

NEWSLETTER

AGILITY
PHYSICAL THERAPY
Experience the Difference

GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at Agility Physical Therapy can help.

October is National Physical Therapy Month. Agility Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face.

Our physical therapists are highly trained and experienced at treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be. Request an appointment with Agility Physical Therapy today, so we can help you get back to the life you deserve!

[IMPROVEMYAGILITY.COM](https://www.improvemyagility.com)

Why Should I Choose Physical Therapy?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

BENEFITS OF PHYSICAL THERAPY

A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This will also help you

improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health! Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492> • <https://academic.oup.com/ptj/article/90/7/1014/2737793> • <https://bjsm.bmj.com/content/52/24/1557.citation-tools> • <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

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SCAN ME

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**FREE PAIN AWARENESS
MONTH CHECK-UP**

VENICE: (941) 484-8107

SOUTHBRIDGE: (941) 244-2410

AGILITY
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**START OFF THE SEASON RIGHT BY
SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT**

Offer valid for the first 25 people to schedule. Expires 10-31-22

Come See Our Booth

We are participating in this years Venice Area Chamber of Commerce Business Showcase October 26th from 10AM–3 PM at CoolToday Park 18800 West Villages Parkway, Venice. Stop by and check out Agility Physical Therapy's booth!

Patient Success Spotlight

"Throughout my years I have been to many Physical Therapy locations. Agility Physical Therapy located in the Pinebrook Plaza was recommended by a neighbor after my total knee replacement. Right from the first phone call to set up an appointment I knew I was going to be treated with care and understanding. The office staff are positively the greatest and the treatment I got from the rest of the staff was five star! They worked so patiently with me with much care and expertise that I reached my goals within my 6 weeks of therapy. I will truly miss them! Thank you again to all the staff at Agility Physical Therapy." – A.S.

Try Autumn's Favorite Cajun Skillet

Ingredients

- 1 pound large shrimp peeled and deveined
- 14 ounce pork or chicken sausage sliced
- 2 medium sized zucchini sliced
- 2 medium sized yellow squash sliced
- 1/2 bunch asparagus sliced into thirds
- 2 red bell pepper chopped into chunks
- Salt and Pepper
- 2 Tablespoons olive oil
- 2 Tablespoons Cajun Seasoning



Instructions: In a large bowl add the shrimp, sausage, zucchini, yellow squash, asparagus, bell pepper and salt and pepper. Add olive oil and cajun seasoning and toss until coated. Add to a large skillet and turn to medium high. Cook for about 5-7 minutes until the shrimp is pink and the vegetables are tender. Garnish with fresh parsley if desired and serve immediately.

<https://therecipecritic.com/cajun-shrimp-and-sausage-vegetable-skillet/>



AUTUMN ELLIS, PT, DPT

Autumn is a Venice native who graduated from the University of West Florida with her bachelor's and master's in Exercise Science. She then went on to obtain her doctorate in Physical Therapy in 2019 from Florida Gulf Coast University. Autumn has experience in both inpatient and outpatient rehabilitative settings but primarily works with geriatric, orthopedic, and sports rehabilitation patients.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment today!

Call Us Today

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Contact Agility Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.

CALL TODAY! 941-484-8107