



**N E W S L E T T E R**



**GET YOUR HEALTH BACK ON TRACK**  
WITH PHYSICAL THERAPY





# MALVERN

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## PHYSICAL THERAPY



# NEWSLETTER



## GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love! Whether you have recently had surgery or are recovering from a new injury, physical therapy at Malvern Physical Therapy can help.

October is National Physical Therapy Month. Malvern Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and

making life way harder than it should be. Request an appointment with Malvern Physical Therapy today, so we can help you get back to the life you deserve!

### WHY SHOULD I CHOOSE PHYSICAL THERAPY?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).



GET IN TOUCH TO START HEALING TODAY! 501.359.5948 | [MALVERNPHYSICALTHERAPY.COM](http://MALVERNPHYSICALTHERAPY.COM)

# BENEFITS OF PHYSICAL THERAPY

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally. For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health. Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical

therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health! Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your physical therapy and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

## CALL US TODAY TO REQUEST AN APPOINTMENT

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results! Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Malvern Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492> • <https://academic.oup.com/ptj/article/90/7/1014/2737793> • <https://bjpm.bmj.com/content/52/24/1557/citation-tos> • <https://www.sciencedirect.com/science/article/abs/pii/S156899721832106>

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## PEANUT BUTTER MONSTER MUNCH PARTY MIX

### Ingredients:

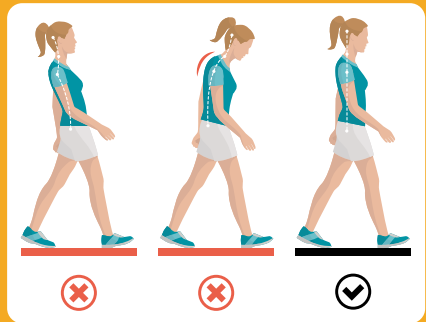
- 12 cups air-popped popcorn
- 3 cups mini-twist pretzels
- 1 cup roasted, salted peanuts
- 1 cup candy corn
- 1 cup Reese's Pieces
- 1/4 cup unsalted butter
- 1/4 cup honey
- 3/4 cup granulated sugar
- 1/2 teaspoon salt
- 1/2 cup creamy peanut butter
- 2 tablespoons heavy cream
- Orange candy melts and sprinkles (optional), for garnish

### Directions:

Mix the popcorn, pretzels, peanuts, candy corn, and Reese's Pieces in a very large bowl and spread out onto two large rimmed baking pans. Melt the butter in a large saucepan over medium-high heat. Add the honey and sugar and stir until smooth. Stop stirring, allow the mixture to come to a boil, and cook for about 5 minutes, tilting the pan occasionally to make sure there are no signs of burning. The mixture should smell caramelized and be a bit darkened in color. Remove from the heat and carefully stir in the peanut butter, salt, and heavy cream. Quickly drizzle the peanut butter caramel over the party mix on the sheet pans, then toss to coat with two large spoons. Drizzle with melted orange candy melts and sprinkle with sprinkles, if using. Let the party mix cool on the sheet pans, then transfer to bowls for serving, breaking up any large pieces if needed.

## EXERCISE ESSENTIALS

### CHECK YOUR WALKING POSTURE



*If you have any questions, please consult with a healthcare provider before starting.*

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## PATIENT SUCCESS SPOTLIGHT



"I love how they treat me every time. Makes us feel the love and charity of their profession. I feel great! Thank you so very much for everything!" – V.P.

### IF YOU NEED TO HAVE THERAPY:

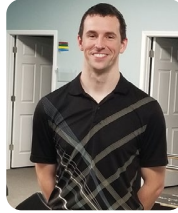
1. **CHOOSE** Physical Therapy
2. **GO** to all prescribed therapy appointments!

## STRETCH YOUR MIND

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

CALL TO SCHEDULE A FREE 15-MIN CONSULTATION!

## STAFF SPOTLIGHT



### DREW DAVIS

*Physical Therapist at our Benton Clinic*

Drew is a current resident of Benton, where he lives with his wife Katelyn, their beautiful daughter and their dog Tucker. In his spare time he likes to get in a good workout and he also enjoys online gaming. One day he would love to visit and bungee jump in Australia and New Zealand. Drew is a graduate of Harding University and he joined our team in June of 2021 at our Sheridan location. He will soon be joining our Benton location team. He loves learning new techniques so he can better help his patients.

### HIS FAVORITE PART OF HIS JOB:

*"Hearing my patients say "No more Pain!"*



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PHYSICAL THERAPY

## WIN A \$50 AMAZON GIFT CARD

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THIS OFFER ENDS ON OCTOBER 31<sup>ST</sup> 2023