

# NEWSLETTER

**JANUARY 2024**



# Kinect

PHYSIOTHERAPY

*Happy New Year*



SCHEDULE  
YOUR  
APPOINTMENT

**GET BACK INTO A SAFE  
EXERCISE ROUTINE WITH PT!**

INSIDE:

TIPS FROM  
PHYSICAL  
THERAPY

NEW YEAR  
NEW YOU

PATIENT  
SUCCESS

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PHYSIOTHERAPY



## GET BACK INTO A SAFE EXERCISE ROUTINE WITH PT!

Have you gotten out of your exercise routine since the pandemic started? Are you concerned with new aches and pains or put off taking care of an old injury due to the pandemic? At Kinect Physiotherapy, our physical therapists can guide you through a safe return to exercise or help you resolve the annoying old injury.

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. For others the sedentary lifestyle led to more aches, pains, and concerns about overall health and well-being.

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Kinect Physiotherapy we want to make sure you resolve an old problem and help you get back into your normal exercise routine without developing any new aches and pains.

Contact us to see how we can help, whatever your goals!

### TIPS FROM PHYSICAL THERAPY FOR A SAFE RETURN TO EXERCISE

There are some important considerations everyone should know when starting or resuming an exercise program. Our physical therapists are movement experts and skilled at guiding people through rehabilitation and beyond. We will provide you with solutions that work and aren't based on the latest fad.

#### Always use proper form

No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it. Understanding how to perform an exercise properly can be the difference between results and injury.

Your ability to safely perform exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or deconditioning.

Our physical therapists at Kinect Physiotherapy can address any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Our movement analysis is a

*Continued inside.*

## INSIDE:

- Tips From Physical Therapy
- New Year New You
- Patient Success

## SEASONAL RECIPE

### ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE



#### INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- 1/4 cup crumbled goat cheese
- 1/4 cup pomegranate seeds

*Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet.*

*Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.*

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comprehensive way to learn about how your body moves to ensure you improve your current form and limit the amount of impact on your joints during exercise.

### Take it easy at first

If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles. Inactivity leads to physical limitations and an increased risk of injury, so does trying to do too much too soon. After injury or prolonged inactivity it is vital to your health and well-being to progress yourself gradually.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands which in turn leads to poor technique and injury. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with exercises and a plan. Plan for a steady progression to ensure safety and results!

### Focus on health instead of a number on the scale

The past year has caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight.

Making changes to your health, means taking a whole body approach. There is definitive evidence that taking off weight takes off the added stress on your joints. Proper nutrition can help with weight loss and also reduce inflammation in the body. Learning stress management/reduction strategies also helps improve your health and well-being.

Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your health goals and decrease the pressure on your joints!

### Set intentions and plan your day around them

Small modifications to your daily routine can make a big difference to your overall health. Our physical therapists typically recommend small changes to a person's routine in order to make the adjustments manageable.

Some changes to your routine that a physical therapist would approve of include:

- Choose the stairs instead of the elevator.
- Shovel snow, rake leaves, and garden in your yard as the seasons change.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Take the dog on walks around the park or your neighborhood every day.
- Get off the bus one stop early and walk the rest of the way to your destination.

### CALL TO MAKE AN APPOINTMENT

If you've been looking for assistance in getting back in shape, your search ends here. Kinect Physiotherapy is here to help you achieve your wellness and fitness goals.

Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!

# NEW YEAR NEW YOU

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight.

Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Kinect Physiotherapy is confident in your ability to hit your goals.



## STAFF SPOTLIGHT



**Chris Walters, PT**  
*Physiotherapist*

Chris received his PT degree from West Virginia University and has been practicing physical therapy since 1987. He has a background in Integrated Manual Therapy, Spinal Manipulation, Muscle Energy Techniques, and Trigger Point Dry Needling. He has a special interest

in shoulder injuries and post-operative shoulder rehab, having experienced rotator cuff repair surgery personally.

He has had the opportunity to work with professional athletes, high school athletes as well as weekend warriors. He is also on the Sports Medicine Teams of several of the local high schools.

## 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

*"I highly recommend this facility.  
The staff is amazing."*

I've been getting treatment at Kinect Physiotherapy since 2017. I've had 5 surgeries during this time on my both hips, left shoulder (two times) and my cervical spine. I highly recommend this facility. The staff is amazing. They all are professional and work hard to assist in resolving any medical problems I have. Leslie McPeters works tirelessly in helping me recover from surgeries. She listens patiently to my symptoms and then moves forward with a plan that ensures I meet my recovery goals. Leslie knows her job and I appreciate her efforts in all she does.

-Linda P.

## 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!

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