

**HOW PHYSICAL THERAPY CAN
HELP YOU GET HEALTHIER**





MALVERN

PHYSICAL THERAPY



NEWSLETTER



HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

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 Malvern Physical Therapy, 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 MALVERN PHYSICAL THERAPY TODAY TO FIND OUT MORE ABOUT HOW OUR SERVICES CAN HELP YOU LIVE A HEALTHIER, STRONGER, AND MORE ACTIVE LIFE!



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

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.

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- 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.

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 can guide you through proper exercises and 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 Malvern Physical Therapy 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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/> • <https://academic.oup.com/ptj/article/195/10/1433/2686492>

RECIPE OF THE MONTH GOO BALL (CHEESE BALL)

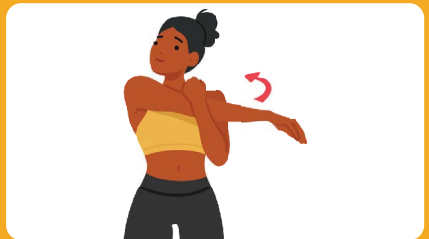


Ingredients:

- 2 - 8oz packages of Cream Cheese
- Armor - Dried Beef chopped
- 1 bunch of green onion chopped
- 1 tsp of Accent Salt or to taste

Directions: Mix by hand, form in a ball and serve with your favorite crackers.

EXERCISE ESSENTIALS CROSS BODY SHOULDER STRETCH



Begin in a standing position. Take one arm and place it across your chest. Using your other hand, grab the outer forearm of the arm that's across your body. Push that arm into your body to feel more of a stretch. Hold for 30 seconds. Repeat on the other arm.

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

CALL 501.359.5948 TODAY

PATIENT SUCCESS SPOTLIGHT



"I have had low back pain for years and finally went for help at ProActive Physical Therapy. They are amazing. They went right to work on me. No pain! For the first time in a long time I can get out of bed or up from the couch without pain. Thank you ProActive" — L.S.

IF YOU NEED TO HAVE THERAPY:

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

STRETCH YOUR MIND

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

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STAFF SPOTLIGHT



KRISTA ADAMS

PT at Pro-Active Physical Therapy Bryant

Krista, her husband Brandon and their son Haden are current residents of Benton, AR. She attended college at UCA for her undergraduate and Harding University for PT school. In her spare time she enjoys spending time with family and friends, relaxing in her hammock and playing a good board game. Krista participates in various community service projects throughout her church in Little Rock and the surrounding communities. Krista joined our team in May 2018 and she has since taken on the title of Clinic Director at our Bryant location.

HER FAVORITE PART OF HER JOB:

"Meeting people from all walks of life and being part of their journey along the way."



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