



N E W S L E T T E R



HOW PHYSICAL THERAPY
CAN HELP YOU GET ACTIVE AGAIN





MALVERN

PHYSICAL THERAPY



NEWSLETTER



HOW PHYSICAL THERAPY CAN HELP YOU **GET ACTIVE AGAIN**

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help.

At Malvern Physical Therapy, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact Malvern Physical Therapy today for guidance on how to get moving so you can increase your energy and live a healthier life!

HOW DOES A SEDENTARY LIFESTYLE AFFECT YOUR BODY?

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching TV. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.



GET IN TOUCH TO START HEALING TODAY! 501.359.5948 | MALVERNPHYSICALTHERAPY.COM

HOW PHYSICAL THERAPY CAN HELP

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents.

We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in your day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your 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. From start to finish, we're

dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

WHAT TO EXPECT IN PHYSICAL THERAPY

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

SCHEDULE AN APPOINTMENT TODAY

At Malvern Physical Therapy, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.

Sources: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who> • <https://medlineplus.gov/healthrisksforaninactive lifestyle.html>

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EASY SLOW COOKER STUFFING



Ingredients:

- 1 cup butter
- 2 cups chopped onion
- 2 cups chopped celery
- 12 ounces sliced mushrooms
- ¼ cup chopped fresh parsley
- 12 cups dry bread cubes
- 1 ½ teaspoons salt
- 1 ½ teaspoons dried sage
- 1 teaspoon poultry seasoning
- 1 teaspoon dried thyme
- ½ teaspoon dried marjoram
- ½ teaspoon ground black pepper
- 4 ½ cups chicken broth
- 2 large eggs, beaten

Directions: Melt butter in a skillet over medium heat. Cook and stir onion, celery, mushroom, and parsley in butter until slightly softened, 5 to 8 minutes. Place bread cubes in a very large mixing bowl. Spoon cooked vegetables over bread cubes. Season with salt, sage, poultry seasoning, thyme, marjoram, and pepper. Pour in enough broth to moisten, then mix in eggs. Transfer mixture to a slow cooker. Cover and cook on high for 45 minutes, then reduce heat to low and cook for 4 to 8 hours.

EXERCISE ESSENTIALS

FOAM ROLLING ESSENTIALS



Inner Thigh



Hip



Abs



Upper Arm

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

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PATIENT SUCCESS SPOTLIGHT



"I was very pleased with my therapist and all the staff was unbelievably good!" — R.S.

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

CHELSEA CAVENOR

Accounts and Insurance Specialist at our Benton Clinic



Chelsea and her husband are current residents of Benton, AR. They have a beautiful daughter and 2 dogs. In her spare time she likes to go cycling, spend time with her family and doing anything outdoors. She would love to win the lottery one day so she can do everything on her bucket list. Chelsea attended UALR and has been with our company since March, 2011.

HER FAVORITE PART OF HER JOB:

"The patients, I love the relationships that are built with each patient."



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THIS OFFER ENDS ON DECEMBER 31ST 2023