

NEWSLETTER

LET'S TALK ABOUT NUTRITION

FIND OUT HOW PROPER NUTRITION CAN ACTUALLY REDUCE ACHES & PAINS

Try to remember what you ate yesterday. Have you ever wondered if your dietary choices are affecting the achiness and stiffness that make your daily activities more difficult? Believe it or not, the food we eat can make a tremendous impact—for better or worse—on chronic pain. At our physical therapy clinic, our patients who improve their diets do much better with their individualized plan of care and rehabilitation. We invite you to contact ReQuest Physical Therapy and schedule an appointment with a physical therapist who can help you enhance your healing and improve your pain through smarter nutrition choices without having to remain reliant on expensive pain medications.

How Does Food Affect Pain? Research shows that your grocery cart can have as much of an impact on your pain as your medicine cabinet! Here are a few key ways that certain foods can improve (or worsen) your pain condition:

- **Certain foods increase inflammation.** Chronic inflammation is a widespread dysfunctional immune system response. It's also a major driving factor behind chronic pain conditions like arthritis (not to mention other health conditions such as diabetes, cancer, and Alzheimer's disease). Our bodies become chronically inflamed by a variety of things, including stress, environmental toxins, inactivity, and yes—certain foods and substances in our diets! Eating foods that contain pro-inflammatory substances like gluten, sugar, dairy, processed meats, and trans fats can make your pain worse and longer-lasting. Think of it this way: have you ever noticed that your joints feel more achy and stiff the day after a huge "treat meal" of ice cream and pizza?

- **Certain foods reduce inflammation.** Many foods have been shown to reduce inflammation and can help ease pain, stiffness, and achiness. Top anti-inflammatory foods to add into your diet include high quality fish,

eggs, leafy green vegetables, fruits, and nuts, seeds, and olive oil. These real whole foods can give you the protein, omega-3 fatty acids, fiber, nutrients, vitamins, and minerals your body needs for optimal tissue health, immune function, and anti-inflammation.

- **Overeating or under-eating can influence your pain.**

Eating the right amount of high quality and nutritious foods will give you enough energy to support regular exercise. This matters for people with chronic pain, because exercise has been shown to be one of the most effective natural pain-relievers, mood boosters, and stress busters. Having enough energy to participate in regular exercise will help you maintain strong muscles and limber joints. Meanwhile, avoiding excess calories can help you stay lean or lose excess body fat. This is important because being overweight or obese is a known risk factor for chronic pain.

- **Dehydration can worsen pain.** When you work with a physical therapist, he or she will probably tell you to make sure you're drinking enough water. Staying well-hydrated helps make everything in your body run more smoothly. It can also help you manage your pain because adequate hydration keeps your joints lubricated and your tissues pliable. Keep a water bottle handy and drink up! Aim to drink about half your body weight in fluid ounces per day (your urine should be clear and regular).

- **Want to See How Changing Your Diet Can Change Your Pain?**

At our physical therapy clinic, our experienced staff have advanced training in human movement and overall wellness. In addition to devising a customized treatment plan to reduce pain and improve your well-being, your physical therapist can also offer guidance on lifestyle and dietary choices that will enhance your rehabilitation. Call ReQuest Physical Therapy today to get your holistic healing journey started!

NEWSLETTER

RELIEVE YOUR ARTHRITIS PAIN WITH

PHYSICAL THERAPY



Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain. Fortunately, at ReQuest Physical Therapy, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At ReQuest Physical Therapy, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy! Contact us today to schedule a consultation and find out how our services can benefit you!

What are two common types of arthritis? Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the “wear and tear” type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects the whole joint, causing inflammation, loss of range of motion, and pain.

COME BACK!

SCHEDULE AN APPOINTMENT

BIG

DEAL

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

Offer expires 04/27/22

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response.

When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN

Arthritic joints typically lose their normal levels of function and strength due to the breakdown of cartilage and inflammation. Due to the pain and restrictions, the most common reaction is to avoid using the affected joint. This, unfortunately, does not help and may make the condition worse.

One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area(s). By restoring normal joint movement and improving muscle strength, the pressure on the joint can be relieved. This reduction helps reduce stress and helps relieve pain.

Treatment plans will include joint mobility exercises, targeted stretches, balance and strengthening exercises to relieve your pain and improve your function. In addition, your therapist may use specialized methods like manual techniques, balance drills, and modalities to get the best results.

What to expect at physical therapy. Physical therapy at ReQuest Physical Therapy helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises.

Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- Move your joints multiple times a day. Don't sit for more than 30 minutes.
- Don't overdo it; stop if you notice swelling in your joints.
- Keep the impact low. Low impact exercises like stationary or recumbent bicycles or exercise in the water reduce the stress on your joints.
- Apply heat to relax your joints and muscles and relieve any pain you have before you begin to exercise. Heat treatments should be applied for about 20 minutes.



- Ice afterward. Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.

Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

Call today for an appointment. Call ReQuest Physical Therapy today to learn more about our arthritis treatment programs if you live with joint pain. Don't let your arthritis limit you any longer - schedule your consultation today.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/>
<https://academic.oup.com/rheumatology/article/37/6/677/1783477?login=true>
<https://link.springer.com/article/10.1007/s10067-020-05054-y>

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

STRAWBERRY LEMON MICROGREENS SALAD

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 4 loosely packed cups of microgreens (sunflower, radish, broccoli, baby spinach, baby kale, arugula, etc)
- 4 radishes, halved and thinly sliced
- 1 cup walnuts, chopped
- 2-3 scallions, chopped
- 1 tablespoon lemon juice and 1 tsp lemon zest

DIRECTIONS

In a large bowl or on 4 salad plates add microgreens, radishes, walnuts, scallions. Drizzle with lemon juice and zest. Toss to combine. Enjoy!

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



Is Hamstring Tightness Bothering You?



STRETCHES TO HELP LOOSEN THE HAMSTRINGS!

STATIC STRETCH:

1. Tie a rope around the sole of your foot and lay down on your back.
2. Lift one leg straight up and pull it towards you!



STATIC STRETCH:

1. Sit on the ground and extend both legs forward.
2. Hinge at your hips and reach for your toes.



ACTIVE STRETCH:

1. In a supine position, grasp the back of your knee and bring your leg up 90 degrees.
2. Slowly bend and straighten the raised leg.



HOW OFTEN SHOULD YOU COMPLETE THESE STRETCHES?



REPS & SETS

Choose one of these combinations to complete daily:

- 2 sets with a 30 sec hold
- 4 sets with a 15 sec hold
- 1 set with a 60 sec hold



FREQUENCY

- Stretch for at least **1 minute** a day
- Complete stretches for at least **7 minutes** a week for an **8 week** period

IMPORTANT: STRETCH TO DISCOMFORT NOT PAIN

ReQuest
PHYSICAL THERAPY

FUN & GAMES

4			8			9		2
				7	6		4	
5						3		
9						1	5	
7			2	1	9			8
	8	1						9
		4						3
	7		5	6				
8		5				1		7

<http://1sudoku.com>

n° 228901 - Level Medium

LEVEL UP YOUR HEALTH!

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

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PHYSICAL THERAPY

WE MAKE IT EASY TO LEAVE A REVIEW!



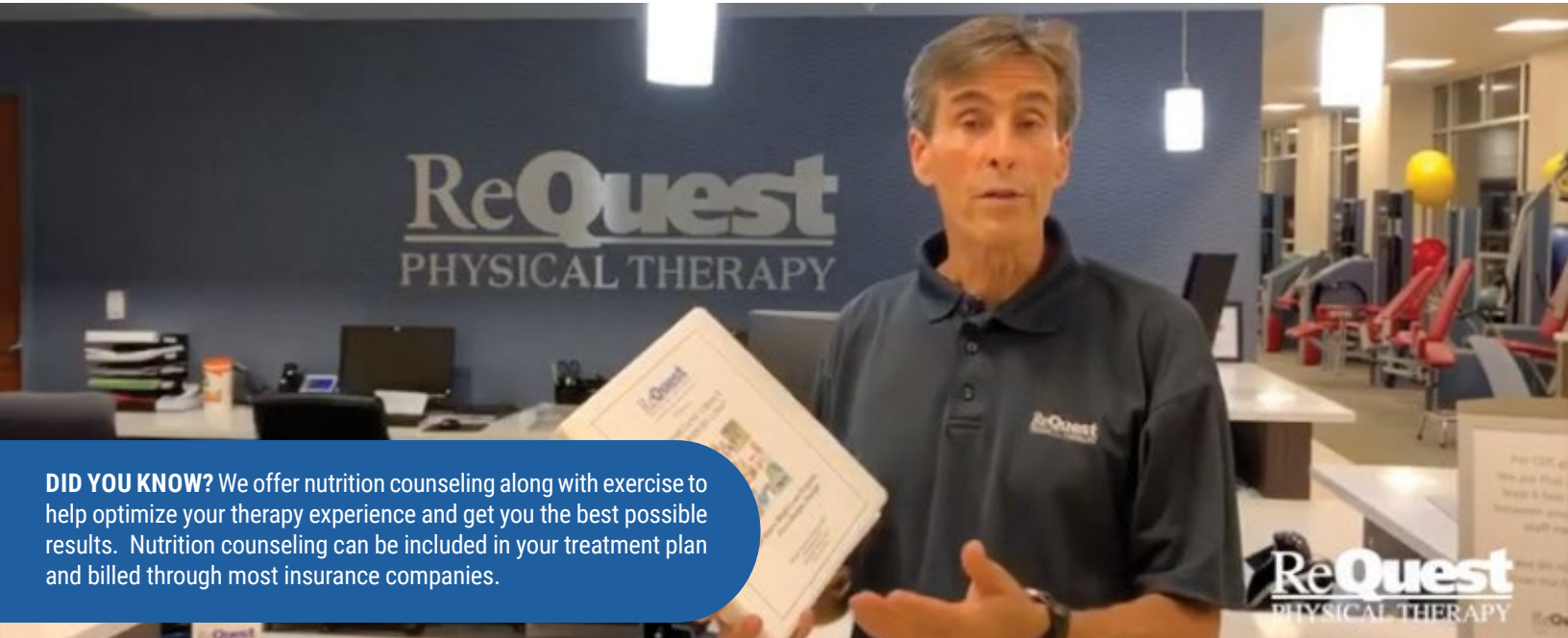
INSTRUCTIONS:

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

DISCOVER OUR WEIGHT LOSS® PROGRAM



DID YOU KNOW? We offer nutrition counseling along with exercise to help optimize your therapy experience and get you the best possible results. Nutrition counseling can be included in your treatment plan and billed through most insurance companies.

The Physician's Choice for Weight Loss® program offered by ReQuest Physical Therapy is more than just "diet and exercise." Highly regarded for its success, and developed by our own Jeff Gilliam, PT, PhD, this unique program combines daily aerobic exercise with food journaling to help participants see first-hand how much they are moving and what they are eating. Garreth Smoak, PTA, INHC writes the delicious complimentary recipes that accompany the program. Jeff and Garreth help thousands of people from all walks of life discover the pleasures that come from reaching a healthy body weight. While often used for weight loss, this program can also be used for weight gain and weight maintenance.

What's more, we are located inside the award-winning Gainesville Health & Fitness. Being here provides participants with access to every conceivable piece of aerobic and strength training equipment, plus sports courts, childcare services, group exercise, aerobics and

spin classes, recovery tools, aqua therapies, and personal training instructors.

Best of all, these programs are covered by most health insurance plans, especially when weight problems trigger common orthopedic complications such as joint pain or back pain. But if your insurance doesn't cover the program, don't worry. We'll work with you on a flexible and affordable payment plan that works for you. Program classes are 4-6 weeks in length and in a one-on-one environment. Participants should come dressed in active clothing and be prepared to move and have fun.

Contact us at 352.373.2116 for more information on our weight loss program for adults and children. Check out our video on YouTube providing more information on the Weight Loss® program at <https://www.youtube.com/watch?v=yTaI0wCNlzl>.



THERAPIST SPOTLIGHT

JEFF GILLIAM, PT, PHD, OCS

Jeff, a practicing PT for over 33 years, is the clinical manager of reQuest Physical Therapy. He is an Orthopedic Certified Specialist and has lectured nationally on rehabilitation approaches to low back pain.

Jeff founded and directs Physicians' Choice for Weight Loss®, a successful lifestyle/weight loss program.

In his free time, Jeff enjoys being with his family and off-road biking.

Exercise Essentials

Try these exercises to keep you moving...

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

Strengthens
glutes

Exercises copyright of
 SimpleSet Pro
www.simpleset.net

WRIST EXTENSION STRETCH

Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.

Stretches wrists



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

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