

NEWSLETTER

THANK YOU TO EVERYONE WHO PARTICIPATED IN BREAST CANCER AWARENESS MONTH



Thank you to everyone who participated in Breast Cancer Awareness Month and the American Cancer Society Making Strides event! Our team, "Questies for Breasties", had a fantastic time spreading awareness about breast cancer prevention, treatment, and survivorship.

Payton is our certified lymphedema specialist who specializes in breast cancer recovery. We also offer comprehensive cancer programs for all forms of cancer. These programs are designed to help people before, during, and after treatment. Let us help you "Live Your Breast Life!"

NEWSLETTER

HOW PHYSICAL THERAPY HELPS CHRONIC HEADACHES & MIGRAINES



Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at ReQuest Physical Therapy know how to figure out where your headaches are coming from and the quickest way to get rid of them! If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at ReQuest Physical Therapy, our therapists will skillfully address your individual needs. Give our office a call today, set up a consultation, and discuss how our treatment services could benefit you!

How myofascial release can help you find relief. If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

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 11/27/22

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headaches, and migraine sufferers sleep better and experience attacks less frequently.

(continued inside)

HOW PHYSICAL THERAPY USES MYOFASCIAL RELEASE IN YOUR PLAN

(continued from outside)

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is to give you the tools to manage your pain. We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

- Reduce pain quickly through myofascial release and other manual therapy techniques
- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In addition, we will educate you on the movements and positions that are provoking your pain.

Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches. Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.

Call today to schedule an appointment. If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today. Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains. At ReQuest Physical Therapy, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8384005/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6134706/>

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

IN THE KITCHEN WITH GARRETH

WHIPPED SWEET POTATO ORANGE CUPS

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE



INGREDIENTS

- 3 large sweet potatoes (about 2.5 to 3 pounds), washed well to remove sand and dirt
- 4 large or 6 medium oranges (like navel or satsuma), washed
- Pinch of salt
- Optional spice additions: couple pinches of pumpkin pie spice, cinnamon, allspice, or nutmeg
- 1/4 cup pecans or walnuts, chopped

DIRECTIONS

Prepare sweet potatoes

Boil sweet potatoes in a large pot for 15- 20 minutes or until soft. Allow the sweet potatoes to cool enough to handle. Then, scoop out the fluffy orange flesh into a large bowl, peeling the sweet potatoes.

Prepare oranges

Cut oranges in half and slice a VERY thin disk from the bottom so they rest flat...the peel of the oranges are going to be the "cups". With a paring knife, cut around the inside of the orange peel to separate it from the flesh. With a spoon, scoop out the fruit and place in a bowl. Squeeze the juice from the pulp of at least 2 of the oranges.

Combine and bake

In a food processor or high powered blender bowl, add cooked sweet potato with fresh orange juice and pinch of salt. If desired, add a couple pinches of desired spices. Puree until whipped and creamy texture. If making a large batch, blend ingredients in several rounds. Scoop sweet potato orange mixture into the orange peel "cups". Top with pecans or walnuts. Place on a baking sheet. Bake uncovered at 350 degrees F for 20 min or until heated through.

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





WHY REQUEST?

"I am so grateful that ReQuest was able to get me in on the same day after they had a cancellation. To top that off, I got assigned to Kiri, who is exceptional, and in two sessions was able to alleviate the worst vertigo experience I've ever had. Everyone in the facility was professional. Best PT experience and great customer service!"

– Maggie



KIRI KRISHINGER

PT, DPT, PCES

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

WHO DO YOU KNOW THAT NEEDS
OUR HELP?

REFER A FRIEND!

Do You Have Friends or Family Unable to Do The Following?

- 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

Have them call our office today!



1. Schedule a free pain screening



2. Discover why your pain has come back



3. Get your custom recovery program

ReQuest
PHYSICAL THERAPY



HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan. Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.



Call us today at **Gainesville Clinic: (352) 747-9992** or **Tioga Clinic: (352) 670-3461** to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Meet our new massage therapist, Tiffany

LMT, PhD, MA100860

Call 373-2116 to schedule with her today!



DID YOU KNOW?

YOUR HEALTH
INSURANCE MAY COVER
MASSAGE THERAPY!

LET US CHECK YOUR POLICY!



Exercise Essentials

Try these exercises to keep you moving...

DEEP NECK FLEXOR ACTIVATION IN SUPINE

Start by lying flat on your back with your head relaxed. Place your fingertips gently on the front of your neck and make sure you do not feel your surface muscles activating. Tuck your chin down toward your chest slowly without activating your surface neck muscles. Slowly untuck your chin. Repeat 3 sets, 10 reps each.

Stretches neck



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

UPPER CERVICAL LEFT ROTATION WITH OVERPRESSURE - HEADACHES

Start in a seated position with your lower back supported and feet flat on the ground. Place your right hand on the back of your head. Place your left hand on the right side of your chin. Rotate your head to the left, allowing both hands to help you deepen the rotation. Relax and rotate back to the starting position. Hold for 5 seconds. Repeat 3 sets of 5 reps.

Relieves headaches

PT WIRED
www.ptwired.com



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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TIOGA: (352) 670-3461

REQUESTPHYSICALTHERAPY.COM