

NEWSLETTER

STRUGGLING MAINTAINING YOUR SUMMER BODY GOALS? PREPARE TO GET FIT WITH THESE TIPS

If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active!

Take up gardening. After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer. Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

Go for a swim. Swimming is low-impact, gentle on the joints, and a good cardio workout. Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day! Sign up for a class at your local fitness club to get started.

Find a hiking trail. Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!



Walk on the beach. If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body! Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

NEWSLETTER

GET THE MOST OUT OF SUMMER VACATION WITH PHYSICAL THERAPY



Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. At ReQuest Physical Therapy, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer! Too often, the trend for many patients is to opt out of their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury.

One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer months – so you can enjoy the warm weather without pain!

At ReQuest Physical Therapy, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions! Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

Physical therapy is worth your time, even in the summer. When it comes to physical therapy, you'll see benefits if you put in the time and the work.

SEEK REAL RELIEF!

**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 07/27/22

Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of surgery, opioids, or unnecessary testing. If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule. When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries. Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life. Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic.

Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being.

(continued inside)

PHYSICAL THERAPY IS IMPORTANT, NO MATTER THE TIME OF YEAR

(continued from outside)

If you have been attending physical therapy, there are two primary reasons to stop.

1. You've reached your goals: Once you and your therapist are satisfied with your success, it's time to move on.
2. You're not seeing progress: It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.

Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

Physical therapy is important, no matter the time of year! Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries. The individualized manual therapy and consistent exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted ailments and injuries. Physical therapy has been shown to help in the following ways:

- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Improve balance and coordination
- Reduce the risk of falls
- Avoid surgery



Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.

Get started today. Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need! **Contact ReQuest Physical Therapy today to schedule an appointment.**

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492>
<https://academic.oup.com/ptj/article/90/7/1014/2737793>

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

IN THE KITCHEN WITH GARRETH STRAWBERRY BANANA POPSICLES

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 1/2 cup raw cashews or 1/4 cup cashew butter
- 3/4 cup unsweetened soy/almond milk /water
- 4 cups whole strawberries, washed & stems removed
- 3-4 very ripe bananas, peeled
- Optional: 1/2 cup kefir or fat-free plain Greek yogurt
- Popsicle mold(s) for 6 large/12 small popsicles

DIRECTIONS

In a food processor or high-powered blender add cashews and milk and blend until a puree. Add strawberries and bananas. Blend until a puree. Initially you may need to stop and scrap edges with spatula. Depending on the ripeness of strawberries and bananas you might need to add a bit more milk to make the consistency like a smoothie and for blender to be able to continually blend. Once well blended pour into popsicle molds. Freeze 4-6 hours or until frozen through. Enjoy as a snack or dessert.

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





PATIENT RESULTS

“The massage was very good and Ellen quickly found the areas I needed relief from most. Her hands were extremely gentle while still very effective.”

— M.A.



ELLEN CUNNINGHAM
LMT
Call today to schedule!
(352) 747-9992



Playing more than one sport, or “sport sampling,” better serves a growing athlete’s long-term needs, says the American Academy of Pediatrics.

“Participating in multiple sports, at least until puberty, decreases the chances of injuries, stress, and burnout in athletes.”

<https://www.aap.org/>



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

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

CALLING ALL PARENTS OF ADOLESCENT ATHLETES!

Do you have questions about keeping your kids safe or knowing how much is too much for their growing bodies?

Dr. Penny Goldberg, PT, DPT, ATC is a Board-Certified Clinical Specialist in Sports Physical Therapy and she's happy to help. **Call 373-2116 to schedule an evaluation with her today. We accept all major insurances!**

ReQuest
PHYSICAL THERAPY



THERAPIST SPOTLIGHT

JERRY O. RIETA, PT, CSCS, CPT

Jerry is the mover and shaker of our Town of Tioga clinic. He is a National Strength and Conditioning Association Certified Specialist as well as a Lifestyle and Weight Management Consultant and a Certified Personal Trainer through the American Council on Exercise.

Jerry has an extensive collection of sneakers. In his free time he enjoys being with his family, cultivating his garden, biking, and raising his animals.

Exercise Essentials

Try these exercises to keep you moving...

ELBOW RESISTANCE TRAINING

Stand with good posture and your elbow bent towards you, with your palm facing you, then apply resistance with your free hand and slowly lower your palm to your waist. Repeat 10 times.

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
elbow

Exercises copyright of
 SimpleSet Pro
www.simpleset.net

Stretches lower back



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

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