



CORE STRENGTH UNLOCKED: EXPERT PT GUIDANCE!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At ReQuest Physical Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

What Is the "Core"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

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Building Core Strength with Expert Guidance

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

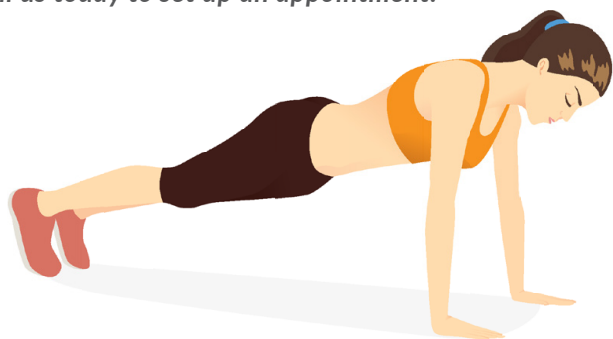
Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

Book Your Appointment at ReQuest Physical Therapy Today!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Call us today to set up an appointment!



ReQuest
PHYSICAL THERAPY



**CLICK HERE TO
SCHEDULE YOUR
APPOINTMENT
TODAY!**



WHY REQUEST?

“Due to a back injury, I have had to get massages for over 5 years. I have had at least 15 massage therapists. David at the West Newberry location is by far the best therapist I have ever had. He is professional and excellent at his job.” -Kelly M

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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 05-31-24

HEALTHY RECIPE



SESAME-CRUSTED TILAPIA WITH GINGERED GREEN BEANS

MAKES: ~4 SERVINGS; PREP TIME: 20 MIN; TOTAL TIME: 45 MIN
TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

Ingredients

- 2 TBSP fresh lime juice, with pulp
- 2 TBSP low-sodium soy sauce
- 2 TBSP fresh ginger zest, divided
- 1 tsp sesame oil
- 1 pound tilapia or any white meat fish
- 2 TBSP sesame seeds
- 1/3 cup water
- 3 cups green beans
- pinch sea salt
- ground peppercorns, to taste
- 1/8 cup fresh cilantro leaves, minced
- Lime wedges, garnish

Directions (Fish):

- Pre-heat oven to 425.
- In small bowl, whisk together lime juice, soy sauce, 1 TBSP ginger, 1 tsp sesame oil.
- Place tilapia in baking pan lined with aluminum foil.
- Pour juice mixture over tilapia. Turn tilapia over to coat each side.
- Coat tilapia with sesame seeds.
- Bake uncovered for 8 min, until fish flakes easily with fork (be careful to not overcook).
- Let fish rest 3-5 minutes before serving.

Directions (Green Beans):

- On medium heat, in large non-stick skillet add remaining ginger zest, water, beans, salt, and pepper.
- Cover and cook 5 min, until beans are bright green.
- Remove beans from heat and sprinkle with sesame seeds.
- Remove tilapia fillets from pan with heatproof spatula, drizzling fish and beans with pan juices.
- Garnish with fresh cilantro.
- Enjoy!

Nutrients:

1 serving = 6 oz fish & 1 cup beans = 15 pts
2 servings veggie; 2 servings lean meat; ¼ serving seeds; trace oil



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!

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ReQuest

PHYSICAL THERAPY

HOW DOES MASSAGE THERAPY HELP WITH PAIN CONTROL

Massage Therapy and Pain – an interview with Samantha Ream, M.Ed., Ed.S., LMT (MA47022)

How does massage therapy help with pain control?

Massage has an enormous impact on pain and can be very effective for pain control as it helps to increase “happy hormones” like endorphins, dopamine, and serotonin.

Massage stimulates blood flow and can improve circulation. This helps your body move more freely by decreasing restrictions in the muscle tissue. Massage also has a positive impact on the body's immune system. Receiving regular massage therapy can help improve lymphatic flow in the body and increase immune supporting cells. MLD (manual lymphatic drainage) can reduce swelling and decrease pain by stimulating the lymphatic system.

Massage is also an incredible stress reducer and can actually decrease blood pressure. It also reduces cortisol (stress hormone), which feels amazing in the moment and promotes better sleep.



Who benefits the most from using massage therapy for pain management?

Massage helps aid the healing process and can be a complement to other pain management strategies. Individuals with acute issues or recent injuries will benefit the most from massage for pain management. Massage can be especially effective for people experiencing back pain or referred pain (pain in a different area than the original injury). Massage is always the most beneficial when coupled with regular exercise and a targeted strengthening routine for the injured area.

What would you tell a patient who is in pain but hesitant to try massage therapy?

Massage with the right therapist is a safe place to receive therapeutic touch, quiet your mind, and reconnect with your body. When it is done well, massage is a fantastic tool to reduce pain and improve both your physical and mental health.

I would encourage the patient to try out more than one therapist to find the best fit for them as every therapist has their own energy, therapeutic style, and unique bodywork techniques. Your massage therapist should maintain open communication and be receptive to your feedback. Please don't hesitate to ask any questions or voice any concerns you are having during your session.

To explore your insurance coverage for massage therapy, please call (Gainesville) (352) 747-9992/Tioga (352) 670-3461 or requestphysicaltherapy.com. We also offer affordable private pay rates for all of our services.



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MAY

CLINIC NEWS

MEET OUR STAFF



M&M

pictured are Myrlene (left - exercise specialist) and Maya (right - patient care coordinator and Pilates instructor)

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, May 14th. Please meet at 10am in the lobby of our main center clinic.

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MAY

CLINIC NEWS

MEET OUR STAFF

Pictured are Melvin (exercise specialist) and Edgar (PTA) in our last in-service. They were learning innovative and fun ways to challenge our patients that have lower functional levels.



MEET OUR PATIENTS

Our PTA Muki and one of his favorite patients - Ms. Ruth. She just celebrated her 91st birthday!



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