

NEWSLETTER

IT'S TIME TO GIVE AQUATIC THERAPY A TRY



Isn't it amazing how light your body feels when you are floating in a pool?

The reason for this phenomenon is that the water immediately offloads up to 50% of your body weight. If you find it difficult to exercise due to chronic pain, aquatic therapy may be the perfect fit for you!

With a variety of specially designed pools, the licensed physical therapists at ReQuest Physical Therapy are able to provide personalized exercise solutions for osteoarthritis, rheumatoid arthritis, fibromyalgia, neurological disorders, low back pain, and many post-surgical conditions.

Why is water therapy so effective?

- The **buoyancy** of the water enables a person

with an injury to move in ways not possible on land.

- The water is a **safe place** to improve your balance without fear of falling and getting hurt.
- The **hydrostatic pressure** of water increases circulation while also decreasing joint and soft tissue swelling which is especially helpful for people with arthritis.
- The **water temperature** in our warm therapy pool stays in the 92 – 95 degree range. This facilitates the relaxation response of muscle tissue and may allow for greater joint mobility and range of motion.

You can live with less pain. **Let us help you get back to doing the things you love to do!**

OUR SERVICES

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

requestphysicaltherapy.com

NEWSLETTER

WHAT'S CAUSING YOUR SHOULDER PAIN?

INSIDE:

- Common Conditions That May Be Causing Your Shoulder Pain
- Patient Success Spotlight
- Healthy Recipe
- Where Will Your Treatment Be One Year From Now?



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

Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pains, contact ReQuest Physical Therapy today!

Understanding your shoulder pain. Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the

corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

COMMON CONDITIONS THAT MAY BE CAUSING YOUR SHOULDER PAIN

• **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.

• **Torn cartilage.** When a cartilage tears, you may experience a number of painful symptoms. You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.

• **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.

• **Arthritis.** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.

• **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.

• **Frozen shoulder.** Medically referred to as "adhesive capsulitis," frozen shoulder can occur if you have been bedridden for an extended period of



time or if your arm has been in a cast or sling for a while. When you don't have opportunities to exercise the shoulder, the tissues can stiffen up on you, thus causing this painful condition to occur.

Find effective shoulder pain relief today. Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. It may also include any additional methods or modalities that your physical therapist deems fit, including ice and heat therapies, manual therapy, ultrasound, aquatic therapy, or electrical nerve stimulation.

There are a wide range of conditions that can be treated with the help of physical therapy. If you are living with shoulder pain, don't let it limit your life any longer! **Find natural, safe, and effective relief with ReQuest Physical Therapy today!**

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 was able to do exercises with less pain!

"I was asked if I would like to do aquatic therapy at ReQuest Physical Therapy. At first, I was hesitant. It ended up being the best decision I have ever made. The pool water was warm and soothing. With each session, my pain would be less and less. I felt my body getting stronger. So much so that when I was able to progress back to land-based programs, I was able to do exercises with less pain. I would highly recommend the aquatic therapy at ReQuest to all looking for relief of their pain." - **J.C.**

I was able to regain my strength and confidence and I feel better today than ever!

"I was so impressed with the ReQuest staff and the benefits of water therapy. At a previous clinic, land-based training was not only painful but I was always afraid of falling. Using the warm therapy pool, I was able to regain my strength and confidence and I feel better today than ever." - **M.M.**

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

NEW YEAR NEW BENEFITS

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let ReQuest Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021.

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 01-30-21

WHERE WILL YOUR TREATMENT BE ONE YEAR FROM NOW?



If you have never seen a physical therapist, or you've heard about therapy but have always been too scared to go, there's a good chance you're missing out on some serious health benefits. The process of beginning physical therapy treatment at ReQuest Physical Therapy can seem very intimidating, especially if you've never visited a physical therapist before. You may wonder if your pain will worsen, or how long it will actually take for you to notice any real changes in your pain or mobility.

We can't tell you exactly how you'll feel one year after beginning therapy. What we can confidently tell you, is that most patients notice a difference in their condition after their first few visits with a physical therapist.

Can you imagine what that progress might look like 10 or 12 months down the road? Everyone's pain levels, tolerance, and conditions are different, so there is no way to put a definite outcome on anyone's progress. What ReQuest Physical Therapy can do is offer you this list of possible outcomes from physical therapy treatment for anyone who wants a general idea of where their condition could be in a year. We hope you read through these possibilities, and consider what your life could look like if you decide to buckle down and get serious about participating in a physical therapy treatment program!

5 Possibilities After One Year of Physical Therapy Treatment. You might experience less age-related aches and pains. Health declines as we age. After all, this is only natural. For some people, this decline happens faster than others, but physical therapy can slow the progression of age-related issues such as arthritis or osteoporosis. It can also decrease your chances of needing a joint replaced, should that issue crop up in your future.

You may be able to kick the prescription medications. Our nation is currently experiencing an opioid epidemic. This means that many people are turning to prescription medications to combat the effects of their pain. Many patients find that after undergoing physical therapy treatment, they are able to completely kick their dependence on harmful prescription drugs. This is a huge benefit and definitely something to look forward to at the end of your physical therapy journey.

You might be able to avoid that surgery after all. That knee, hip, or joint replacement surgery you've been dreading and putting off for years, even though you've been told time and time again that it's unavoidable? Physical therapy at ReQuest Physical Therapy might change that for you in a year. Of course, this varies depending on your specific condition, age, and willingness to comply with your physical therapy treatment plan. It's a risk worth taking if it means you might not have to spend months in recovery!

You won't have to say "no" to doing the things you love anymore. With physical therapy, you might be able to make saying "no" a thing of the past when it comes to activities you'd like to not miss out on! ReQuest Physical Therapy physical therapists are experts in movement, and they'll work with you to not only manage your pain, but also to move your body in ways that will allow you to prevent future injuries. A year from now, you might find that you're once again able to spend your Saturday mornings walking on the beach with your dog, or horseback riding with your friends, free of pain.

You'll learn to manage your symptoms on your own. As your condition gets better and you gain more of an understanding of why you're experiencing pain and how to manage it, you'll find that you're able to mitigate your symptoms at home on your own.

You can only start at the beginning. Although we can't stick a due date on pain relief from your symptoms, or give you a perfect timeline of how you will progress through treatment, we hope that this message gave you a bit of helpful encouragement.

The only way to see progress is to begin your fitness journey. Physical therapy can improve and eliminate tons of different pain symptoms and conditions, from back, neck, knee, and hip pain, to injuries sustained from playing sports or sustaining a work related injury.

Source: Medicines and Drugs - National Institute on Drug Abuse www.drugabuse.gov/sites/default/files/mod4
Arthritis: Causes, Signs, and Diagnosis - Healthline www.healthline.com/health/arthritis
Osteoporosis: Everything You Need to Know - Healthline www.healthline.com/health/osteoporosis
Total Joint Replacement - OrthoInfo - AAOS orthoinfo.aaos.org/treatment/total-joint-replacement

Exercise Essentials


Try these exercises to keep you moving...

ARM FLY

Lay flat on your stomach with your arms at your side. Lift your chest and your arms off the floor then slowly move your arms to a "T". Repeat 10 times.

Strengthens
Shoulders



Exercises copyright of
 SimpleSet Pro
www.simpleset.net



SINGLE SHOULDER RAISE

Start by standing with good posture and your arms by your side. Raise one shoulder to a 90 degree angle and hold for 10 seconds. Repeat 5 times on each arm.

Stretches
Shoulders



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!

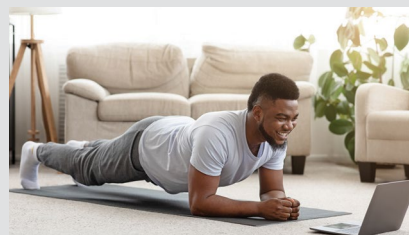


Telehealth at ReQuest PT

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.