

NEWSLETTER

MAKING STRIDES AGAINST BREAST CANCER EVENT

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

We had an amazing time at the 2022 Making Strides Against Breast Cancer event. Our team, Questies for Breasties, helped to raise awareness about breast cancer treatment and prevention while honoring survivors.

ReQuest offers comprehensive cancer programs for every stage of treatment and recovery.



NEWSLETTER

FALL PREVENTION AND STAYING ACTIVE DURING WINTER WEATHER



Having your balance assessed this season could help you to avoid fall-related injuries. Give ReQuest Physical Therapy a call today to schedule an appointment, so we can help you feel steady on your feet! Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

Staying safe and active in winter. Between the limited daylight hours and chilly temperatures, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

With preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on sidewalks, steps, driveways, and porches.

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 12/27/22

How can a balance expert help me reduce my fall risk? The physical therapists at ReQuest Physical Therapy are balance experts who can help you improve your balance and fight back against the risk of falling this winter. Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

(continued inside)

WHAT SHOULD I EXPECT DURING THERAPY?

(continued from outside)

The first thing you should know about therapy for balance is that this kind of therapy is not a "one size fits all" approach. Your program will be specific to your needs and wants and fit into your lifestyle. Some of the interventions you can expect to experience at ReQuest Physical Therapy are:

Strengthening exercises: These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

Gait training: Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (sidewalks, porches, parking lots) and around various obstacles. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.

Static and dynamic balance training: This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.



Endurance training may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Contact us today for a balance assessment. ReQuest Physical Therapy wants our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physical therapist at our clinic, it doesn't have to be!

Call us today to have your balance assessed this season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!

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

IN THE KITCHEN WITH GARRETH

CASHEW CREAMY COLLARDS

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE



Note: Blanching the collard greens and adding the seasoned cashew cream reduces the slight bitter undertones of the collard greens and adds a bit of sweetness. This combination is a perfect warm comforting side dish.

INGREDIENTS

- 1 bunch of fresh collard greens, washed, stems removed, and chopped
- 1 onion, sliced
- 1 cup raw cashews
- 1 cup of water or chicken broth
- 1/2 – 1 tsp ground nutmeg, or to taste
- Pinch of sea salt

DIRECTIONS

Blanch the collard greens. Over high heat, bring a large pot of water to a boil. When water is at a rolling boil, drop in the collard greens and cook them for 2-3 minutes or until bright green. Immediately strain them into a colander and rinse with cold water. Then set aside.

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





WHY REQUEST?

"I have been a customer of ReQuest for many years since being treated for cancer 11 years ago. Despite working with many different physical therapists and massage therapists, the standard of care has uniformly been high."

— B.K.



RICKY RAY
LMT, MMLT, MMLTI
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

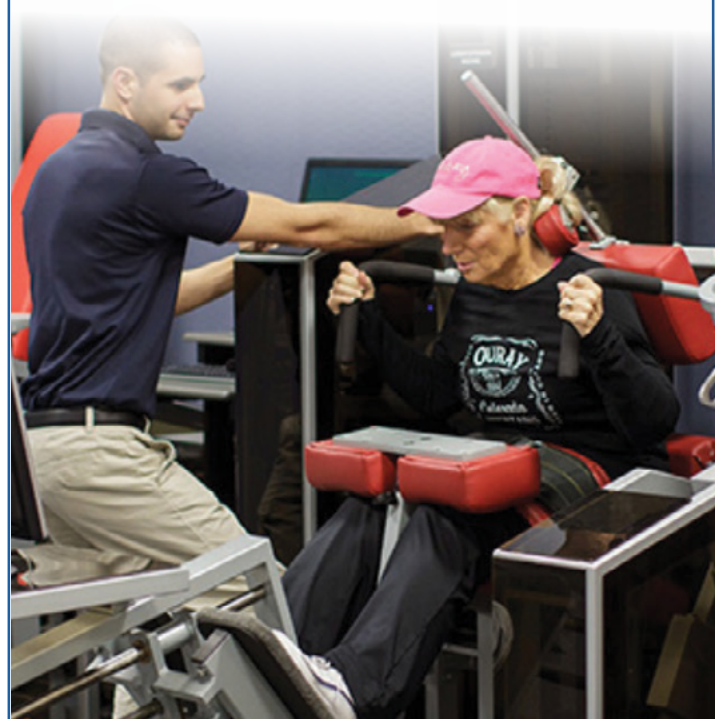


2. Discover why your pain has come back



3. Get your custom recovery program

ReQuest
PHYSICAL THERAPY



NO FALL NOVEMBER



Falling down is NOT a natural part of aging. We celebrated “No Fall November” by offering free strength and balance assessments in the Gainesville community.

Photo: Garreth, PTA

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 2023.



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.

ReQuest
PHYSICAL THERAPY



GATOR PRIDE!

Left to right in their Gator gear:

- Brittany, PTA
- Zion, Exercise Specialist
- Pat, OT, CHT (Certified Hand Therapist)



Exercise Essentials

Try these exercises to keep you moving...

SINGLE LEG BALANCE TAPS, FORWARD

Start by standing on one leg with the other leg slightly off the ground. Slowly tap your raised foot in front of you and behind you while maintaining balance. Repeat 3 sets, 10 reps each.

Improves balance



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

SINGLE LEG BALANCE (ANKLE)

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice on both legs.

Improves balance



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