



physical
therapy
of Melissa

Health & Wellness

The Newsletter About Health And Self-Care

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GET UP & GET ACTIVE!

*7 Ways You Can Become Healthier,
Stronger and More Active*

SEE INSIDE:

How Physical Therapy Can Help Your Sciatica Pain

TAKE ADVANTAGE OF OUR FREE SCREENING OFFER!



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Health & Wellness

The Newsletter About Your Health And Caring For Your Body



GET UP & GET ACTIVE!

7 Ways You Can Become Healthier, Stronger and More Active

It is common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Physical Therapy of Melissa, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

YOUR HEALTH AND YOU:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room.

Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

INCREASING YOUR STRENGTH AND FLEXIBILITY:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

7 TIPS TO GET UP & GET ACTIVE!

7 TIPS YOU CAN DO ON YOUR OWN:

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Taking care of aches and pains.** Don't let these long-term problems linger. Contact Physical Therapy of Melissa for professional help.
- 2. Limiting your sitting.** Get up every 30 minutes to walk around at work and home.
- 3. Getting out and moving.** Exercise regularly, even if it's just taking a short walk every day.
- 4. Maintaining a nutritious diet and controlling portion.** Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.
- 5. Drinking more water.** Water keeps your body systems functioning at an optimum level.
- 6. Breathing!** Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep. Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

CONTACT PHYSICAL THERAPY OF MELISSA TODAY!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Physical Therapy of Melissa would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!



Healthy Recipe: Banana Nut Bread



INGREDIENTS

- 5 very ripe bananas, mashed
- 1 egg
- 1 tsp vanilla extract
- 1 1/2 cups whole wheat pastry flour
- 1 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/8 tsp sea salt
- 1/2 cup raw walnuts, chopped
- 1/2 tsp coconut oil, for greasing loaf pan

INSTRUCTIONS

Preheat oven to 350 degrees F and line a 9x5 inch loaf pan with parchment paper, holding it steady with a little coconut oil, if needed. In a medium mixing bowl, mash the bananas using a fork or potato masher. Add the egg and vanilla and stir to combine. Set aside. In a separate mixing bowl, combine the flour, cinnamon, baking soda, and sea salt. Mix well. Add the dry ingredients to the wet ingredients and stir to combine. Do not over mix. Fold in the walnuts. Pour the mix into the prepared loaf pan. Bake for 50-60 minutes, or until a toothpick inserted comes out clean and top is golden brown.

Source: <https://www.asweetpeachef.com/banana-nut-bread/#wprm-recipe-container-29897>

PATIENT SUCCESS SPOTLIGHT



“When I first started PT I could barely turn my neck and had trouble doing many activities and concentrating on my work. Now I am feeling so much better and feel back to normal. Thank you PT of Melissa for giving me hope, keeping me inspired, and being so fun to work with!” — **Mallory H.**

Check out more reviews on Google by searching “Physical Therapy Of Melissa.”



PRACTICE NEWS

GIVE BACK THIS HOLIDAY SEASON!



You can drop off your donations for Toys For Tots at our office for collection through December 4th! We thank you for your generosity!

Check out more reviews on Google by searching “Physical Therapy Of Melissa.”

www.ptofmelissa.com



@ptofmelissa

Visit our website or follow us on Facebook to see what's going on at Physical Therapy of Melissa!

Exercise Essentials

Exercise For Improving Core Strength

FRONT PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up on your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



For other exercises to help build strength and stay active, contact your physical therapist at PT Of Melissa today!

Enjoy this Special Offer!

Do You Suffer From Sciatica Pain?

Mention or Bring in This Coupon Today For a

FREE BACK PAIN SCREENING



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If you have neck pain, please give us a call and schedule a free screening so we can get you going!

Call Today! (972) 961-3360

Offer valid for the first 25 people to schedule. Offer expires 12-31-20