasons they might be experiencing the pain or discomfort they're in.

For example, imagine that a patient goes to physical therapy for back pain. He complains that his back muscles ache or feel tight during the day. After an examination and some digging into his lifestyle and routine, a physical therapist may realize his

back pain isn't the problem, it's his lack of movement from sitting in a chair all day to do his job.

The therapist can utilize aspects of cross-training to make sure this individual starts to fit more activity into his routine. They might prescribe a cross-training routine incorporating yoga, cardiovascular exercise, or strength training to help alleviate pain and prevent further injuries.

Another example might be a woman with incontinence issues. Rather than just sending this patient off to a urologist, a physical therapist might look at her lifestyle or habits and realize that her incontinence is caused by a bigger issue, such as weak pelvic muscles. Her treatment could end up being exercises meant for strengthening her pelvic floor, such as Pilates.

Contact ReQuest Physical Therapy today. Cross-training in these types of situations can seriously benefit a patient by going beyond their pain symptoms to find the true source of their discomfort. **If you think cross-training may benefit you or someone you love, don't hesitate to call our office today to learn more about this thorough physical therapy treatment approach.**

Source: <https://orthoinfo.aaos.org/en/staying-healthy/cross-training/>

Exercise Essentials

Try these exercises to keep you moving...

CHEST & SHOULDER STRETCH

Stand with good posture, then interlace your fingers behind your back. Press your hands up until you feel a stretch across the front of your shoulders. Hold for 15 seconds and repeat 3 times.

Loosens
Shoulders



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks. Hold for 20 seconds and repeat as needed.

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.

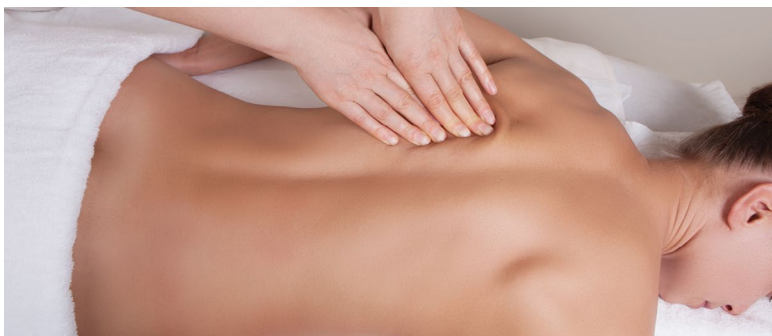
We offer a variety of additional premier services to make your time at ReQuest as pleasant as possible, including discounts for cash/self-pay patients, flexible payment schedules, and same-day appointments. We also accept patients without a physician's referral, so you can begin treatment quickly and 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 to you and let them know you are ready to gain pain relief!

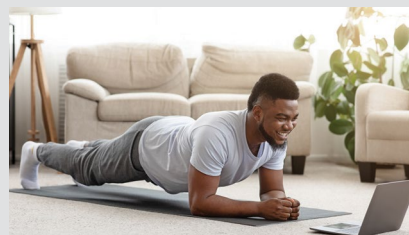


Telehealth at ReQuest PT

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.