



# Physical Therapy

N E W S L E T T E R



## 7 SIMPLE WAYS TO BE HEALTHIER, STRONGER, AND MORE ACTIVE

### **Healthy Lifestyle Tips**

*Become healthier, stronger,  
and more active*

### **Healthy Recipe**

*Try this immunity-boosting,  
vitamin-packed smoothie!*

### **Heart-Health Month**

*Celebrate by following 5 tips  
for better heart health*



# Physical Therapy

## NEWSLETTER



## BE HEALTHIER, STRONGER, & MORE ACTIVE WITH THESE SEVEN SIMPLE TIPS

It is a 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 Loop Physical Therapy Centers, 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 HEALTHY LIFESTYLE 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 Loop Physical Therapy Centers 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.

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Loop Physical Therapy Centers would love to help you live your highest quality of life.



*For more information about how to be healthier and more active, call us today at 773.541.2020 or visit us at [LoopPT.com](http://LoopPT.com)!*

## NO REFERRAL? NO PROBLEM!



Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



American  
Heart  
Month

F E B R U A R Y

**HAPPY AMERICAN HEART MONTH**  
FROM ALL OF US AT



LOOP PHYSICAL  
THERAPY CENTERS

Learn more by visiting our website at [LoopPT.com](http://LoopPT.com) or schedule your consultation today by calling!

# WHAT PATIENTS ARE SAYING!

"After having a reoccurring injury from years prior on my ankle that caused a strain to my MCL I was told I had to attend physical therapy. I was a bit hesitant to do so because of my prior experience with another therapy location. Fortunately my coworker raved about this place and I decided to give them a try. I met with TJ (Owner) the first few sessions that were great because she made me feel comfortable and I knew that she was very dedicated to making the patient feel comfortable and making sure they progressed. Due to my changing schedule I worked with Gigi, Aisin and Reagan at different times. All of them are very social, friendly and kind as well as knowledgeable.

After a couple weeks my schedule at work was changed and I was able to work mainly with Reagan. Although I enjoyed working with all the therapist and seeing their different strategies, it was nice to almost be "assigned" to one in a regular basis. Reagan goes above and beyond with her positive attitude to push me to make progress. Reagan has been injured and endured physical therapy and that's probably why she is very dedicated to helping out others.

My Orthopedic was great but mentioned that I might never have the same movement in my ankle because of some old scar tissue and the new damage. I'm glad that I was referred to this place because after a few months I now feel better than I did the last 3 years. Thanks to TJ and Reagan who came up with a great plan to improve the mobility in the ankle and then strengthen it. If and whenever I need physical therapy I will make sure to go back to Loop Therapy!" — *Juan Cabrales*

# FEBRUARY IS HEART HEALTH MONTH

## Follow These Tips For Better Heart Health!

**1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

**2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

**3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

**4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

**5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

# EXERCISES TO DO AT HOME!



## Skater Hops

1. Start in an athletic stance, knees slightly bent and chest up, looking straight ahead.
2. Standing on one foot, cross your opposite foot behind you and then laterally hop. Keep the landing foot straight ahead as you land.
3. The leg you just jumped with will naturally cross behind the opposite leg. Keep your balance as you use your arms to drive off the standing leg to hop sideways back and forth
4. Keep your chest up throughout the entire exercise.

## Mountain Climbers

1. Begin on all fours. Raise yourself into a push up position.
2. Quickly alternate bringing your knees to your chest / opposite shoulder. Make sure to keep your abdominals tight, back straight (no arch!), and shoulders over your hands.



## Bracing Hold

1. Sit with legs extended out in front, core drawn into wall.
2. Sit about 5-7 inches away from the wall.
3. Keep elbows bent at 90 degs.
4. Swing your arms back and forth and repeat.

## HEALTHY RECIPE WHITE CHOCOLATE RASPBERRY SMOOTHIE



### Ingredients

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk or your milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish

### Directions

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>



For additional nutritional information, visit us at [LoopPT.com](http://LoopPT.com) or call us today to set up a dietary consultation with our team member, Aysin Yavuz!

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