



# CHECK OUT OUR NEW LOCATION!

7 Tips to Improve Your  
Overall Health

Home Exercise:  
Knee Car

Patient  
Success Story

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**JOINT** RESTORATION CENTER  
& PHYSICAL THERAPY

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# 7 Tips to Improve Your Overall Health

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Joint Restoration Center, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education and prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact Joint Restoration Center today to find out more about how our services can help you live a healthier, stronger, and more active life!

## WHAT DOES IT MEAN TO BE HEALTHIER?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

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 Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.

**2 Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.

**3 Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.

**4 Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

**5 Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

**6 Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

**7 Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

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.

## HOW PHYSICAL THERAPY CAN HELP YOU

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual 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.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

## CONTACT OUR CLINIC TODAY TO MAKE AN APPOINTMENT

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Joint Restoration Center would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

# ANNOUNCING OUR NEW LOCATION

We've been working hard to get our beautiful and spacious new location up and running for you!

8014 S 101<sup>ST</sup> EAST AVENUE, SUITE 200 • TULSA, OK 74133



## Patient Success Story

"I have completed my treatment for this year and I am amazed and so grateful for Joint Restoration Center. It has made my life so much better. I am able to get up from sitting without the excruciating pain to include walking, standing, and some shopping that I had previously had to stop. I can't thank you enough!!!!"

— Sue R.



We want to hear **YOUR** success story!

Leave a review for our practice and help us connect with the community! Visit <https://i.lead.me/bd9lrm> or scan the QR code to leave us a Google review!



## HOME EXERCISE: KNEE CAR

### Strengthens Knee

Start by sitting on the ground with one leg straight and your other leg raised slightly resting on your forearm. Your heel should not be touching the floor. Turn your foot out as far as possible at your ankle and then extend your knee as much as possible. Turn your foot inward as far as possible and bend your knee as much as possible. Repeat 3 times.



Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

DON'T IGNORE YOUR PAIN. COME BACK TO JRC!

## Has Your Pain Returned?

Call today to schedule an appointment!

918.205.2608

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