

NEWSLETTER

NEW EQUIPMENT - BLAZEPODS

MEGAN GRAY, SPT & PENNY GOLDBERG, PT, DPT, ATC



From the BlazePod website – *“Push performance to new heights with the world’s leading professional level reaction training system.”* <https://www.blazepod.com/>

Blaze Pods are a system of wireless LED lights used to combine physical and cognitive interaction during rehabilitation. We can track and measure progress across unlimited activities including balance, agility, strength training, cognitive processing, memory, motor control, coordination, and reach time using the BlazePod app.

BlazePods provide “dual tasking” for athletes and non-athletes alike. Any time we “distract” your brain with a cognitive task, you have to split your

attention between the activity and the cognitive task. This type of training helps decrease the risk of falls - no one falls when they are quietly walking along paying attention to where they are stepping and nothing else - and speeds up reaction time. BlazePods allow us to challenge everyone from a beginning exerciser to the most seasoned athlete as your brain gets to practice processing information faster.

Already a patient? Ask your therapist to incorporate BlazePods into your treatment plan.

Not a patient yet? Call Gainesville: (352) 747-9992 or Tioga: (352) 670-3461 to schedule an evaluation today!

NEWSLETTER

HOW PHYSICAL THERAPY CAN HELP YOU GET ACTIVE AGAIN



Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At ReQuest Physical Therapy, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track! Contact ReQuest Physical Therapy today for guidance on how to get moving so you can increase your energy and live a healthier life!

How does a sedentary lifestyle affect your body? People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night. An inactive lifestyle has the following effects on your body:

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 06/27/22

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

HOW PHYSICAL THERAPY CAN HELP

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle. Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in their day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

What to expect in physical therapy. To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.



Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step. Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function. In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

Schedule an appointment today. At ReQuest Physical Therapy, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.

Sources: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>
<https://medlineplus.gov/healthrisksofaninactivelifestyle.html>

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

IN THE KITCHEN WITH GARRETH

LEMON PARSLEY SALAD

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 1 large bunch fresh parsley, finely chopped
- 2 green onions, chopped
- 1 cup cucumber, chopped
- 1 cup tomato, chopped
- 2 cups cooked chickpeas (about 1 can)
- 3 medium or 2 large lemons, juiced and zest of 1 lemon
- 1-2 tbsp of extra virgin olive oil
- Pinch sea salt

DIRECTIONS

In large bowl add all ingredients and gently toss to combine. Enjoy as salad topper, refreshing snack, or cold side dish. With the lemon and parsley, this would make a great addition to Mediterranean themed meal.

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





PATIENT RESULTS

“Pat is a wonderful hand therapist. She has treated both my right and left wrists. She is devoted to her patients and gives one-on-one therapy. I would highly recommend her!”

- **Sandy J.**



PATRICIA NICHOLS
OT, CHT
Call today to schedule!
(352) 747-9992

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

WHY EXERCISE?

...BECAUSE MOVEMENT IS MEDICINE!

Most exercise is safe and helpful before, during, and after cancer treatments!

Exercise mitigates cancer-related fatigue, anxiety, and depression.

The American College of Sports Medicine reports that 75 to 150 minutes of moderate aerobic activity plus 2 days of strength training per week can reduce the risk of mortality from breast, colon, and prostate cancers by between 40-50%!



Exercise increases energy levels and can help people maintain muscle and range of motion while going through treatments.



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

PinkFest 2022

POWERED BY CELEBRATION POINTE

Join us for our 2nd Annual PinkFest hosted by Celebration Pointe on Saturday, June 25th, 2022 from 11 AM - 3 PM. This event is to bring awareness to all cancers while educating and uplifting our community. There will be numerous vendors providing educational tools and products formulated especially for someone during their cancer diagnosis, treatments, and after their treatments have been completed. During this amazing event, we will recognize those currently battling any form of cancer and those who have lost their battle with cancer. We will have a 1K walk/run, live information sessions with Q & A, a live DJ, and much, much more.

****The 1K walk/run will commence at 12:00 PM****

THIS EVENT IS FREE AND ALL ARE WELCOME! BRING YOUR FAMILY, FRIENDS, AND KIDS!

Attendees can also enjoy outlet shopping and exclusive restaurants only available at Celebration Pointe located at 4249 Celebration Pointe Ave Gainesville, FL 32608.

PinkFest T-shirts are also available for purchase @ www.blossomingbutterflyinc.org. Kids PinkFest T-shirts are also available for pre-order.



WE ARE HIRING!

REFER NEW TALENT TO
REQUEST PT!

JOIN OUR TEAM!

We are searching for a talented
LICENSED MASSAGE THERAPIST

PLEASE EMAIL RESUME TO:
SAMANTHA.REAM@REQUESTPHYSICALTHERAPY.COM

Exercise Essentials

Try these exercises to keep you moving...

LUNGE AND TWIST

Step forward with one leg. Bend your front knee as you allow your back leg to bend, and lower yourself until your forward knee is about 90 degrees. Once in this position, rotate your shoulders and torso until you feel a slight stretch in the core. Push through the heel of your lead foot and extend your hip and knee to raise yourself back up. Alternate between legs for two sets of ten reps on each side.

Strengthens lower body



KNEELING QUAD STRETCH | BALL

With an exercise ball behind you and stabilized against a wall, kneel on the floor and place the leg you would like to stretch against the ball. Your foot, ankle, and shin should rest against the ball and your knee should rest on the floor, with a pillow underneath if needed. While maintaining straight posture, shift your weight backwards, squeezing your leg against the ball, until you feel a stretch across the top of your thigh. Hold for 20 seconds and repeat on each leg.

Stretches legs and hips

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



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

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