



**GET
HEALTHY
AGAIN
AFTER THE
HOLIDAYS!**

INSIDE:

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Clinic Holiday
Pictures



How Healthy Are You, Really?



A MESSAGE FROM DR. CHRISTIAN, DPT

END-OF-YEAR REFLECTIONS

As the year 2023 winds down, we are now in the season of reflection. How did our year go? Did we reach our New Year's resolutions from the previous year? Did we become healthier or sicker in the last 12 months? These questions are important for us to reflect on because oftentimes we minimize our health in favor of "surviving" another day. I want you to take a few minutes and ask yourself, "What did I do to improve my health this year?" For many of us, the answer is "Not much! I'm just trying to make it through the day." And sometimes just making it through the day is enough. However, if we continue not to prioritize our health then we will certainly end up paying for it down the road.

One's perception of 'healthy' can have wildly different definitions based on who you ask. To some, healthy means having 6-pack abs and the perfect 'beach body'. For others, it can mean making it through the day with enough energy to truly thrive, rather than just survive.

At Joint Restoration Center and Physical Therapy, we believe the definition of health is having the ability to fulfill your purpose in life without limitations secondary to pain, fatigue, illness, or anxiety. JRC is proud to announce that we are now helping people just like you by developing an individualized plan to help you reach your health goals. We as a clinic know that we can offer more to you so that you can live your best life. If reaching your goals and improving your health sounds appealing, call us today to schedule your consultation!

HOW HEALTHY ARE YOU, REALLY?



KEEPING A PULSE ON YOUR WELLNESS LEVELS IS AN IMPORTANT PART OF MAINTAINING GOOD HEALTH

Are you getting as much physical activity into your daily routine as you should be? No matter your age, it's critical that you get up and move around every day! Joint Restoration Center emphasizes the importance of physical activity and wellness in our clinic. Our biggest priority is to see that our patients are healthy and feeling their best.

Did you know that physical therapy can play a role in improving your overall wellness? This is especially true if you are recovering from an injury, living with a chronic condition, or recovering from or preparing for surgery.

HOW PHYSICAL THERAPY CAN HELP YOU TO BE HEALTHIER

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being. At Joint Restoration Center, we will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future and stay as active as possible!

CAN PHYSICAL THERAPY IMPROVE MY EVERYDAY LIFE?

Yes! A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Joint Restoration Center also offers ultrasound diagnostic testing for our patients in need of EMG and NCV testing. These tests serve as ways for us to pinpoint the actual cause of your discomfort so that you can recover and return to a healthy lifestyle.

DIAGNOSTIC TESTING SERVICES

Ultrasound diagnostic testing is a tool that uses sonic waves to see inside painful areas of the patient's body. It allows your physical therapist to analyze certain joints, muscles, ligaments, and nerves in the affected area, both at rest and with movement, to pinpoint the source of the pain.

EMG tests work by using a specialized computer. Our highly trained physical therapist can see and hear how your muscles and nerves are working during this test! In many cases, the examination will include areas away from your symptoms because nerves can be extremely long, extending into other parts of your body.

An EMG is only one part of nerve testing; the other is called the nerve conduction study. With these tests, your provider will have all the information they need to diagnose and help you with your health questions. If you're living with numbness, tingling in your extremities, weakness, or sciatica pain, this kind of test could help get to the root of your problem.

OUR WELLNESS PROGRAM COULD HELP YOU FEEL YOUR BEST!

Joint Restoration Center is proud to offer a coordinated wellness program to help you meet your long-term goals during or after your therapy. Custom-designed individually, our certified exercise physiologists will work 1-on-1 with you to create a plan to help you live a satisfying life.

Our physiologists will meet with you to discuss your goals and work with you to establish a pathway to a brighter future. Our exercise programs are designed to tackle many problem areas and can even help with:

- Diabetes
- Weight Loss
- Sports Conditioning
- Endurance/Stamina
- Arthritis/Osteoporosis
- Heart Disease/High Blood Pressure

Whether it's enjoying long walks on the beach or getting back on the golf course, our specialized programs will get you where you want to be.

Sources: <https://www.nhsinform.com/healthy-living/preventing-falls/causes-of-falls>; <https://www.nia.nih.gov/health/prevent-falls-and-fractures>; <https://jbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>; <https://bmjgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4760892/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/>

CALL US TODAY

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

Call us or scan the code today to schedule a free consultation.

Book Your Appointment Today!



Holiday Season Was Cozy & Bright at JRC!



PATIENT Success Story

“I have never met such an awesome and caring staff. My range of motion is so much better. I am back on the bike again. The staff is so caring when it comes to your health.”

— Lenora J.



HOME EXERCISE

DEEP BREATHING ARMS OVERHEAD

Try this exercise to relax and calm yourself.

Start by standing up straight with your feet spread apart and your arms hanging in front of you. Slowly raise your arms straight out to the sides and up over your head as you inhale through your nose. Slowly exhale through your mouth as you lower your arms back down. 5 reps.



Always consult with your physical therapist before starting new exercises.

918.205.2608



JointRestorationCenter.com

DON'T IGNORE YOUR PAIN. COME BACK TO JRC! 918.205.2608