

# NEWSLETTER

September  
2021

**AGILITY**  
PHYSICAL THERAPY  
*Experience the Difference*

## **LIVE A HAPPIER AND HEALTHIER LIFE WITH PHYSICAL THERAPY!**

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle, contact Agility Physical Therapy today!

### ***Getting on track with physical therapy:***

The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-

home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

### ***Physical therapy treatments are catered toward your needs and goals!***

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home. The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

***(continued inside)***

# *Aspire Toward A Happier & Healthier Life Today*

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.)

Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether.

***Luckily, there is an alternative option: physical therapy.***

With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions.

Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals. In the end, an active lifestyle is more than possible, even if you struggle with chronic pain.

If you are looking to improve your health, strength, and physical activity, look no further – Agility Physical Therapy is here to help. Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: <http://www.apta.org/uploadedFiles/APTAorg/AboutUs/Policies/Practice/PTRoleAdvocacy.pdf> • <http://www.apta.org/Media/Releases/Consumer/2013/12/5>

***Live your best life by coming back to physical therapy – contact Agility Physical Therapy today!***

## ***WONDERING ABOUT YOUR ACHE OR PAIN?***

***Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!***

# Help Your Child Avoid Sports Injuries

School is almost back in session and with a new school year comes a new season for sports! Here is a collection of tips that can help keep your kids playing the game they love rather than watching from the sidelines:

- 1. Get a preseason physical.** Make an appointment with your child's pediatrician to get a thorough sports physical before the season starts. A sports physical can assess any areas that may be a concern for your young athlete, and in turn keep them from exasperating any conditions that may need to be treated.
- 2. Emphasize the importance of warm-ups.** Stretching is important to loosen muscle fibers and increase blood flow to the area. A mix of both static stretches (such as toe touches) and dynamic stretches (such as high-knees) will get your athlete ready to hit the field.
- 3. Make Sure they are getting enough rest.** Muscle fatigue predisposes an athlete to injury, so sleep is critical for your body to restore and rebuild muscle fibers. Make sure your child is also taking a season "off," as overuse injuries are the most common injuries seen in young athletes.
- 4. Make sure they are hydrating!** Heat-related illnesses, such as heat exhaustion and heat stroke, are a real concern for anyone exercising outside, especially on hot and humid days. Make sure your child is adequately hydrating before, during, and after activity.
- 5. Make sure they are eating a healthy, well-balanced diet.** It is important for athletes to fuel up correctly with a diet that consists of whole foods such as fruits, vegetables, and lean proteins. Be sure to make time for breakfast, too!

## FREE PAIN/INJURY ANALYSIS!

MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE MORE ENERGY • ENJOY ACTIVITIES PAIN FREE • BE STRONGER

**AGILITY**  
PHYSICAL THERAPY  
*Experience the Difference*

**CALL TO SCHEDULE A  
TELEHEALTH OR IN-CLINIC  
APPOINTMENT TODAY!**

*Offer valid for the first 25 people to schedule. Expires 10-15-21*

# Healthy Recipe

## LEMON ROSEMARY SALMON

### INGREDIENTS

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt to taste
- 1 tablespoon olive oil

### DIRECTIONS

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

## YOU DON'T HAVE TO LIVE WITH PAIN!



### DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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# Exercise Essentials

## PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks. This is a good stretch if you sit at a computer all day.



## Patient Success Spotlight

**"I WOULD RECOMMEND THEM OVER AND OVER AGAIN!"**

*"Wonderful atmosphere and staff that are willing to help you reach your fitness goals in a non-intimidating environment. The staff at Agility Fitness experience have the tools not only to get you into shape, but rehabilitate you after an injury or surgery. I cannot thank them enough for their support with my entire family. I would recommend them over and over again!" - A.S.*



**CALL TODAY! 941-484-8107**