

NEWSLETTER

HAVE YOU HEARD ABOUT OUR CANCER SURVIVORSHIP PROGRAM

Have you heard about our cancer survivorship program? Led by Dr. Jeff Gilliam, this program focuses on whole body wellness including strength, balance, and nutrition. It is designed for individuals who are currently going through cancer treatments as well as those who are in any stage of remission or healing. Research shows that exercise is one of the most powerful treatments for cancer and we agree!



You may be surprised to learn that the recommended amount of exercise for someone going through cancer treatment is the same that is recommended for everyone – 150 minutes of moderate to intense exercise per week. It is okay if that feels like too much. Once your doctor gives you the okay to go back to normal daily activities, get back to doing them as quickly as possible. Start by being as active as you can on the days that you have the most energy. Begin with a gentle walking regimen. When you feel ready, add resistance training at least two times per week. Remember: movement is key.

If you need help getting started, we are here for you. You can email samantha.ream@requestphysicaltherapy or call 373-2116 to schedule a free cancer survivorship orthopedic screening with Jeff.

INSIDE:

- Avoiding Falls In The Winter
- We Are Accepting Toy Donations!

- Healthy Recipe
- Fun & Games
- Practice News

NEWSLETTER



YOU CAN REMAIN ACTIVE DURING THE WINTER MONTHS

GIFT OF GIVING
**MASSAGE THERAPY
GIFT CERTIFICATES**
HOLIDAY
SPECIAL
ReQuest
 PHYSICAL THERAPY

Give the gift of relaxation this holiday season! Massage therapy gift certificates are available for purchase at either of our locations.

Offer expires 12/27/21

Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At ReQuest Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

What are the benefits of exercising during the winter? It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low intensity workouts

are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around. Additional benefits to winter exercising include:

- Sunlight intake. Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- Absence of heat/humidity. Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- Immune system boost. According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

AVOIDING FALLS IN THE WINTER

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At ReQuest Physical Therapy, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall! There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.
- Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can



provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained therapists can help you figure out if an additional assist would benefit you.

Contact us today! Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain, ReQuest Physical Therapy can help. **Contact us today to find out how we can help make your winter season as enjoyable as possible!**

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

MASHED CAULIFLOWER

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 2 medium heads of cauliflower, about 8 C total of florets
- ½ C cooked pinto or garbanzo beans
- 1-2 cloves of garlic, minced or zested
- 1-2 tbsp. minced herb(s) of choice i.e. rosemary, dill, etc (optional)
- ¼ tsp. sea salt
- ¼ tsp. ground peppercorns or to taste
- 2-3 tbsp. minced chives or to taste

DIRECTIONS

Place whole cauliflower in a steamer basket then in a pot with 2 inches of water. Cover and steam cauliflower until tender so a fork could easily pierce it, about 10 minutes. Microwave option: chop cauliflower into florets and place in a microwavable bowl with ½ inch of water. Cover and steam 5 minutes. Check tenderness and continue steaming at 3 min intervals until cauliflower easily pierced by fork. Drain remaining water. Return cauliflower to hot dry bowl/pan for 5 minutes to allow extra moisture to evaporate. In a large bowl, mash cauliflower with remaining ingredients using a potato masher or blend with hand mixer or food processor. Garnish with minced chives.

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





WE ARE ACCEPTING TOY DONATIONS!

Our Main Center clinic at **4820 Newberry Rd.** is a drop off location for Toys for Tots. We will be collecting new, unwrapped toys through **December 15th.**



FUN & GAMES

Can you un-scramble these seasonal words and phrases?

yoahilds

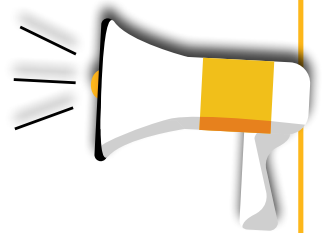
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WHO DO YOU KNOW THAT NEEDS OUR HELP? REFER A FRIEND!

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!

GAINESVILLE: (352) 373-2116

TIOGA CENTER: (352) 692-2131

ReQuest
PHYSICAL THERAPY

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

PRACTICE NEWS

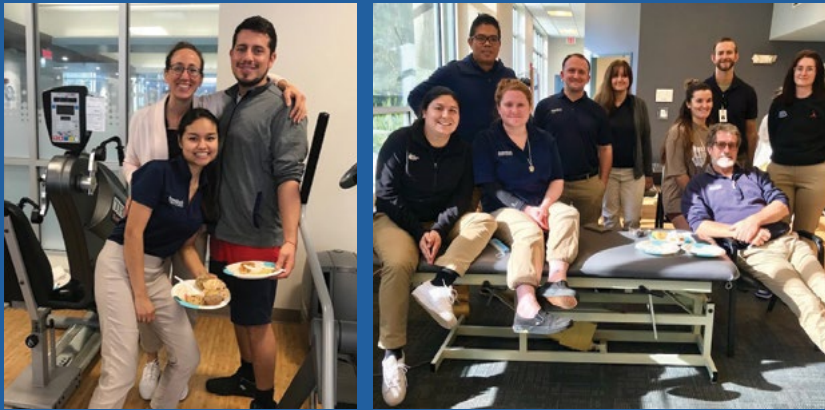
Staff Spotlight

Jonnie – Patient Coordinator Extraordinaire

Jonnie has been part of the ReQuest family since January of 2020. He started as an intern while completing his degree in Health Care Service Administration. When he graduated, we could not hire him fast enough!

Jonnie has all the answers – whether you have questions about starting physical therapy or what your insurance will or will not cover. When asked what his favorite part is about working at ReQuest, Jonnie said it is meeting people and getting to connect with them while hearing their life stories.

In his free time, you will find Jonnie weightlifting or on a cardio machine next door at GHF. If he could go anywhere tomorrow, Jonnie would travel to New Zealand to do the 14-day Lord of the Rings hiking tour.



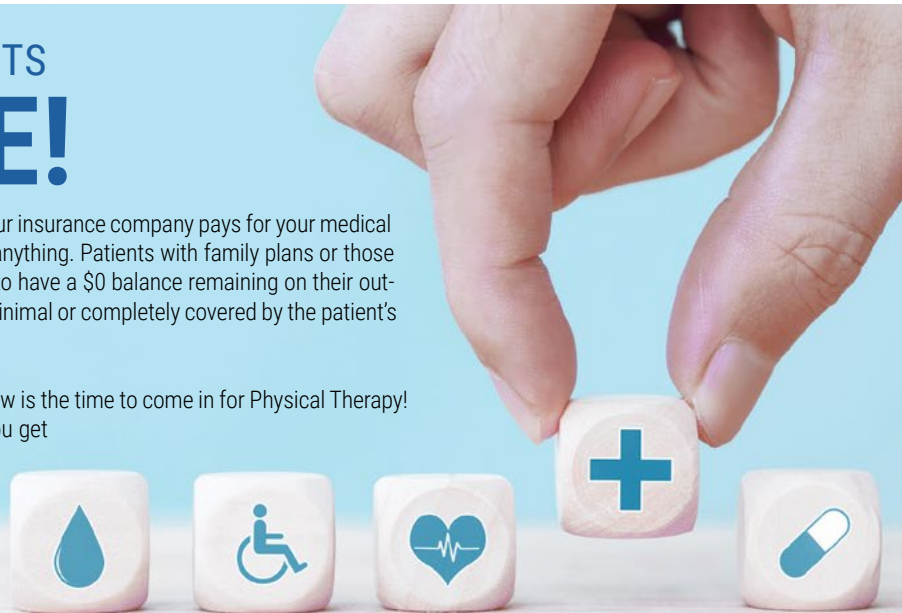
CAPTURED FUN MOMENTS
**WITH OUR
STAFF**

DON'T LET YOUR INSURANCE BENEFITS GO TO WASTE!

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. 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 could be minimal or 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 2022.

Have you undergone surgery recently? Call us today at Gainesville: (352) 373-2116 or Tioga: (352) 692-2131 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



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



HAMSTRING STRETCH | WALL

Place a leg up a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall. Hold for 20 seconds and repeat on each leg.

Relieves leg
pain

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



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!

GAINESVILLE: (352) 373-2116

TIOGA: (352) 692-2131

REQUESTPHYSICALTHERAPY.COM