



HAPPY

4TH OF JULY

ALLEVIATE PERSISTENT NECK PAIN WITH PHYSICAL THERAPY!

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At ReQuest Physical Therapy, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because there's something wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems, and more importantly get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.

Source of Neck Pain: Causes and Symptoms

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something that seems insignificant, like maintaining an improper posture while working at your desk, our team can help.

What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs, the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck. Whereas problems such as bulging or herniated discs can be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms.

Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

Visit Us Online requestphysicaltherapy.com or
Call Gainesville: [\(352\) 747-9992](tel:(352)747-9992) or Tioga: [\(352\) 670-3461](tel:(352)670-3461)

Physical Therapy: Your Pathway to Relief

We'll start with a comprehensive evaluation, including gathering as much information about your health, previous history of neck pain, and information about your most recent episode.

Next, we'll conduct a physical examination, including a hands-on assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain.

Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **Hands-on Therapy and Custom Exercises:** Our expert therapists use specialized manual treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.
- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders. We will also introduce you to stress-minimizing methods that can be seamlessly integrated into your work life.

We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

Ready to Take the First Step Toward a Pain-Free Neck?

Don't let neck pain hold you back any longer. At ReQuest Physical Therapy, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!

ReQuest
PHYSICAL THERAPY



CLICK HERE TO
SCHEDULE YOUR
APPOINTMENT
TODAY!



WHY REQUEST?

“My experience with ReQuest was nothing but positive. All appointments were on time and the therapists were friendly and knowledgeable, taking time to explain and demonstrate the exercises and watch that I could do them with good form. The variety of exercises ensured that I wouldn't get bored by doing the same old things, and it was stressed that I needed to work hard enough to be challenged without overdoing it. I would recommend ReQuest to anyone who needs physical therapy. -Connie S.

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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 07-31-24



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
TIOGA

requestphysicaltherapy.com



5 DIET TIPS FOR THIS SUMMER

1. Swap out snacks for fruits and vegetables. Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
2. Cut down on sugary drinks. Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
3. Drink enough water. Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
4. Don't skip breakfast. A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!
5. Reduce your saturated fat intake. Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.



YUM!

HEALTHY RECIPE

PEACH ICE CREAM

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

Ingredients

- 1/2 C cashews (Use 1 cup if not using yogurt)
- 5 C ripe peaches, washed, halved and pits removed
- 1/2 C fat free plain Greek yogurt
- 1 ripe banana
- 1 tbsp. lemon juice
- 2-3 drops vanilla (optional)



Directions

1. Soak cashews in water for at least 30 min. Strain cashews from water.
2. Blend all ingredients in high powered blender until pureed. Note: For nice rich peach flavor, use 4 to 1 ratio of peaches to other ingredients.
3. At this point you can add the blended peach mixture to home ice cream maker to continue mixing and freeze. Or pour peach mixture into ice cube trays or popsicle mold. Place in the freezer until frozen.

Gainesville

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Tioga

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F: (352) 331-3221

JULY

CLINIC NEWS

MASSAGE THERAPY

The experienced team of licensed massage therapists at ReQuest Physical Therapy are ready to help you reach your self-care goals this summer!

Massage therapy can be used to address a wide range of medical conditions and it offers numerous physical and mental benefits to complement your total fitness program.

Benefits of massage include:

- Pain relief
- Reduced muscle tension
- Quicker recovery from performance activities
- Prevention of future injuries
- Increased flexibility
- Improved circulation
- Relaxation

The best part? We offer **FREE** babysitting courtesy of the Kids Club at GHF while you receive your massage!

Our affordable non-insurance rates are \$40 for a 25-minute session and \$80 for a 55-minute session. If you have Blue Cross Health Insurance, you may be able to access a full session of massage for as low as \$16! Let us check your benefits!

Call (352) 747-9992 to schedule at our Main clinic or (352)-670-3461 to schedule at Tioga



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JULY

CLINIC NEWS

STAY UP AND MOBILE WITH US

Falls are NOT a "natural" part of aging!

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



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

ReQuest
PHYSICAL THERAPY

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**

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JULY

CLINIC NEWS

ONCOLOGY YOGA

Oncology Yoga

with Shawn



Therapeutic Yoga for any stage of your cancer journey.

When: Every Thursday at 1pm

Where: Group Fit Room at GHF Main

This class is free and open to the community.



For more information about our cancer programming, please email samantha.ream@requestphysicaltherapy.com

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