



NEWSLETTER

OUR SERVICES

THERAPEUTIC EXERCISE

BALANCE TRAINING

POSTURAL RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE MOBILIZATION /

MYOFASCIAL RELEASE

**MORE MOVEMENT,
MORE ENERGY**

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NEWSLETTER

MORE MOVEMENT, MORE ENERGY



Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact Wise Physical Therapy today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

Why is physical activity so important?

When you don't participate in frequent physical activity, your muscles begin to weaken and over time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

How can I get moving?

There is one fundamental rule of the human body: it was made to move!

There are several reasons why people may not want to participate in physical

activity. Perhaps your body simply doesn't move the way it used to, or perhaps painful areas of your body make it difficult to move in the ways you'd like. Whatever the case may be, the truth is that restriction in movement has the potential to lead to harmful health problems.

Some easy pain-relief and energy-boosting steps you can take on your own include:

1. Decide to get up and get moving
2. Get up from your chair every 20 minutes and walk around, even if it is just for a few seconds.
3. Walk or exercise at least 30 minutes every day.
4. Drink plenty of water.
5. Stretch your legs, hips, spine, and neck for 10 minutes every day.
6. Don't push yourself too far if you feel pain.
7. Make sure you are sitting properly at your desk or computer.
8. Take frequent breaks for breathing exercises. Inhale and exhale deeply.
9. Stretch your arms overhead frequently throughout the day.
10. Do strengthening exercises 2-3 times per week.

In order to be healthy, there needs to be a large emphasis on movement. When your body is flexible, strong, well-balanced, and fueled by a nutritious diet, it is able to perform at its optimal levels. At Wise Physical Therapy, we are dedicated to helping you live the best life you can, and our movement experts would be more than happy to help you relieve your pain, re-align your body, and get moving once again. If you are looking for assistance in living a more physically active life, contact us today.

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

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CRAB TACOS



INGREDIENTS

- Tortillas

For the filling

- 50ml mayonnaise
- 200g brown crabmeat
- Juice ½ lime
- 1 small fennel bulb, very finely sliced

- ½ cucumber, halved lengthways, deseeded and sliced
- Small bunch fresh chives, finely chopped
- Small bunch fresh coriander, roughly chopped
- 2 spring onions, finely sliced
- 300g white crabmeat

For the tomato salsa

- 200g cherry tomatoes, quartered
- ½ red onion, very finely diced
- Juice 1 lime
- Handful fresh mint, finely chopped
- Coriander and mint leaves to garnish and lime wedges to serve

DIRECTIONS

1. Mix all the filling ingredients except the white crabmeat, then taste and season.
2. Mix all the ingredients for the salsa in a bowl and season well.
3. To assemble, fill a tortilla with some of the filling mixture, then top with some white crabmeat and a dollop of salsa.
4. Garnish with a few herb leaves, then roll up the tortilla.

Recipe: <https://www.deliciousmagazine.co.uk/recipes/crab-tacos/>

SPECIALTY SPOTLIGHT



MANUAL THERAPY

Manual therapy is a safe, effective and non-invasive treatment method that is used by physical therapists, massage therapists and athletic trainers. Typically, patients visit a manual therapist when they are experiencing musculoskeletal pain. During treatment, your physical therapist may work to relieve pain with joint manipulation, manipulation of the muscles, joint mobilization and kneading. Through this type of physical therapy, our highly-trained and experienced manual therapist is able to implement a hands-on approach to healing that is designed to help manage chronic pain, increase range of motion, reduce inflammation, treat joint structures and promote faster healing. If you or a loved one is experiencing musculoskeletal pain, contact our offices today to learn more about the benefits of manual therapy.

CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

COLORING CONTEST WINNER!

CONGRATULATIONS KAYLIN!



RELIEVE PAIN IN MINUTES

Try this movement to find relief from back pain.

Helps Relieve Back Pain

 SimpleSet Pro
www.simpleset.net

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and/or buttocks.

Good stretch if you sit at a computer all day



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PATIENT SUCCESS STORY



"Everybody here was wonderful, especially Keith; I feel like a new person! I'm making good progress with my pain, as it has stopped. Thank you God, for the people to help me at Wise Physical Therapy! I will definitely recommend them to my friends and family. Wise Physical Therapy is the best, Keith explained everything to me in detail. Now I have no more pain and feel like a brand new person. Oh yeah!" - **Laura**



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!

FOLLOW US!

Look and feel your **BEST.**



"Our Mission is Movement!"