

NEWSLETTER

SHOULD I COME TO PHYSICAL THERAPY IF I AM IN PAIN?

BY DR. PENNY GOLDBERG, PT, DPT, ATC



Yes! Yes! Yes. A thousand times yes, you should come to physical therapy if you are in pain. That is what we are here for! Your physical therapist can help you find ways to feel better and move more. The goal of every physical therapy session is to decrease

your pain and improve your function- and this can change from session to session based on how you feel on any given day.

What Can Physical Therapy Do for Me While I am in Pain?

Attending physical therapy when you are in pain allows your therapist to educate you on techniques or strategies to manage the pain. This also gives the physical therapist some insight into how you move when you are in pain, which may help when planning your future exercise program. Your therapist will prescribe specific exercises and movements that are designed to decrease your pain while increasing your ability to do your daily tasks.

Help! I Can't Get Up and Moving! If you are in a lot of pain and need a jump-start to get yourself to the clinic, you can try a few things:

1. Deep Breathing for Relaxation. Stress actually makes pain worse so focusing on staying calm and relaxed can help. Deep breathing can increase blood flow and even aid in getting to sleep. Find a quiet area where you can sit or lie down comfortably. Draw a slow breath in while you count to 4. Hold the breath for 1-2 seconds and then exhale for a count of 4. Do this for 5-10 minutes (or until you feel yourself relax) before slowly starting to move again.

2. Meditation. Research has shown meditation can be an effective way to manage pain. Meditation engages pathways in the brain that make it less sensitive to pain and increases the brain's production of its own pain-reducing opioids (Endorphins). There are several apps that offer guided mediation as well as tons of internet gems.

3. Get moving. As Dr. Penny Goldberg, assistant clinic director and Sports Physical Therapist always says, "The worst thing you can do is nothing." For most conditions, bed rest can actually lead to more pain. Slow, controlled movements and letting pain be your guide are the secret to success here. Try standing up and walking around a little bit. You may find that the first few steps are painful but with continued movement, the pain decreases."

Success in physical therapy begins and ends with consistency. The key to getting better is your engagement with your program, which may involve putting in work even when it is uncomfortable. This is not the same as pushing through pain! Our physical therapists are movement experts and will modify your program to suit your needs during each session. At the end of the day, we can't help you if you are not here.

Your therapist will check in with you at the start of every session to see what your current pain level is and if the prescribed exercises are working for you. Physical Therapy is a collaboration of our knowledge, experience, and expertise and your individual needs, goals, and willingness to work. Together we can get you back to living life, pain-free.

NEWSLETTER

GET BACK INTO A SAFE EXERCISE ROUTINE WITH PHYSICAL THERAPY



Have you gotten out of your exercise routine since the pandemic started? Are you concerned with new aches and pains or put off taking care of an old injury due to the pandemic? At ReQuest Physical Therapy, our physical therapists can guide you through a safe return to exercise or help you resolve the annoying old injury. For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. For others the sedentary lifestyle led to more aches, pains, and concerns about overall health and well-being. Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At ReQuest Physical Therapy we want to make sure you resolve an old problem and help you get back into your normal exercise routine without developing any new aches and pains. Contact us to see how we can help, whatever your goals!

Tips from physical therapy for a safe return to exercise. There are some important considerations everyone should know when starting or resuming an exercise program. Our physical therapists are movement experts and skilled at guiding people through rehabilitation and beyond. We will provide you with solutions that work and aren't based on the latest fad.

SEEK REAL RELIEF!

FREE BACK PAIN SCREENING

BIG

DEAL

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

Offer expires 08/27/22

Always use proper form. No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it. Understanding how to perform an exercise properly can be the difference between results and injury. Your ability to safely perform exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or deconditioning. Our physical therapists at ReQuest Physical Therapy can address any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Our movement analysis is a comprehensive way to learn about how your body moves to ensure you improve your current form and limit the amount of impact on your joints during exercise.

(continued inside)

WHAT TO CONSIDER WHEN RESUMING AN EXERCISE PROGRAM

(continued from outside)

Take it easy at first. If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles. Inactivity leads to physical limitations and an increased risk of injury, so does trying to do too much too soon. After injury or prolonged inactivity it is vital to your health and well-being to progress yourself gradually.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands which in turn leads to poor technique and injury. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with exercises and a plan. Plan for a steady progression to ensure safety and results!

Focus on health instead of a number on scale. The past year has caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight. Making changes to your health, means taking a whole body approach. There is definitive evidence that taking off weight takes off the added stress on your joints. Proper nutrition can help with weight loss and also reduce inflammation in the body. Learning stress management/reduction strategies also helps improve your health and well-being. Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your health goals and decrease the pressure on your joints!

Set intentions and plan your day around them. Small modifications to your daily routine can make a big difference to your overall health. Our physical



therapists typically recommend small changes to a person's routine in order to make the adjustments manageable. Some changes to your routine that a physical therapist would approve of include:

- Choose the stairs instead of the elevator.
- Shovel snow, rake leaves, and garden in your yard as the seasons change.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Take the dog on walks around the park or your neighborhood every day.
- Get off the bus one stop early and walk the rest of the way to your destination.

Call to make an appointment. If you've been looking for assistance in getting back in shape, your search ends here. ReQuest Physical Therapy is here to help you achieve your wellness and fitness goals. **Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!**

Sources: <https://www.sciencedirect.com/science/article/pii/S2352900816300127>
https://www.physio-pedia.com/Injury_Prevention_and_Body_Mechanics
<https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>
<https://www.ingentaconnect.com/content/ben/crr/2019/00000015/00000003/art00005>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796229/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5942145/>

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

IN THE KITCHEN WITH GARRETH

GARLIC THYME MUSHROOMS

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 8-16 oz of mushrooms (such as portabella, shitake, white button, and/or maitake)
- 2 cloves of garlic, minced
- 2 tbsp broth, water, or oil
- 2-3 tsp dried thyme or 1 tbsp fresh thyme
- Pinch of sea salt
- 1 green onion, chopped

DIRECTIONS

Wash and chop mushrooms. Add mushrooms to sauté pan with garlic and 1-2 tablespoons of broth, water or cooking oil. Cook on medium heat until mushrooms are desired tenderness, about 5 minutes, stirring regularly. Stir in thyme and a pinch of salt. Top with chopped green onions and enjoy as a warm side.

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





PATIENT RESULTS

“The staff is very professional and personable. They make you feel welcome and pay close attention to your needs. Everyone, from the very first visit, has been wonderful to me.”

– Teri B.



JERRY O. RIETA
PT, CSCS, CPT
Call today to schedule!
(352) 670-3461

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

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CHOICE WHERE
YOU GO FOR
PHYSICAL
THERAPY.**



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**LEVEL UP YOUR HEALTH!
SCHEDULE AN
APPOINTMENT**

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

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ReQuest
PHYSICAL THERAPY

YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY

Did you know that you might be able to start physical and/or massage therapy without seeing a doctor first?

Think back to the last time you felt well. The last time you didn't feel any pain, even when sitting down to relax. For many of us, we have become so accustomed to these little aches and pains that forget there was ever a time that they weren't there. Those who have turned to physical or massage therapy to break the chains of pain and immobility have discovered improved quality of life and renewed energy levels. Having a physical or massage therapist as part of your healthcare team can be the difference between living with pain and living without it.

You are the most important member of your health care team and have the freedom to choose the most appropriate provider to meet your goals. Physical therapists are experts in the way the body moves. Physical therapists help you maintain mobility and quality of life. They can get you moving and enjoying life again through scientifically based treatment approaches that focus on reducing pain, restoring function, and preventing injury. Our main goal is to help you achieve a healthy, active lifestyle!

In all 50 states, and the District of Columbia, you may be able to access physical therapy and massage therapy services without a physician's referral. Please be mindful, that your insurance policy may require a visit to your physician first. In Florida, "direct access" is limited to 30 calendar days- after 30 days, you and your therapist can work together to obtain a signed Plan of Care from an approved healthcare provider which allows for continued treatment.



Many of the insurance policies allow direct access for physical and/or massage therapy. We would be happy to check your insurance policy to see if you have direct access coverage! You can call our Main Center location at 352-747-9992 or our Town of Tioga location at 352-670-3461 or email your insurance information to samantha.ream@requestphysicaltherapy.com. We also offer affordable self-pay rates for both physical and massage therapy services!



THERAPIST SPOTLIGHT

EMILY BRINKLEY, PT, DPT

Emily earned her Doctorate of Physical Therapy from Florida Southern College in December of 2021.

She enjoys working with the geriatric population and finds joy in helping patients return to their favorite activities, whether it be gardening, playing with grandkids, or running marathons. When she is not treating patients, Emily loves doing CrossFit at GHFC Tioga. She enjoys the challenge and the feeling of community it brings.

Exercise Essentials

Try these exercises to keep you moving...

BRIDGING

While lying on your back, raise your buttocks off the floor or bed. Hold for 10 seconds and repeat 8 times.

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner. Repeat 20 times.

Strengthens core



Strengthens
glutes

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



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

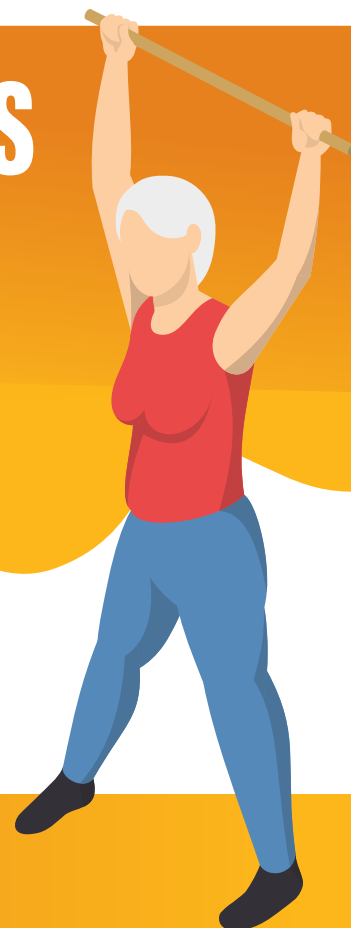
HAVE YOUR ACHES & PAINS RETURNED?

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!

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