

MALVERN

PHYSICAL THERAPY

NEWSLETTER



**LIVE A HEALTHIER LIFE
WITH PHYSICAL THERAPY!**



www.malvernphysicaltherapy.com

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LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Malvern Physical Therapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Malvern Physical Therapy today!

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 about your condition and overall health and well-being.

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.

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.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive this summer and get ready for summer fun.



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PHYSICAL THERAPY TARGETS YOUR NEEDS & GOALS!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

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.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

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.

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WHAT TO EXPECT FROM YOUR PHYSICAL THERAPY SESSIONS

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

CONTACT US TODAY!

If you want to improve your health, strength, and physical activity, Malvern Physical Therapy is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: <https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>

FILLED FOURTH OF JULY STRAWBERRIES



INSTRUCTIONS:

- 6 ounces cream cheese, room temperature
- 1/2 teaspoon pure vanilla extract
- 4 teaspoons confectioners' sugar
- 12 strawberries, hulled
- 12 small blueberries

INSTRUCTIONS: In the bowl of an electric mixer fitted with the paddle attachment, beat cream cheese, confectioners' sugar, and vanilla extract on medium speed until light and fluffy, about 2 minutes. Transfer to a piping bag fitted with a 1/2-inch star tip. Trim 1/2-inch from bottom of each strawberry so that it sits flat. Use a small melon baller to scoop out the center of each berry. Pipe cream cheese mixture into berries until it brims over the tops. Finish each strawberry with a blueberry garnish. Store, covered lightly with plastic wrap, in the refrigerator for up to 2 hours.

Source: <http://www.kitchycooking.com/2021/06/4th-of-july-stuffed-strawberries/>

EXERCISE ESSENTIALS

Helps To Strengthen Legs



LUNGE & TWIST

Step forward with one leg. Bend your front knee as you allow your back leg to bend, and lower yourself until your forward knee is about 90 degrees. Once in this position, rotate your shoulders and torso until you feel a slight stretch in the core. Push through the heel of your lead foot and extend your hip and knee to raise yourself back up. Alternate between legs for two sets of ten reps on each side.



Patient Success Spotlight



"I have been coming for therapy here for 6 years and every time I am better and pain is reduced immensely. I feel like everyone at BPT is family." –N.S.

"Comfortable atmosphere and knowledgeable staff. Hard working. Many activities. Great staff." –T.H.

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

6			5	9	4		
		3		1			
7			6			2	5
	1		7	8			2
		7	1	3			
8			9	4		6	
5	8			3			7
			1		2		
		9	8	2			4

CALL (501) 359-5948 TODAY!

Staff Spotlight



Lauren Cook

*Physical Therapist at Benton
Physical Therapy*

Lauren is a current resident of Sherwood, where she lives with her husband and their dogs. In her spare time she likes to hike, travel, spend time with her family and spoil her fur babies. One day she would love to visit Hawaii and hike at Torres del Paine in Chile. Lauren is a graduate of UCA and she joined our team in Sept of 2020. She likes feeling challenged to become the best therapist she can.

When asked what her favorite part of the job is she says:

"Interacting with patients and helping them return back to the activities they enjoy doing." –Lauren

MALVERN PHYSICAL THERAPY

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