

# NEWSLETTER

## NEW EQUIPMENT

# TORQUE FITNESS TANK

Did you know? Walking speed is associated with survival among older adults. Speed reflects both their level of health as well as their functional ability.

At ReQuest Physical Therapy, our therapists incorporate strengthening exercises to target the specific muscle groups that facilitate walking speed. Additionally, we are using the new Torque Fitness Tank to optimize strength and power output of the propulsion muscles that directly relate to walking speed.

Already a patient? Ask your therapist to incorporate the Torque Fitness Tank to improve your walking speed into your treatment plan.



**Not a patient yet? Call Gainesville: (352) 747-9992 or Tioga Center: (352) 670-3461 to schedule a free gait and balance screening today!**

# NEWSLETTER



## DIRECT ACCESS & THE BENEFITS OF PHYSICAL THERAPY

Have you ever received an injury or woken up with a pain in your back, hips, legs, or shoulders? Your first thought was probably "I need to call my doctor and see if I can get in the office for a visit today."

So you call them, and you're disappointed to hear there are no available openings for you to be seen for another week. This means another week of attempting to self-medicate, another week of sleepless nights and discomfort. This is typically the case in many situations of chronic pain, but it doesn't have to be!

Did you know that you don't need to have a referral from your primary care provider to see a physical therapist at ReQuest Physical Therapy? It's true, thanks to direct access laws in our state.

If you require physical therapy for a chronic condition or injury, call our clinic today to learn more about how you can get started on your journey towards a pain-free life. In the meantime, keep reading to learn more about direct access legislation, and the benefits of physical therapy for improved health and wellness.

**What is Direct Access?** Direct Access allows you to be in control of your healthcare and the speed at which you're able to receive it. Direct access laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and money spent trying to find a solution to your pain and discomfort.

Florida is one of 28 states that allow direct access to physical therapy. Their website outlines the requirements for a physical therapy clinic to treat direct access patients, stating:

COME BACK!

## SCHEDULE AN APPOINTMENT

BIG  
DEAL

**ReQuest**  
PHYSICAL THERAPY

Take your health to another level! Schedule an appointment at a location nearest to you.

Offer expires 02/27/22

- The PT must refer a patient to the patient's licensed healthcare provider if the patient has not made measurable or functional improvement 30 days after starting therapy treatment.
- If the patient is making measurable progress and improving, the 30-day limit does not apply.

#### The 30-day provision also does not apply to:

- Treatment provided for complaints related to chronic neuromuscular or developmental conditions for patients previously diagnosed with such a condition.
- We cannot direct access Medicare or any type of HMO insurance policy.

This also results in quicker access to healthcare that is more effective and long-lasting than prescription medications. The faster you get in to see a physical therapist for assessment and treatment, the sooner you can begin your journey to feeling better. Not to mention, it'll save you loads of money in the long run, and it will also help you to get back to living a normal, active lifestyle much faster!

# WHY CHOOSE PHYSICAL THERAPY?

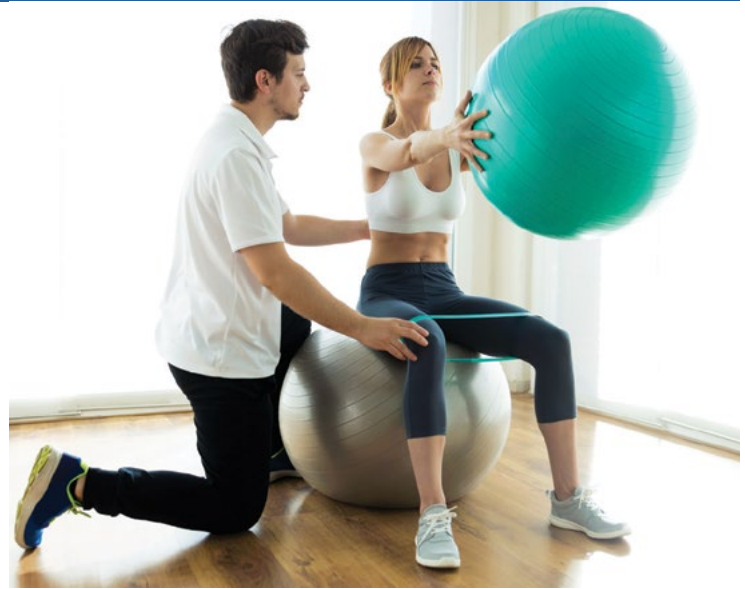
Now that you're up to speed on the benefits of direct access, you should also understand the benefits of physical therapy and what it can do for your overall health!

Physical therapy is a safe, healthy, and effective way to combat a variety of acute and chronic pain conditions -- all without the use of harmful and addictive pain medication. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity.

Physical therapists know exactly how to pinpoint your problem areas and create a customized treatment plan aimed at improving or relieving your pain condition. They can also teach you how to prevent future injuries from occurring, which is an added bonus if you're an athlete or enjoy playing physically demanding sports. Some of the most common conditions a physical therapist at ReQuest Physical Therapy can help treat:

- Ankle and wrist sprains or strains
- Arthritis
- Lymphedema
- Carpal Tunnel Syndrome
- Back pain and herniated discs
- Neck pain
- Shoulder pain
- Hip pain
- Knee pain
- Headaches
- Joint pain
- Sciatica

ReQuest Physical Therapy physical therapists help patients strengthen their muscles and joints, improve their range of motion, prevent injury improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.



**Learn more about the benefits of direct access.** ReQuest Physical Therapy is here to provide support to you every step of your recovery journey. Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably.

**Call our clinic to learn more about direct access and to schedule an appointment with one of our skilled and attentive therapists. We're here to help you reach your feel better and reach your goals.**

<https://www.webpt.com/downloads/the-pts-guide-to-direct-access-law-in-all-50-states/>

**CALL GAINESVILLE: (352) 747-9992 OR TIOGA: (352) 670-3461 TODAY TO SCHEDULE AN APPOINTMENT!**

## ***BROCCOLI SLAW WITH GINGER CITRUS DRESSING*** *TASTE HOW DELICIOUS WEIGHT LOSS CAN BE*

### **INGREDIENTS**

- 2-3 cups grated stems broccoli and/or cauliflower
- 1/2 - 1 cup grated stir-ins such as carrot, cabbage, onion, apple
- 1 large or 2 medium oranges
- 1 tbsp. orange zest
- Juice 1 lemon
- 1/2 - 1 tbsp. fresh ginger, grated
- Pinch of sea salt and ground peppercorns
- Stevia, to taste (optional)
- Tasty Toppings: avocado slices, cashews, walnuts, pecans, or pumpkin seeds

### **DIRECTIONS**

In a large bowl, add grated broccoli. To add a little color, stir in ingredients like grated carrot, onion, apple, and purple cabbage. Next, peel and section one orange. Squeeze the juice of 1-2 sections into a small bowl. Whisk together with orange zest, lemon juice, sea salt, ground peppercorns, and grated ginger. Pour citrus dressing over slaw. Some add a little stevia to give it a hint of sweetness. Taste first because the orange may be sweet enough to balance the tart lemon. Enjoy as a cold side or salad topper! Right before eating toss in raw nuts, avocado, or pumpkin seeds!

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



<https://requestphysicaltherapy.com/physical-therapy-treatments/adult-weight-loss/>



## FUN & GAMES

### PATIENT RESULTS

“Jerry and Adrian at Tioga did a wonderful job with the healing process of my shoulder. They really helped me get back to normal life quickly through massage and physical therapy. I learned a good number of stretches to help with care at home. Great job and thank you!”

- James K.



**ADRIAN LATSCU**  
PTA, ACCI  
Call today to schedule!  
(352) 373-2116

**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](http://requestphysicaltherapy.com)

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<http://1sudoku.com>

n° 327735 - Level Hard

START YOUR NEW YEAR ON THE RIGHT PATH

# SCHEDULE AN APPOINTMENT

Are you in pain?  
Have you sustained an injury?  
Give your physical therapist a call today!

**GAINESVILLE: (352) 747-9992**  
**TIOGA CENTER: (352) 670-3461**

**ReQuest**  
PHYSICAL THERAPY

# PRACTICE NEWS

## Staff Spotlight

### Mukunda "Muki" Rico, B.S, PTA

I was introduced to physical therapy during my travels to Australia. I have always felt connected to the purpose of helping others, I just didn't know how until then. I enjoy traveling, playing sports, being a dad and husband. I consider myself a life-long student and committed to growth.

Most of my experience is with post-operative rehabilitation, home health, and additional training in vestibular rehabilitation. I really try to treat my patients like I would my own family with the intent to provide quality care and help them improve their quality of life and have some fun during the healing process. I love working here at Request because we treat each patient and their unique case individually. We also see a variety of conditions such as: lower back pain, knee pain, neck pain, sciatica, weight loss, sports injuries, BPPV, and post-operative care, such exposure has helped me and my colleagues gain skills as well-rounded clinician.



When I am not in the clinic you will see me on a beach volleyball court at least once a week and on the weekends, I attempt to cultivate my culinary skills for friends and family. I enjoy eating a healthy and clean plant-based diet, and I am drawn to varieties of cuisines from around the world. Thanks for taking the time to read a little about me and my little world. Ciao!



## QUICK TIP



### FROM DR. CHASE CHAVEZ

How can you adjust your cardio workouts to minimize injury and soreness?

- Make sure you are wearing properly fitting shoes.
- Hydrate before and during your workout.
- Walk or run with a friend in safe, well-lit areas.
- Utilize stretching before and after your workout.
- Use lights/reflective gear if working out early in the morning or in the dark.
- If cycling, be sure to wear a helmet.

If you are concerned about pain or re-injury, please consult a physical therapist before starting a cardio routine. **Call Gainesville: (352) 747-9992 or Tioga Center: (352) 670-3461 to schedule a free pain screening with Dr. Chase today!**

# Exercise Essentials

Try these exercises to keep you moving...

## SEATED KNEE TO CHEST STRETCH

Sit tall in a chair with feet flat on the floor. Gently pull the knees to the chest with both hands until a comfortable stretch is felt in the mid and lower back. Slowly return to the starting position. Aim to complete 4 to 6 repetitions of this exercise.

Stretches back



## PELVIC TILT ON FLOOR

Lay on the floor with your knees bent and facing the ceiling. Slowly and gradually tilt your pelvic muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.

Strengthens pelvic floor

Exercises copyright of  
**SimpleSet Pro**  
www.simpleset.net



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

FOLLOW  
**US!**

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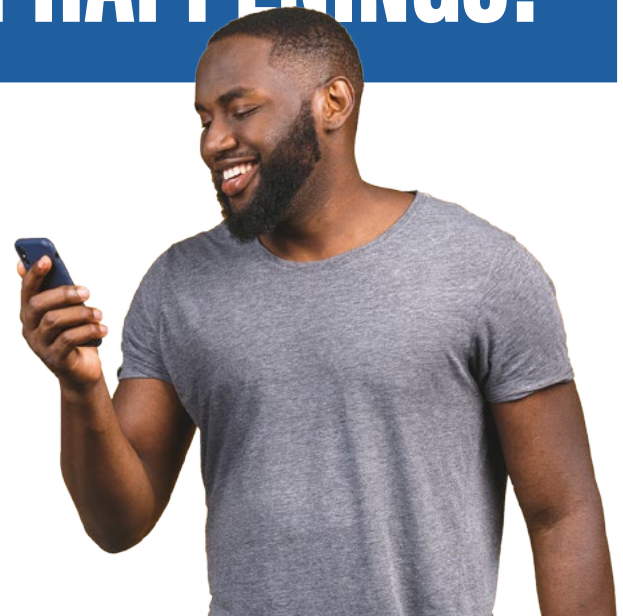
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