

NEWSLETTER

HELP! I CAN'T GET UP & MOVING!

BY PENNY GOLDBERG, PT, DPT, ATC



If you are in a lot of pain and need a jump start to get yourself to the gym, there are a few things you can try:

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.

1. Deep Breathing for Relaxation. Stress 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 mediation can be an effective way to manage pain. Meditation engages pathways in the brain that make it less sensitive to pain and increases

3. Get Moving! As Dr. Penny Goldberg, assistant clinic director at ReQuest Physical Therapy and Sports Physical Therapist always says, "The worst thing you can do is nothing." For most conditions, bed rest can lead to even 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.

If you have an ache you can't shake or just want to perform better, call us at 373-2116 to schedule a FREE orthopedic screening.

NEWSLETTER

BE HEALTHIER IN THE NEW YEAR



We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a new year certainly feels like a great time to make major changes! It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, ReQuest Physical Therapy is here to help you! ReQuest Physical Therapy wants all of our patients to know that we are behind you 100% when it comes to maintaining your wellness and embarking on a journey to better health. That's why we wanted to share some of the best things you can start doing today to get your health on the right track!

Stretches and exercises for improved health. When it comes to getting fit, exercising more often is truly a no-brainer. There are tons of targeted stretches and exercises that may help you feel better and get into better shape at the same time.

ReQuest Physical Therapy physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger, as well as increase their flexibility, stability, and stamina. Here are some types of stretches and exercise pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

Aerobic activities. Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to

SEEK REAL RELIEF!

FREE BACK PAIN SCREENING

BIG DEAL

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have an easier time doing the things you love. Some forms of aerobic endurance exercises include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

Strength training exercises. Strength training makes your muscles stronger and helps to prevent fall injuries. Some common forms of strength building exercises include:

- Lifting weights
- Using resistance bands during a workout

Dynamic stretching techniques. These stretches are a bit more interactive and can expand your range of motion. One example is a hamstring stretch, in which the leg is kicked upward through its range of motion, and gradually increases in height with each pass. It's important to know your limits when it comes to your own range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained.

(continued inside)

WAYS TO BOOST YOUR IMMUNITY

(continued from outside)

There are more ways that stretching can benefit you and help improve your overall performance and health. Healthline lists out a variety of things in your life that can be made easier by a regular stretching routine:

- Improves posture
- Improves flexibility
- Helps to heal and prevent back pain
- Your mind will be calmer
- Helps decrease tension headaches
- Increases range of motion
- Improves your performance in physical activities
- Increases blood flow to your muscles

Ways to boost your immunity. Making sure our immune systems are performing in tip-top shape should be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear. Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Taking steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition

that is affecting your overall wellness, one of our skilled therapists can be of help!

Are you taking care of your mental health? It's important to not only pay attention to your physical health, but also your mental and emotional health as well. S.A.D, or "Seasonal Affective Disorder" can really hit hard during the colder winter months. Many people find themselves feeling depressed, lethargic, and unmotivated to do the things they love. ReQuest Physical Therapy encourages our patients to reach out for counseling and guidance. 2020 has been hard on us all, and there's nothing wrong with asking for professional help or doing research to find things that you can do at home to boost your overall wellness. A few things experts recommend that you do to improve your overall health are as follows:

- Do something you're good at, such as journaling, reading, or some form of art.
- Practice daily meditation.
- Set up an appointment with a mental health specialist.
- Regulate your sleep schedule.
- Make sure you're maintaining a nutritious diet.
- Schedule time every day to unwind and relax (such as taking a hot bath or shower!)

Let us help you bring in the new year right. The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health. If you're interested in learning more about how you can put your health first once and for all, contact our clinic today for more information.

Sources: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>
<https://www.healthline.com/health/benefits-of-stretching#types>

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

IN THE KITCHEN WITH GARRETH

WHITE CHICKEN CHILI

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

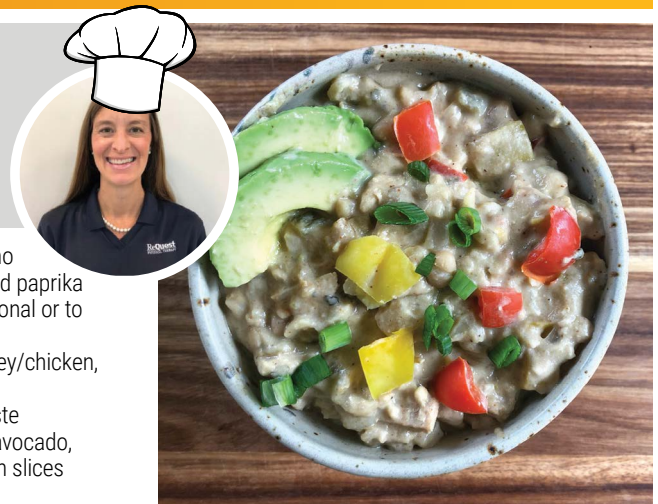
INGREDIENTS

- 2 quarts chicken or vegetable broth, divided
- 1 cup raw cashews
- 1 onion, peeled & chopped
- 4 cloves garlic, peeled & chopped
- 2 cups red and/or yellow sweet peppers, chopped
- 4 cups chopped cauliflower
- 3 cups cooked cannellini/Great White Northern beans (or 2 cans, drained)
- 1/2 cup dry lentils
- About 1/2 cup mixed green chilies and/or jalapeno, chopped
- 1 tablespoon cumin
- 2 teaspoons oregano
- 2 teaspoons smoked paprika
- Pinch cayenne, optional or to taste
- 2 cups leftover turkey/chicken, chopped
- Salt & pepper, to taste
- Optional toppings: avocado, green onions, radish slices

DIRECTIONS

Soften cashews. Place cashews in a medium bowl and cover with broth and set aside to soften. **Sauté veggies.** In a medium sauce pan over medium heat, sauté the onion, garlic, and bell peppers in water or broth until onion is soft and translucent and peppers are a bit tender. **Steam cauliflower.** In a medium microwaveable bowl or in steamer basket stovetop, add 1 inch of water and steam cauliflower for 3-5 minutes until soft. **Simmer lentils.** Set aside 1 cup of white beans then in large pot add the remaining beans and broth, lentils, chilies, and seasonings. Bring to a boil then reduce to heat to light boil and cook uncovered for about 20 minutes until the lentils are tender. Check and stir every 5 minutes or so. **Creamy blend.** In a food processor or high-powered blender add soaking cashews with broth, reserved white beans, and cauliflower. Blend until smooth. If needed add more broth from the pot. Stir the creamy mixture into the pot as well as stir in the chopped chicken or turkey. **Taste and adjust seasonings.** Taste and add more seasonings, if desired, to taste. **Enjoy.** Top with avocado, chopped green onions, and/or sliced radishes.

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





WHY REQUEST?

"Physical therapy has helped me with upper back, core, and knee issues. My therapist is attentive, knowledgeable, and would be helpful to anyone seeking a more functional life."

— C.A.



RICKY RAY
LMT, MMLT, MMLTI
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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.



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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

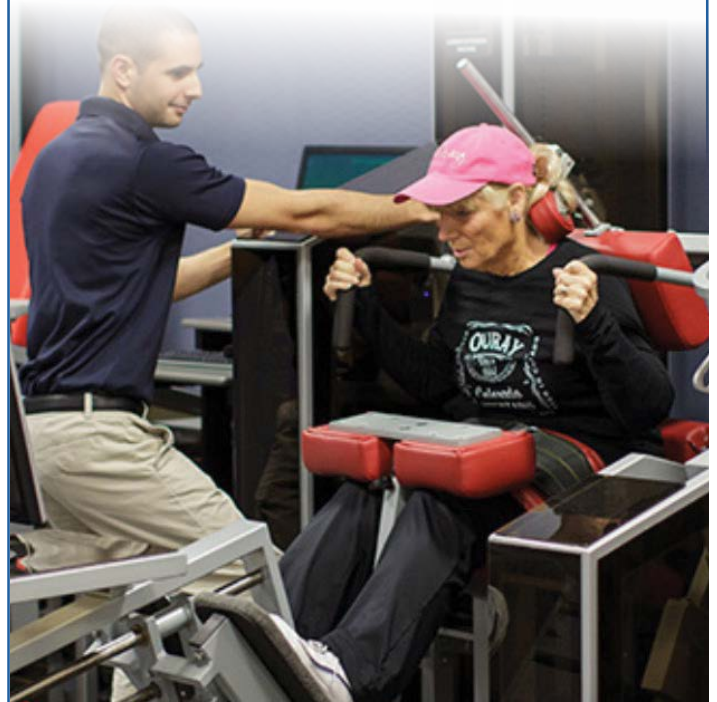


2. Discover why your pain has come back



3. Get your custom recovery program

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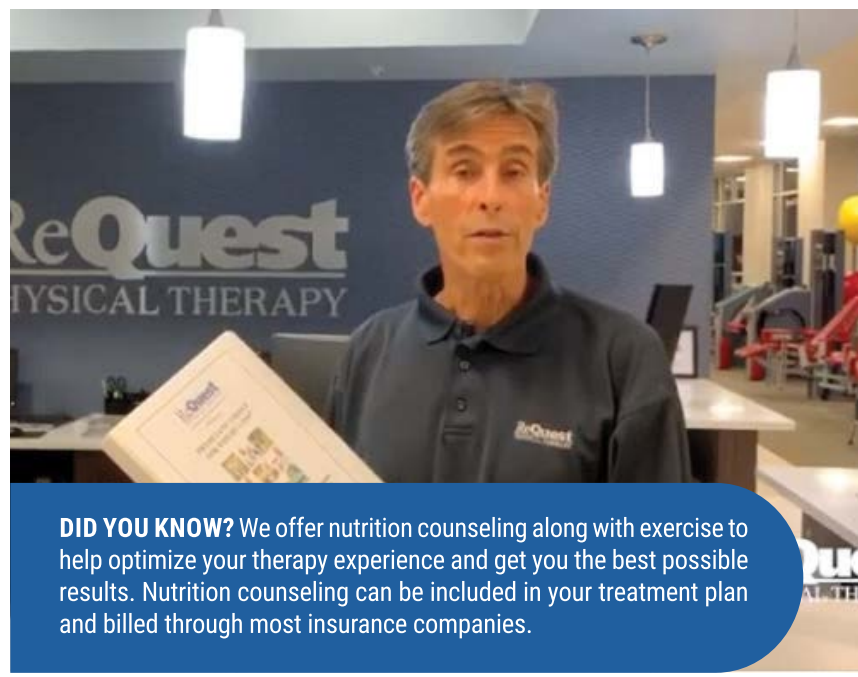


DISCOVER OUR WEIGHT LOSS® PROGRAM

The Physician's Choice for Weight Loss® program offered by ReQuest Physical Therapy is more than just "diet and exercise." Highly regarded for its success, and developed by our own Jeff Gilliam, PT, PhD, this unique program combines daily aerobic exercise with food journaling to help participants see first-hand how much they are moving and what they are eating. Garreth Smoak, PTA, INHC writes the delicious complimentary recipes that accompany the program. Jeff and Garreth help thousands of people from all walks of life discover the pleasures that come from reaching a healthy body weight. While often used for weight loss, this program can also be used for weight gain and weight maintenance.

What's more, we are located inside the award-winning Gainesville Health & Fitness. Being here provides participants with access to every conceivable piece of aerobic and strength training equipment, plus sports courts, childcare services, group exercise, aerobics and more in classes, recovery tools, aqua therapies, and personal training instructors.

Best of all, these programs are covered by most health insurance plans, especially when weight problems trigger common orthopedic implications such as joint pain or back pain. But if your insurance doesn't cover the program, don't worry. We'll work with you on a flexible and affordable payment plan that works for you. Program classes are 4-6 weeks in length and in a one-on-one environment.



DID YOU KNOW? We offer nutrition counseling along with exercise to help optimize your therapy experience and get you the best possible results. Nutrition counseling can be included in your treatment plan and billed through most insurance companies.

Participants should come dressed in active clothing and be prepared to move and have fun.

Contact us at 352.373.2116 for more information on our weight loss program for adults and children. Check out our video on YouTube providing more information on the Weight Loss® program at <https://www.youtube.com/watch?v=yTaI0wCNlzl>.

We hope you had a Happy Holiday!
From ReQuest PT!



Exercise Essentials

Try these exercises to keep you moving...

STANDING MARCH

Start by standing up straight (place both hands on the back of a chair for support if needed). Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Repeat exercise 10 times.

Strengthens knees



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

KNEE SQUAT

Start by kneeling on a foam pad with your butt on your heels and your torso standing tall. Drive your hips forward to go into a tall kneeling position with your hips locked out; hold a few seconds then lower back to kneeling with control. 3 sets, 10 reps.

Strengthens knee muscles

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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