

# NEWSLETTER

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



## ***SHOW YOUR BODY SOME LOVE BY GETTING ACTIVE ONCE AGAIN***

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At Agility Physical Therapy, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them! Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track! Contact Agility Physical Therapy today for guidance on how to get moving so you can increase your energy and live a healthier life!

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# HOW DOES A SEDENTARY LIFESTYLE AFFECT YOUR BODY?

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

## **An inactive lifestyle has the following effects on your body:**

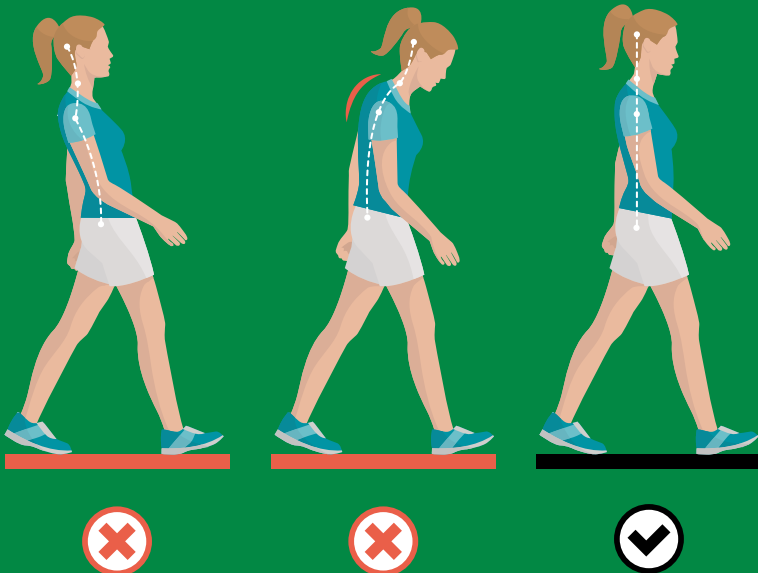
- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

## **HOW PHYSICAL THERAPY CAN HELP**

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

## CHECK YOUR POSTURE



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Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

1. **Identifying your prior level of fitness.** This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.
2. **Teaching you about the consequences of being sedentary.** Education is a crucial component of success. We will show you ways to increase movement in your day and help you make choices that support your well-being.
3. **Develop and progress you through specific exercises.** Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

### **WHAT TO EXPECT IN PHYSICAL THERAPY**

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function. In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

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Sources: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>  
• <https://medlineplus.gov/healthriskssofarinactiveillifestyle.html>

# ***SCHEDULE YOUR FREE PAIN SCREENING***

***VENICE: 941.484.8107***  
***SOUTHBRIDGE: 941.244.2410***

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

***CELEBRATE HEART HEALTH  
MONTH BY SCHEDULING A FREE  
20 MINUTE APPOINTMENT***

*Offer valid for the first 25 people to schedule.*

# WE ARE COLLECTING FOR THE TWIG

*First quarter collections will go on until last day in March. Socks in all sizes, colors, genders, ages, only NEW will be accepted. Drop off at either Agility location during normal business hours.*

**For more information visit [www.thetwigcares.com](http://www.thetwigcares.com)**

*Since 2016, The Twig has been serving the foster care community and leading others to do the same. But the story of The Twig began many years earlier when our founders, Lloyd & Dianne Weed, adopted their youngest daughter Ashlyn from the foster care system. The Twig opened its doors in May 2016, welcoming children into a brightly lit store, clean and organized, complete with dressing rooms. They served 466 children that first year, bringing smiles to many faces and meeting countless tangible needs.*

## SCHEDULE AN APPOINTMENT TODAY

At Agility Physical Therapy, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.

# HEALTHIER RED VELVET BAKED CAKE DONUTS

### INGREDIENTS:

- 2/3 c all-purpose flour
- 1/4 c cocoa powder
- 1 tsp baking powder
- 6 tbsp sugar
- 1 tbsp vegetable oil
- 2 tsp vanilla extract
- 6 tbsp Greek yogurt
- 5 tbsp milk
- 1 tbsp lemon juice
- 1 tsp red food coloring
- 1 egg
- 3 tbsp low-fat cream cheese
- 1 tbsp low-fat condensed milk
- cute candy hearts optional

**DIRECTIONS:** Preheat the oven to 350F/175C and lightly grease two six-hole donut pans or one six-hole donut pan and one mini 12-hole donut pan. In a medium bowl, stir together the flour, cocoa powder, baking powder and sugar. Pour the vegetable oil, vanilla extract, yogurt, milk, lemon juice, food coloring and egg into the bowl with the dry ingredients and beat until everything comes together. Pour the donut batter (it will be thin) into a large piping bag and pipe into the donut pans, filling each mould 3/4 of the way full. Bake in the preheated oven for around 10 minutes, until the tops are springy to the touch. Remove the donuts from the oven and leave to cool in the pan on a wire rack for about 2 hours, or until at room temperature. To make the icing, use a fork to beat the cream cheese and condensed milk together. Spread the icing evenly on top of the cooled donuts and sprinkle with cute candy hearts.



# STAFF SPOTLIGHT

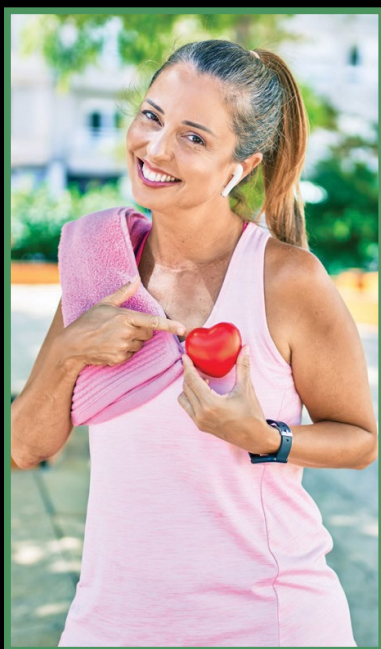
## SHAWN "ROCKY" BURTON LPTA, STS, LSVT BIG CERTIFIED



Shawn "ROCKY" Burton is a graduate of Linn State Technical of Linn Missouri. He graduated at the top of his class receiving the Student Of The Year award in 2000. Shawn "ROCKY" Burton trained at the Captial Regional Medical Center in Jefferson City, Missouri, and was the APTA Liaison for student government advocacy. Rocky started his career at Lake of the Ozarks Regional Medical Center in Osage Beach, Missouri where he was part of the neurological, hand, and pediatric rehab team focusing care on patients with traumatic brain injuries, stroke, spinal cord injuries, reflex sympathetic dystrophy, spina bifida and autism just to name a few specialties. Rocky continued his career as a traveling therapist in Missouri, Texas, Virginia and Florida, specializing care for TKA, THA, vertigo, balance and the geriatric population.

In 2011, Rocky and his wife started their own traveling therapy company working throughout the Gulf Coast & Central Florida. Rocky is considered an out-of-the-box therapist when treating. He creates fun and effective activities for his patients which his peers have replicated. Rocky is presently working on a paper for Laser Guided Cervical mobility and balance and has been writing a book on his out of the box treatments called "How To Be Therapeutically Creative" (he hopes to publish soon). Rocky is certified in the Rehab of the Athletic shoulder, IASTM, Cupping and LSVT BIG and is the author of several novels (to be published this year).

# PATIENT SUCCESS



**"They worked so patiently with me with much care and expertise that I reached my goals within my 6 weeks of therapy."**

"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 is 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.