



BENEFITS OF AQUATIC THERAPY FOR CHRONIC PAIN

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work?

If you answered yes to any or all of these questions, water therapy at ReQuest Physical Therapy might be a good fit for you!

Aquatic therapy is a type of rehabilitation that takes place in the water. It differs from aqua fitness in that it is carried out by a certified therapist. It is covered by insurance, including Medicare, because it is provided by a physical therapist, physical therapist's assistant, occupational therapist, or occupational therapist's assistant.

Continue reading to learn about the advantages of water treatment for a number of difficult chronic diseases. When you're finished, call our clinic to schedule an appointment with one of our trained aquatic therapists!

What Common Conditions Can Aquatic Therapy Help With?

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief.

Two of the most common conditions that aquatic therapists are experts at treating are back pain and balance issues.

Back pain

Back pain is one of the most commonly experienced conditions, and it can affect nearly anyone at any age. This kind of pain can form as a result of an injury, or simply as a part of getting older. Back pain is often quelled with over-the-counter pain medications, but with the help of a knowledgeable aquatic therapist, you don't have to depend on pills to help you feel better.

As previously stated, our clinic believes in the healing magical properties of water. They are perfectly suited to treat back pain!

Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to exercise your back muscles. In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can be used to relieve pressure between the vertebrae, which is common in the spine.

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Balance and gait disorders

Balance disorders are rather common. Feeling imbalanced is never pleasant, and it can put you at risk of falling and hurting yourself. Our clinic's aquatic therapy might help you improve your balance.

There is no risk of injury when completing standard land-based balance exercises in the water. You may sustain injuries such as a hip fracture if you fall on land. Not only do you have the support of a flotation belt in the water, but you also have the safety of the water if you lose your equilibrium! It's a win-win situation for everyone.

If you stumble, you will simply get wet instead of falling down and hurting yourself. Our therapists can identify at-risk patients and provide hands-on assistance when needed, so rest assured that you'll be taken care of!

What Makes Aquatic Therapy Successful at Decreasing Pain?

You might be wondering, "What makes aquatic therapy so special? It's just water!" The truth is that this kind of therapy maximizes the magical properties of water, such as buoyancy, viscosity, and hydrostatic pressure.

Water reduces the amount of weight you're bearing on your joints and spine as you exercise. It also provides resistance and decreases inflammation, and improves circulation.

Our talented staff is skilled, licensed therapists who will focus your total body exercise program to reduce your pain. Our aquatic therapy program will improve your endurance, muscle strength, and balance.

Why Should I See an Aquatic Therapist?

There are several reasons why you may want to go see an aquatic therapist at ReQuest Physical Therapy. Besides living with chronic conditions such as arthritis, tendonitis, bursitis, multiple sclerosis, stroke recovery, and joint disorders, you may have other common goals for your aquatic therapy treatment, such as:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

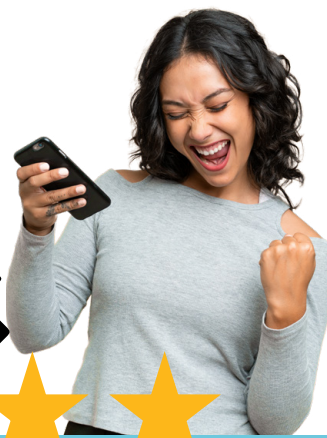


If you're not sure whether or not aquatic therapy would be a good fit for you, you can always ask a ReQuest Physical Therapy therapist. They'd be more than happy to do a full assessment of your condition to determine the best plan of action for your therapy treatment!

Call Our Office Today for an Appointment

Our aquatic therapists are experts when it comes to improving your movement and easing your pain. If you're dealing with any kind of chronic pain condition, call our clinic to set up an appointment. There are so many different ways a therapist can help you find the relief you deserve, so come on in -- the water's fine!

CLICK HERE TO
SCHEDULE YOUR
APPOINTMENT
TODAY!



WHY REQUEST?

“There is an abundance of care and concern for why I am there. I feel very comfortable and the treatment plan is working very well for me. The staff is incredibly professional and knowledgeable. My time there receives their undivided attention.” -Robert

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FREE PAIN SCREENING

ReQuest

PHYSICAL THERAPY

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

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

Call to schedule.
Expires 03-30-24



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEW US
GAINESVILLE

★ REVIEW US
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requestphysicaltherapy.com



ADD GREENS TO YOUR DIET

It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. These 11 strategies can help make getting more vegetables convenient, simple, and delicious.

Make them more interesting. Look up new recipes.

Prep ahead of time.

Get everyone involved.

Hide them in yummy dishes. Roasted vegetable Lasagna

Make an omelet.

Slip 'em into smoothies.

Upgrade starches. Zucchini fries

Double up in restaurants. Simple: Ask your server to skip the potatoes and add another green vegetable.

Buy them fresh or frozen. Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.



HEALTHY RECIPE

LIGHT & EASY SOUTHERN BROCCOLI SALAD

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

Ingredients

- 3 tbsp. balsamic vinegar or to taste
- ½ C chopped avocado and/or organic nonfat plain Greek yogurt
- Salt and pepper, to taste
- 1 tbsp. fresh oregano or thyme, minced
- 5 C broccoli florets and stems chopped in bite-sized pieces
- 1 C cherry tomatoes, quartered
- ½ C purple onion, minced
- ½ C cabbage, diced
- 1 tbsp. raw sunflower and/or pumpkin seeds



Directions

In a small bowl, whisk together the first 4 ingredients; set aside.

In a medium bowl, combine vegetables and seeds.

Pour in the balsamic avocado dressing mixture and toss well.

Refrigerate for 25 - 30 minutes before serving to allow flavors to blend.

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

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SPRING SPORTS

Spring Sports Strength and Conditioning and Injury Prevention Penny Goldberg, PT, DPT, SCS, ATC



Repetitive motion is the nature of the game when it comes to spring sports. Participating in baseball, softball, tennis, swimming, and track & field can be a ton of fun but these sports also expose athletes to overuse injuries through repeated stresses on the musculoskeletal system (read: your body).

Tens of millions of children and teenagers play organized sports. A study of pediatric injury rates found

nearly 87,000 injuries in baseball and over 50,000 injuries in softball. Youth runners are also at risk with [over 50% reporting a running-related injury](#).

Overuse has been identified as the most common health problem in junior tennis players and swimmers. It has been reported that elite swimmers can swim as many as nine miles a day!

With more pressure than ever to specialize in one sport, youth athletes often find themselves playing for multiple organizations and competing all year round- especially in Florida where we can almost always be outside!

Regardless of sport, these athletes often have muscle soreness and may develop overuse injuries. If these overuse conditions aren't managed properly, they can lead to more serious injuries down the road.

When to seek Physical Therapy or Medical Attention

Any athlete who has pain or soreness that lasts **more than 48 hours should seek physical therapy or medical attention**. It doesn't take long (less than 48 hours!) for weakness and imbalances to occur and both may lead to increased risk factors when the athlete gets back on the field or track.

Causes of Injury

- Overtraining
- Lack of rest/recovery periods
- Poor mechanics
- Poor specific pitch technique
- Poor shoulder/elbow/wrist flexibility and strength
- Decreased hamstring or quadriceps flexibility and strength
- Poor hip flexibility and strength
- Poor abdominal strength/core stability

Injury Prevention

- Warm up properly.
- Take part in preseason and in-season strength and conditioning programs.
- Give their body a chance to rest and recover. Rather than playing one sports all year-round, play multiple sports to engage different muscles and energy systems.

It's important that athletes know they shouldn't play through pain. They should feel comfortable approaching parents and coaches with concerns as pain may be a result of an underlying condition and continuing to play could make things worse.

If pain persists or an adolescent athlete plays year-round with minimal rest or recovery, a consultation with a sports physical therapist is recommended. Physical therapy can help develop a training plan that includes sleep, nutrition, rest, recovery, strength, and conditioning.

Services We Offer

Our team of experts at ReQuest Physical Therapy can evaluate and treat an injury to prevent more serious problems.

Overuse injuries in usually respond well to (relative!) rest without missing too much of the competitive season.

After a period of rest, an athlete often needs physical therapy or rehabilitation to regain strength and flexibility in the affected area.

ReQuest Physical Therapy can design a sport-specific stretching and strengthening program to help the athlete return from injury, improve form, and work to avoid injuries in the future.

If surgery is needed, an athlete usually completes a sport-specific rehabilitation program afterward and can return to playing baseball safely with medical clearance.

Contact Us

To schedule an appointment with a Sports Physical Therapy expert, call [\(352\) 747-9992](tel:352-747-9992).



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MARCH

CLINIC NEWS

ReQuest PHYSICAL THERAPY

ONCOLOGY YOGA



We are thrilled to share some wonderful news that's close to our hearts. Gainesville Health & Fitness is now offering a FREE Oncology Yoga class at the stunning outdoor ECHO pavilion Friday mornings at 10am.

This class is open to ALL members of our community whether you are facing a new cancer diagnosis, going through treatment, or in recovery/survivorship. You don't need to be a GHF member to join.

About the Class

- What: Oncology Yoga
- When: Every Friday at 10 am
- Where: ECHO Pavilion
- Instructor: Nick Utley - Newly certified in Oncology Yoga!

Nick brings his expertise and passion to create a supportive space for those on their cancer journey. This class will be a fantastic opportunity to engage in gentle movements, mindfulness, and connect with a community that understands.

Spread the word and let's make this class a place of healing, strength, and togetherness



PTA Drew, his daughter Junie, and one of our favorite patients - Ms. Ginny

Walking Support Group

Walk and chat with your therapist! This group is for women in any stage of cancer treatment, recovery, or survivorship.

Build community, get some fresh air, and ask any questions you may have.

**Meet in the lobby of ReQuest PT
(attached to Main GHF)
2nd Tuesday of each month at 10am**

ReQuest
PHYSICAL THERAPY



The next Walking Support Group will be Tuesday, March 12th. Please meet at 10am in the lobby of our main center clinic.

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