

NEWSLETTER



Questies for Breasties

***Live your
breast life.***



Did you know?

Breast cancer is the second most diagnosed cancer in women, affecting one in every eight women in the U.S.

The 2022 Making Strides Against Breast Cancer event will be held on Saturday, October 22 at 9am at Celebration Pointe. We will be raising awareness about breast cancer treatment and prevention and honoring survivors.

We would LOVE to have you join our team and walk with us!

<http://main.acsevents.org/goto/questiesforbreasties>

NEWSLETTER

HOW STRENGTHENING HELPS BACK AND NECK PAIN



Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At ReQuest Physical Therapy, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call ReQuest Physical Therapy today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

How muscles affect neck pain. There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

SEEK REAL RELIEF!

**FREE BACK PAIN
 SCREENING**

BIG

DEAL

ReQuest
 PHYSICAL THERAPY

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

Offer expires 10/27/22

The majority of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

(continued inside)

HOW MUSCLES AFFECT BACK PAIN

(continued from outside)

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain. In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles.
- Your buttock muscles.
- The lower back muscles.
- The muscles of the hips and pelvis.

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises. In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

How physical therapy can help you strengthen your back and neck muscles. Our physical therapists perform thorough physical examinations

to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs. There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain. Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

Contact our clinic today. You deserve to feel your best. Call ReQuest Physical Therapy today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>
<https://bjsm.bmj.com/content/54/21/1279>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>

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

IN THE KITCHEN WITH GARRETH

HEALTHY HEARTY PUMPKIN CHILI

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

Note: This recipe makes a large batch, about 4 quarts. Freeze half for another meal or halve the recipe (especially if you have a small slow cooker).

INGREDIENTS

- 1 lb. ground turkey breast
- 32 oz. low sodium organic chicken/veggie broth, divided
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 bell pepper, diced
- 2 cups mushrooms, chopped
- 1 medium sweet potato, diced into 1/2-inch cubes
- 2-3 C fresh pumpkin, diced into 1/2-inch cubes or 1 15-oz can pumpkin puree (not using pumpkin pie filling)
- 1 tsp. sea salt
- 1/2 tsp. ground peppercorns
- 2 tsp. chili powder and/or cumin
- 2 tsp. ground smoked paprika
- 1 tsp. cinnamon
- 1 28-oz can diced tomatoes
- 3 C cooked black beans (about two cans)
- Optional toppings for serving: sliced avocado, chopped cilantro, parsley, and/or green onion, nonfat plain Greek yogurt, and fresh lime juice.

DIRECTIONS

SLOW COOKER DIRECTIONS: If using ground turkey, cook it in a skillet on medium-high heat. Rinse under HOT water in colander to remove excess fat. Pour into slow cooker dish. Add remaining ingredients to slow cooker. Stir well to combine. Cook for 4-6 hours on high or 8 on low until the sweet potatoes and pumpkin are desired tenderness. When done, turn off heat and let chili rest with lid off for 10-15 minutes to thicken. Taste and adjust spices to flavor preference. Add to each serving desired toppings.

STOVE TOP DIRECTIONS: If using ground turkey, cook it in a skillet on medium-high heat. Rinse under HOT water in colander to remove excess fat. Pour into large pot. In the skillet add ¼ cup broth and sauté the onion, garlic, pepper, and mushrooms for about 5 minutes stirring often. Add sautéed veggies and remaining ingredients to the large pot with cooked meat. Stir well. Bring to a boil for 5 minutes then cook on low for 20 – 30 minutes until sweet potato and pumpkin are desired tenderness. Turn off heat and let chili rest with lid off for 10-15 minutes to thicken. Taste and adjust spices to flavor preference. Add to each serving desired toppings.

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





WHY REQUEST?

“Great vibe. Lovely people.
Wonderful space to
recuperate!”



VIET NGUYEN

PT, DPT

Call today to schedule!
(352) 373-2116

— A.B.

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



WORLD OSTEOPOROSIS DAY

October 20th

#worldosteoporosisday #StepUpForBoneHealth

Falls are NOT
a "natural"
part of aging!

Every second of every
day, an adult 65+ suffers
a fall in the US (CDC.gov)



How can physical therapy help me find relief for my balance and gait disorders? Physical therapy is the best option for balance and gait disorders. Our physical therapists can provide you with the best techniques for improving your balance and ability to walk.

When you arrive for your initial consultation, our physical therapist will conduct a comprehensive physical evaluation to examine your balance, gait, stance, medical history, and symptoms, before creating a personalized treatment plan made for your specific needs.

Are you looking to get back on your feet? Contact us today to discuss your specific needs without any obligation. If you're ready to move forward, you can schedule your initial evaluation and get started on the road to recovery and living a comfortable life.

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.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? **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.

Falls are the leading cause of injury and death in older adults.

One out of every five falls causes a major injury.

More than 95% of all hip fractures are caused by falling.

CALL 373-2116 TO SCHEDULE A FREE BALANCE SCREENING

Is headache pain driving you crazy?

Try a 25-minute lymphatic massage for headache relief!

Offered by:
Jamie Stubbs, LMT
(MA87798)
at our **TIOGA**
location

352-692-2131



Exercise Essentials

Try these exercises to keep you moving...

SEATED NECK FLEXION AROM

Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.

Stretches neck



SEATED SCIATIC NERVE TENSIONER

Sit in a chair with one foot flat on the ground and the foot on the side you want to work flexed with your toes pointing towards your face. Lift one lower leg by lightly contracting the upper thigh while simultaneously lowering your head, slowly tucking your chin towards your chest and exhaling. Slowly return to start. 3 Sets, 10 Reps, 0 Hold.

Stretches lower back



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!

GAINESVILLE: (352) 747-9992

TIOGA: (352) 670-3461

REQUESTPHYSICALTHERAPY.COM