



Health and Wellness For The New Year

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KINECT PT**

NEWSLETTER

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Kinect

PHYSIOTHERAPY



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We bet if you're reading this, you've been focused on setting goals to improve your life over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make major changes!

Kinect Physiotherapy finds that many of our patients have one goal in common: maintaining a healthy weight. We put together a little bit of information about healthy dieting and nutrition tips for you!

IS MAINTAINING A HEALTHY WEIGHT PART OF YOUR NEW YEAR'S RESOLUTION?

Many diseases and illnesses are far less common in individuals who eat well. That's why improving the nutritional value of a poor diet can help to reverse the symptoms of many painful conditions significantly.

It can be challenging during this part of the year to kickstart a diet. However, there are

ways to choose better foods to nourish your body and boost your energy levels!

Two common diets that a physiotherapist can help you begin to implement are the DASH diet and the Mediterranean Diet.

- **The DASH Diet** stands for Dietary Approaches to Stop Hypertension. This diet can reduce hypertension and lower the risk of heart disease while also helping patients manage their weight. DASH is also low in saturated fats and cholesterol and heavily emphasizes fruit and vegetable intake.
- **The Mediterranean Diet:** This diet has been linked to the strikingly low rates of heart disease in certain Mediterranean countries. This diet features a lot of fish with Omega-3 fatty acids and is high in plant-based fats such as olive oils and nuts.

Continued inside.

INSIDE:

- Healthy Eating Resolutions
- Snow Shoveling Tips
- Why Choose Kinect PT

Why Choose Kinect PT

Dedicated one-on-one sessions with a licensed therapist

Many practices use auxiliary staff for patient therapy visits. At Kinect, you're guaranteed to work one-on-one with a licensed therapist, every time.

Healthcare for the whole person

Our treatments plans take a comprehensive view of your body, meaning that we consider how pain in one area might be impacted by certain limitations in other areas.

Goal-oriented care

We work with patients to list the goals that are important to them and provide specific exercises and resources to help them achieve those goals-with customized timelines, so they can see progress as they move along in a PT treatment program.

Collaborative approach to Physiotherapy

We partner with you to help you reduce pain and return to the activities you enjoy



KINECTPTNC.COM

GIVE KINECT PHYSIOTHERAPY A CALL TODAY!

We are here to set you up for success in the new year, no matter what your condition may be. It's never too late to get a jump start on wellness, and Kinect Physiotherapy is here to make sure you start your health journey off on the right foot.

Call us today to schedule your appointment!

5 HEALTHY EATING RESOLUTIONS

What's your New Year's resolution this January? Many individuals choose the New Year as a perfect time to start getting healthier and improving their diet. If this is your resolution, stick around to discover 5 ways you can eat healthier.

1. Drink more water

Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

2. Eat more Omega-3s

Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

3. Substitute meat with tofu

Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

4. Cut back on salt

Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks—like potato chips.

5. Limit your sugar intake

Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.

SERVICE SPOTLIGHT

Are you the type of person who dreads the snow? Does the thought of shoveling snow make you groan? You're not alone. Shoveling snow can be a real pain in the neck—literally!

Luckily, there are a few tricks you can use to make this chore more manageable. Check out these 5 tips for snow shoveling down below.

1. Warm-up first

You may not think of snow shoveling as a strenuous activity that requires a warm-up, but it is! Getting outside with the shovel before taking a second to warm up your tight and cold muscles increases your chances of injury.

Your warm-up doesn't need to be complicated; something as simple as a brisk walk or a couple of dynamic stretches is enough to help your body prepare for the task ahead.

2. Choose the right gear

Low back pain from shoveling snow can be exacerbated by improper equipment. Make sure you have access to both an ergonomic shovel and boots with great traction. The last thing you want is to slip and fall!

3. Use proper technique

Do you know the proper technique for shoveling snow? Keeping your back straight and leading with the hips instead of the lower back is essential. Ensure that your chest is pushed out and pointing forward. And most importantly, when you lift, rely on your leg muscles with a soft bend in the knee.

4. Take breaks

While it may be tempting to finish shoveling your driveway in one go, failing to pace yourself is how you get injured. Try spreading out the work you have to do over multiple days instead.

5. Push the snow, don't lift

It's much easier on your body to push piles of snow down to the street than it is to carry heavy loads out of your way. Invest in a shovel specifically designed for pushing snow.



STAFF SPOTLIGHT



Jamie Bafaro, PT

Jamie received her Bachelor of Science Degree and her Masters in Physical Therapy from Springfield College. She has been working as a PT since 2005 and has continued her training with

specialization in Trigger Point Dry Needling, Instrument Assisted Soft Tissue Mobilization, and Functional Training in Dance and Running.

She takes a hands-on approach to the care of patients and is very well versed in post-operative rehab for many conditions.

Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



PATIENT SUCCESS

"The whole staff is very friendly yet, professional."

Kinect Physiotherapy is great! The whole staff is very friendly yet, professional. My therapist worked with me and understood my condition. He had a lot of tools and techniques under his belt. The open space is really inviting. You will be talking with other therapists and clients, you just feel so relaxed there. The front office staff is great. They got me in quickly and even had times in evening so I didn't have to miss work.

I hope I don't have the need for additional physical therapy but if I do, I definitely will be going here.

-Nathan B.

COME BACK TO PHYSIO

WHY YOU NEED TO COME BACK IN FOR A TUNE UP:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

WAKE FOREST, NC
(919) 568-5035

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(919) 759-6532

