

NEWSLETTER

GET IN TUNE WITH YOUR BODY: THERAPEUTIC MASSAGE AT REQUEST

Now more than ever, people are searching for ways to support their immune system and to stay healthy. More and more people are turning to massage for relief from injuries, chronic pain, and the stressors of daily life. Medical professionals are becoming more knowledgeable about the efficacy and benefits of massage and are currently prescribing massage therapy as a component of treatment for their patient's care.

ReQuest Physical Therapy offers massage therapy for both therapeutic benefit and relaxation. Our licensed massage therapists are very seasoned and specialize in a variety of areas including manual ligament therapy, scar tissue release, and structural massage. We regularly incorporate massage into our physical therapy sessions but you do not have to be a patient to schedule.

WHAT TYPES OF MASSAGE THERAPY DOES REQUEST OFFER?

Swedish: Using long kneading, vibrating, and percussive strokes to promote relaxation of muscle and nervous tissue throughout the body. This type of massage facilitates both pain and stress relief.

Sports: Applying massage and related techniques to ensure the health of the athlete and enhance their performance. We also have integrative massage designed to improve your workouts and your marathon/triathlon times.

Deep Tissue: A massage technique designed to melt away fibrous adhesions helping to restore proper movement, circulation, and nutrition to muscle tissues.



Prenatal: Bodywork that is adapted to meet the needs of pregnant women and to relieve pregnancy related pain.

WHAT ARE SOME BENEFITS OF MASSAGE THERAPY?

Massage helps break the pain cycle by reducing muscle tension and spasms and by stimulating the release of endorphins, the body's natural painkillers. Massage plays a key role in preventing and rehabilitating repetitive strain injuries by breaking up adhesions in muscle tissue and restoring proper muscle function.

Massage soothes sore and tired muscles while stimulating blood flow and lymph fluid circulation.

Regular massage can enhance athletic performance by improving flexibility and range of motion.

WILL MY INSURANCE COVER MASSAGE THERAPY?

Many insurance policies will cover massage therapy and do not require a doctor's referral to get started. We also offer competitive self-pay options. **Call us at 373-2116 or email samantha.ream@requestphysicaltherapy.com for more information. If you would like us to check your insurance benefits, please have your card available.**

INSIDE:

- How Can I Alleviate These Symptoms?
- Patient Results

- Healthy Recipe
- Fun COVID-Friendly Spring Activities You Can Do!
- Who Do You Know That Needs Our Help?

NEWSLETTER

WHY AM I HAVING SO MUCH NECK & SHOULDER PAIN?

BY PAYTON MCWILLIAMS, SPT

Covid-19 has brought many changes. A major one being that people are now working from home and scrambling to find efficient workstations in their personal environments using laptops, dining tables, couches, etc. Over the course of the past year, people are transitioning into full time remote work out of their homes while avoiding all public spaces such as offices and conference rooms. Individuals often lack the appropriate equipment to stay ergonomically healthy throughout their workday. You would not think about it before March of 2020, but the little things you did at work such as walking between offices, walking down the hall to grab a coffee, or looking at an eye level computer screen with supportive office chairs, make a HUGE impact in your physical health and on your body's muscular system. These environmental changes combined with less exercise and recreation due to COVID concerns create a recipe for disaster for your posture and your health.

Contributing factors to new shoulder or neck pain can include poor work ergonomics, physical inactivity, and muscle fatigue, which all play a role in keeping a joint stabilized and strong.

• **Poor work ergonomics:** A proper work environment consists of a computer screen at eye level, a keyboard/desk just below the elbows, and a supportive chair that allows feet flat on the floor or a bar for your feet. While this is ideal, the majority of home offices include a laptop and a dining table.



15 MINUTE PAIN SCREEN

FREE

BIG DEAL

Contact us today to schedule your FREE screening!

ReQuest
PHYSICAL THERAPY

Offer expires 04/27/21

- **Physical inactivity:** Working from home has increased physical inactivity since there is no more office building to stand up and walk around in- no more break room, hallways, conference rooms, etc. Inactivity and poor posture weaken the supportive muscles around our shoulder joint and cause tissue deformation, making it more difficult to return to normal posture.
- **Muscle fatigue:** Improper posture and prolonged sitting in one position causes your muscles to work overtime and may lead to fatigue. When you have a muscle that is overworked and tired, it shuts down, which causes other muscles to compensate. These compensatory patterns cause the arm and shoulder to move improperly, which may lead to painful movement patterns, swelling, and further issues.

HOW CAN I ALLEVIATE THESE SYMPTOMS?

• **Correct your workstation:** Designate an office space in your home with a chair that has appropriate lumbar support, cushioning, armrests, and adjustable heights so you can rest your feet on the floor. If you are using a laptop, invest in a wireless keyboard so the laptop screen can be elevated at eye level and your wrists and arms can rest at elbow level.

• **Stay active throughout the day:** Set timers every 60 minutes to get up out of your chair, even if just for 3 minutes, to stretch, stand, and simply move your body. Make sure you are getting the recommended amount of daily exercise (30+ minutes/day).

• **Try these stretches:**

◦ **90/90 Pec Stretch:** Find a doorway, place one foot forward, and bring your arms up to your side with your elbows bent 90 degrees, place your hands on the doorframe and gently lean forward until you feel a gentle stretch.

◦ **Upper Trapezius Stretch:** Sit on a firm surface and brace your hands below your bottom or under the seat. Look straight ahead and gently bend your head to side, reaching your ear to your shoulder until you feel a gentle stretch. Hold for 20 seconds then return to neutral.



If you are experiencing nagging shoulder and neck pain, we can help!

**CALL GAINESVILLE: (352) 373-2116 OR
TIOGA: (352) 692-2131 TODAY TO SCHEDULE AN APPOINTMENT!**

SUPER SEEDS & BERRIES CEREAL

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 1 tbsp. raw flaxseeds
- 1 tbsp. raw chia seeds
- 1 tbsp. raw sesame seeds
- 1 tbsp. raw sunflower seeds
- 1/2 - 1 C berries (raspberries, cherries, blueberries, etc.) and/or seasonal fruit 1 – 1 1/2 C
- unsweetened almond milk
- 1 tbsp. raw pumpkin seeds
- 1 tbsp. raw nuts, chopped (walnuts, pecans, almonds, etc.)
- Stevia (optional), to taste
- 1/2 tsp. ground cinnamon or to taste

DIRECTIONS

In a coffee grinder or seed mill, grind the first 4 ingredients into a fine powder. In a cereal bowl add milled seeds with remaining ingredients. Stir well. Notes: Don't have fresh berries on hand? Then use frozen ones. Pour them into bowl and allow to begin thawing for 5-10 minutes before eating. In a hurry for breakfast? Go ahead and prep steps 1-2 the night before. Refrigerate in airtight container throughout the night. Top with raw nuts right before eating.

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





PATIENT RESULTS

“My experience with ReQuest has been phenomenal. From my PT, Dr. Penny Goldberg, to the front desk team. **The staff here are superb.** You can tell ReQuest staff genuinely cares about helping. Penny is a testament to your commitment to excellence in healthcare.”

- Moshe H.



PENNY GOLDBERG
PT, DPT, ATC
Call today to schedule!
(352) 373-2116



**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

WHO DO YOU KNOW THAT NEEDS OUR HELP? REFER A FRIEND!



Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

Have them call our office today!



1. Call and talk to a therapist



2. Discover why your pain has come back



3. Get your custom recovery program



Fun & Games: Word Search

P	O	L	L	E	N	C	S	X	R	E	N
W	G	B	F	N	F	O	U	G	S	A	J
T	T	U	E	R	U	S	N	B	B	M	Z
H	S	E	R	F	R	F	S	Z	U	T	Q
B	S	I	A	E	U	N	H	O	D	Q	T
U	K	E	W	S	M	Z	I	W	X	Z	K
E	B	O	E	P	P	H	N	U	V	M	R
Z	H	U	M	B	Q	R	E	R	N	B	R
S	U	D	Q	X	D	N	I	R	G	L	V
F	L	O	W	E	R	S	A	N	A	O	Z
O	U	V	M	W	I	I	U	I	G	O	R
P	T	W	Y	Z	N	H	H	C	V	M	X

Pollen
Fresh
Bees

Showers
Flowers
Sunshine

Bloom
Rain
Spring

FUN COVID-FRIENDLY SPRING ACTIVITIES YOU CAN DO!



Since COVID-19 hit last year, people everywhere have been searching for ways to stay happy, healthy, and busy. COVID-19 has kept many of us inside, unable to participate in our normal day-to-day activities. However, spring is here, and along with it comes plenty of opportunities to get outside and begin doing some of the things we love!

Here are some fun, COVID-friendly spring activities you can start planning for. We hope these lift your spirits and get you excited for the coming warmer months!

Try a new outdoor sport. As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months! Make sure to avoid crowded areas, and choose routes that put you at less of a risk of coming into direct contact with other people.

Visit an outdoor farmers market. If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try. Just make sure you wear your mask and stay 6 feet away from other shoppers!

Go see a drive-in movie. The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great spring activity, especially because you can roll down your windows and enjoy a nice breeze as you watch on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.

Break out the gardening tools. Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, an excuse to get fresh air, and is also COVID-safe! Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.

Take a scenic drive. So many parts of nature come back to life in the spring, so why not take a scenic drive now and then to get out of the house? Try getting off the interstate and going the long way around to see some trees, fields, or parks - just make sure you have a GPS or know how to get home safely!

Make the most of this spring. We all deserve to enjoy spring for what it is: a new beginning. Try some of these fun activities to add a bit of joy to your daily routine, and don't forget to keep a mask handy at all times!

Exercise Essentials

Try these exercises to keep you moving...

STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 10 seconds and repeat 8 times.

Stretches
Whole Back



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor while using your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat 10 times.

Improves
Posture



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

WE'RE KEEPING YOU SAFE!

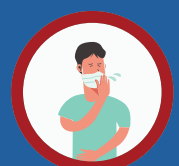
1. We updated our ventilation system and added UV fans in the clinic space.
2. We minimize contact points such as door handles as much as possible.
3. We have ample hand sanitizer spread throughout the clinics.
4. We are all wearing masks and ask that our patients also wear masks.
5. We have masks for you if you need one.
6. We deep clean surfaces daily.
7. We wipe the table and change all linens between each client visit.
8. We wipe down doorknobs, chair arms, and any other surface that has been touched or used during a treatment
9. We have private treatment rooms available for massage therapy.
10. We are requiring patients to call and cancel appointments if ill and we are waiving all cancellation fees for illness. We are also requiring staff to stay home if they are ill.



CLEANING HANDS
OFTEN



AVOID TOUCHING FACE
WITH YOUR HANDS



KEEP DISTANCE FROM
THOSE INFECTED



SNEEZE & COUGH
INTO TISSUES



AVOID HUGS OR
SHAKING HANDS



USE GLOVES
WHEN NECESSARY