



NEWSLETTER

FULL BODY RELAXATION IN FIVE MINUTES

This relaxing flow is an easy way to fit in stretching throughout your work day and only takes about 5 minutes!

Start at the top of your head and work your way down to your feet.

Eyes:

- Rest your eyes – without touching your face, cup your hands lightly over your eyes, allow your eyes to close, and hold your hands there for 30 seconds.

Neck:

- Head tilts – bend your right ear toward your right shoulder, bend your left ear toward your left shoulder. Repeat 10 times on each side.
- Chin tucks – keep your neck neutral, tuck your chin in, hold and release. Do 10 tucks.

Shoulders and Arms:

- Shoulder circles – slowly circle your shoulders forward 10 counts, then reverse direction and circle them backwards for 10 counts.
- Shoulder retraction – reach arms behind your body, interlace your fingers, and gently pull your arms towards the floor. Hold for 10 seconds and release. Repeat as wanted.

Hands:

- Finger Fan: Spread your fingers as far apart as possible, hold your fingers open, then close and make a fist, repeat for 10 counts.

Back

- Sit as straight as possible and picture an imaginary string hanging from the ceiling and attaching to the crown of your head. Hold this



straightened position for 10 seconds and then release.

Legs:

- Quad stretch: Stand with your legs slightly apart. Hold your right foot in your right hand and gently lift the foot up towards your rear keeping your thighs and knees together. You should feel a gentle stretch in the front of your thigh.

Ankles/Feet:

- Circle your feet. Slowly circle your feet for 10 counts in one direction, then reverse and circle them in the other direction.
- Curl your toes. Hold for 5 seconds and release. Repeat this for 10 counts.

INSIDE:

• Common Tips For Preventing Injuries At Home

- Patient Results
- Healthy Recipe
- Fun & Games: Word Search

NEWSLETTER

HELP FOR CURRENT INJURIES & PREVENTING THEIR REOCCURRENCE

Do you have pesky pain you're trying to kick? We understand that many people simply don't have the time to keep coming back to physical therapy. Maybe you're in school, you have a full-time job, you're chasing after young children or grandchildren, or you're a committed athlete who simply can't be out of the game for that long. We get it – you're busy! When you come in for an injury or pain relief, you want your physical therapy treatments to be a "one and done" deal. At ReQuest Physical Therapy, we want the same for you! Give us a call today to hear more about our injury prevention services, and how we can make sure your treatment with us will nip your pain in the bud once and for all.

How can I prevent an injury? ReQuest Physical Therapy offers injury prevention screening to help determine your likelihood of experiencing an injury in the near future. Your body tells you in subtle ways what it can and cannot do – and we're here to listen. How do we do this? First and foremost, we will analyze how your body bends, twists, and moves altogether. This can include watching how you squat and jump, testing your flexibility, and noting your range of motion. During an injury prevention screening, we are on the lookout

FREE

ORTHOPEDIC SCREENING

ARE YOU IN PAIN? SCHEDULE A FREE SCREENING!

FREE

BIG DEAL

ReQuest
PHYSICAL THERAPY

Call us today at 352-373-2116 to schedule a free orthopedic screening with one of our physical therapists. We are ready to get you one step closer to pain relief!

Offer expires 10/27/21

for abnormalities, whether it be in wobbly landing positions, weak limbs, low range of motion, or overall issues with posture and technique. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

After your initial screening, your physical therapist will come up with a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and exercises that you can do on your own to help prevent your risk of future injury.

COMMON TIPS FOR PREVENTING INJURIES AT HOME

- **Stretching your calves.** This is something that you should do before and after every workout. When your calves become tight, the tissues of your fascia can pull and tear, causing injury. Stretching your calves can prevent muscles from stiffening, thus decreasing any painful risks.
- **Massaging your feet.** If you think about it, our feet get quite the workout every single day – they literally hold us up! This can inevitably cause discomfort, especially if we are on our feet more than planned, or we complete a new, extensive workout that we are not used to. A simple remedy is to massage the soles of your feet with a tennis ball. If you are experiencing pain, you can also massage them with a frozen water bottle, which can relieve swelling.
- **Exercising your toes.** Toes may be a part of the body that you don't think about a whole lot but working out your toes can actually have a lot of positive effects. By simply doing daily toe scrunching exercises, you can strengthen your arches and prevent painful conditions, such as plantar fasciitis.
- **Strengthening your back (and other commonly used body parts.)** Did you know that back pain is the most globally reported source of pain? There's a reason! Our backs do a lot of work throughout the day, and it is a long and tender part of everyone's body. You can strengthen your back, stomach, and thighs by doing simple exercises, such as partial crunches and wall sits. These are all highly used parts of our body and strengthening them will both make it easier on your daily life and help prevent your risk of injury to them in the future!

A study titled "Prevention of Sports Injuries: Systematic Review of Randomized Controlled Trials" from the *Archives of Internal Medicine* also stated that **the prevention of sports-related injuries was highly associated with the use of:**



- Insoles
- External joint supports
- Multi-intervention training programs



If you are an athlete and you feel your fitness regimen may be putting you at risk or wearing you down, these proven aids can help you significantly decrease your probability toward harmful and painful injuries. If you've suffered from pain and injury in the past, and you want to figure out how to stop them once and for all, schedule a consultation with one of our physical therapists today. **We'd be happy to meet with you and create a plan for better health!**

Sources: <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/769864?resultClick=1>
<https://www.health.com/pain/tips-to-prevent-running-injuries>
<https://www.webmd.com/back-pain/ss/slideshow-exercises>

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

EASY CASHEW CREAMY PUMPKIN SOUP

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

This simple soup can easily be enjoyed with a savory or spiced seasoning blends.

INGREDIENTS

- 1/2 cup shallot or white onion, chopped
- 2 cups broth or water
- 1/2 tsp sea salt
- 1 cup raw cashews
- 4-5 cups pumpkin, cooked

Savory

- 2 cloves garlic

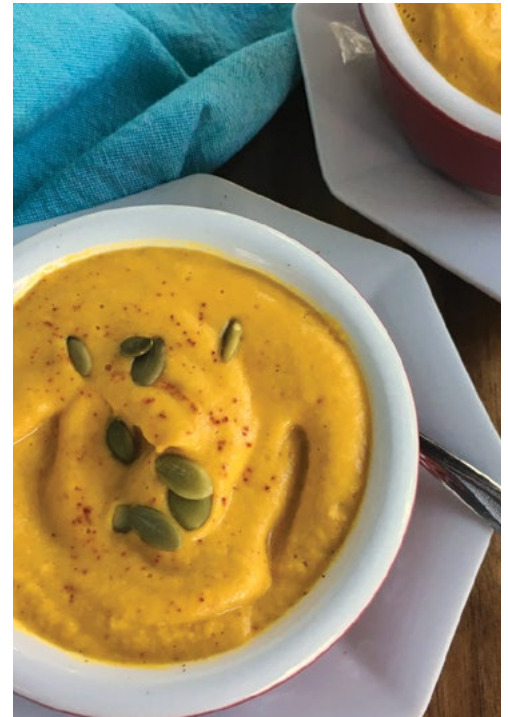
DIRECTIONS

In a sauté pan cook shallot in ¼ cup water or broth 2-3 minutes or until softened. If you just prepared the pumpkin, allow it to cool a bit. In high-powered blender cup (like Vitamix) or food processor bowl, add 1 cup of raw cashews with 1 cup of water or broth. Blend 1-2 minutes until puréed. Add cooked shallot and pumpkin with either savory or spiced ingredients from the list above. Be careful to not overfill the blender cup. You may have to blend the ingredients in batches. Blend 1-2 minutes until puréed. Pour in favorite soup bowl or mug and garnish with desired toppings such as pumpkin seeds or almond slices Note: Don't have any pumpkin on hand? Use butternut instead!

- 1-inch piece of ginger root, minced
- 1 tsp yellow curry powder
- 1/2 tsp turmeric powder
- 1/2 tsp coriander

Spiced

- 1 apple
- 1 tsp ground cinnamon and/or pumpkin pie spice
- 1/2 tsp nutmeg
- 1/4 tsp cloves



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



Fun & Games: Word Search

PATIENT RESULTS

“Everyone is so kind and they work hard to help you feel better. The therapists do everything possible to move you towards a healthier mind and body!”

- Dean L.



JEFF GILLIAM
PT, PhD, OCS
Call today to schedule!
(352) 373-2116

S F G H E G H U E X V V U O L G E Y S R U Y O S
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| SCARECROW | THANKSGIVING | NOVEMBER | HALLOWEEN |
| GOURDS | AUTUMN | ACORNS | PUMPKINS |
| APPLES | SCENERY | FALL FOLIAGE | NIPPY |
| FROST | COOL NIGHTS | JACKETS | SWEATERS |
| BOOTS | TREES | LEAVES | BROWNS |
| FALL | | | |



SHAUNA IS BACK!

We are excited to announce that licensed massage therapist Shauna Lillywhite has returned to ReQuest and is accepting new patients. Shauna is a seasoned massage therapist who specializes in deep tissue/neuromuscular therapy as well as diaphragm/abdominal work, cancer recovery, and scar tissue release.



Call 373-2116 today to get on her schedule!



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

PRACTICE NEWS

Welcome Dr. Chase Chavez!



We are so excited to welcome Dr. Chase Chavez to the ReQuest Physical Therapy family! We consider Chase to be something of a "pain expert". If you are in pain and not sure where to start, he's the perfect therapist for you!

Chase earned his Doctorate in Physical Therapy from the University of Florida in April of 2021. Chase also is a certified strength and conditioning coach, certified by the NSCA. Prior to physical therapy school, Chase attended the University of South Florida and also worked as a private martial arts instructor. He enjoys working with youth and young athletes to help them achieve their full potential.

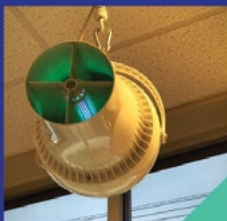
Chase is an active member of the American Physical Therapy Association and continues to participate in educational courses and seminars about sports physical therapy and sports performance.

Chase enjoys spending his free time running, cycling, lifting and watching Florida Gators and Chicago Bears football.

Your Safety Is Our Priority!

Our Air Pear fans use ionization technology to grab harmful pathogens from the air, rendering them inactive.

When combined with the sanitizing UV light in the fans, our air is up to 99% GERM FREE!



ReQuest
PHYSICAL THERAPY

MAKING STRIDES AGAINST *Breast Cancer*

Interested in joining ReQuest's walking team? Contact Samantha Ream directly by email samantha.ream@requestphysicaltherapy.com.

Visit <http://main.acsevents.org/goto/requestghf> to join our team as well.

American Cancer Society
MAKING STRIDES
Against Breast Cancer

AVON
National Presenting Sponsor

**Making Strides
Against Breast Cancer
of Gainesville**

Walk with us to raise the funds needed to end breast cancer.

WHAT UNITES US, IGNITES US.

October 23, 2021

CELEBRATION POINTE
4949 Celebration Pointe Ave
Registration: 7:30 a.m.
Opening Ceremony: 8:00 a.m.
Walk: 9:00 a.m.

For more information:
727.537.0944
Kyle.Stone@cancer.org
MakingStridesWalk.org/GainesvilleFL

Don't let anyone rob you of your imagination, your creativity, or your curiosity. It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live.

- Mae C. Jemison

Exercise Essentials

Try these exercises to keep you moving...



SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide. Hold for 30 seconds and repeat as needed.

Stretches hips

Exercises copyright of
 SimpleSet Pro
www.simpleset.net

LUMBAR EXTENSION

Stand with good posture, feet shoulder width apart. Position your hands on the backs of your hips. Lean back, far as you comfortably can. Slowly return to the start position. Repeat 10 times.

Strengthens back



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

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!



Why You Need To Come Back In For A Tune-Up:

- ✓ 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



Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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REQUESTPHYSICALTHERAPY.COM