



NEWSLETTER

HOW TO SOLVE DAILY ACHES AND PAINS

OUR SERVICES

THERAPEUTIC EXERCISE

BALANCE TRAINING

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MANUAL TRACTION

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NEWSLETTER

HOW TO SOLVE DAILY ACHES AND PAINS



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How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even pain? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

Why am I so achy? Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

CALL US TODAY TO SCHEDULE AN APPOINTMENT (907) 562-2118.

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHES AND PAINS!**

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Simple Tips For Ache Relief

• **Sleep!** - This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.

• **Stay hydrated** - Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.

• **Maintain a healthy diet of fruits and vegetables** - Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.

• **Exercise regularly** - Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.

• **Keep a good posture** - Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

• **Get a physical therapy consultation** - If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

How physical therapy can help. A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better - so why wait? Say goodbye to your daily aches and pains with physical therapy today!

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CRUNCHY CHICKEN MANGO SALAD

INGREDIENTS

- 1/3 cup orange juice
- 3 tbsp rice vinegar
- 3 tbsp less-sodium soy sauce
- 1 tbsp toasted sesame oil
- 2 tsp sambal oelek (optional)
- 6 cups thinly sliced napa cabbage
- 2 cups sugar snap peas, thinly sliced
- 2 cups shredded cooked chicken breast

INSTRUCTIONS

Whisk juice, vinegar, soy sauce, sesame oil and sambal oelek (if using) in a large bowl. Add cabbage, peas, chicken, mango, mint and scallions; toss gently to coat. Serve the salad sprinkled with sesame seeds.

- 1 medium mango, sliced
- ½ cup chopped fresh mint
- ¼ cup sliced scallions
- 2 tbsp toasted sesame seeds



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Fun COVID-Friendly Spring Activities

TRY A NEW SPORT

As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months! Make sure to avoid crowded areas, and choose routes that put you at less of a risk of coming into direct contact with other people.

VISIT AN OUTDOORS FARMERS MARKET

If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try. Just make sure you wear your mask and stay 6 feet away from other shoppers!

BREAK OUT THE GARDENING TOOLS

Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and get your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, an excuse to get fresh air, and is also COVID-safe! Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.

MAKE THE MOST OF THIS SPRING

We all deserve to enjoy spring for what it is: a new beginning. Try some of these fun activities to add a bit of joy to your daily routine, and don't forget to keep a mask handy at all times!

Relieve Pain In Minutes

Try this movement to find relief from leg pain.

Strengthens Legs



HAMSTRING STRETCH- WALL

Place a leg up a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall.



Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!

Patient Success Spotlight



"My quality of life has improved significantly! I feel, look, and can move much better. They are experts in the field. I have seen a lot of specialists in the past for this issue and this is the first time I have had any significant improvement. All I can say is thank you!"

- M.W.



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