

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

# Innovative Newsletter

## THE IMPORTANCE OF CONTINUING YOUR PT SESSIONS IN THE SUMMERTIME

With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

*(continued inside)*

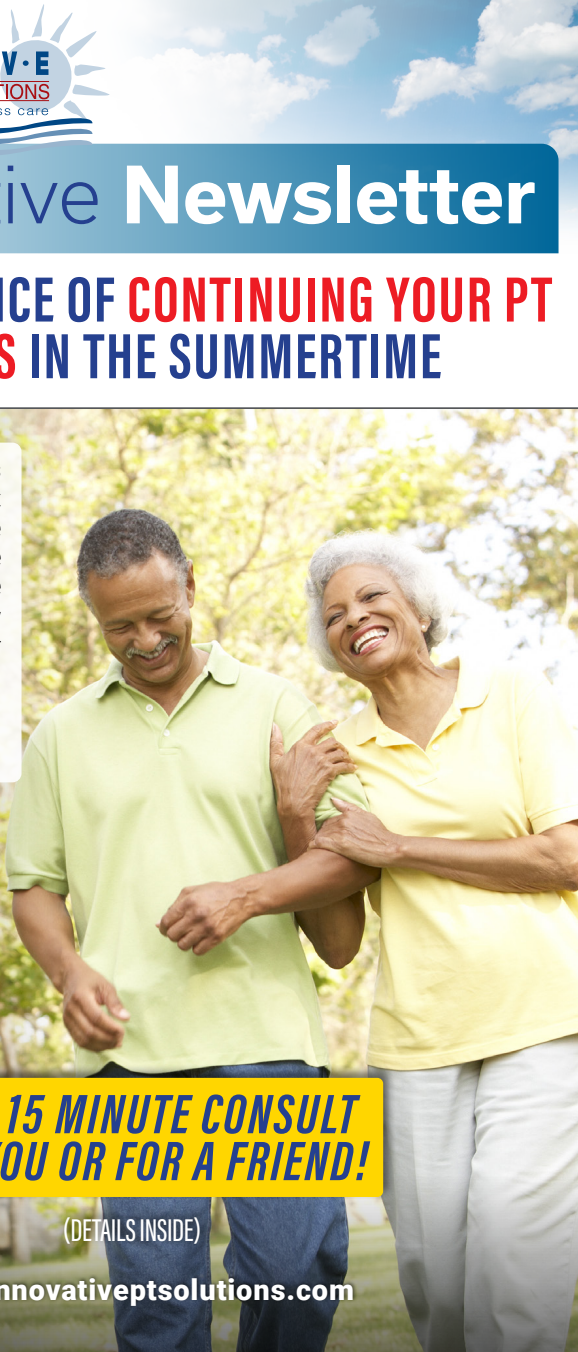


Dr. Cheryl Howard  
PT, DPT, Cert. MDT  
Owner

**FREE 15 MINUTE CONSULT  
FOR YOU OR FOR A FRIEND!**

(DETAILS INSIDE)

[www.innovativeptsolutions.com](http://www.innovativeptsolutions.com)



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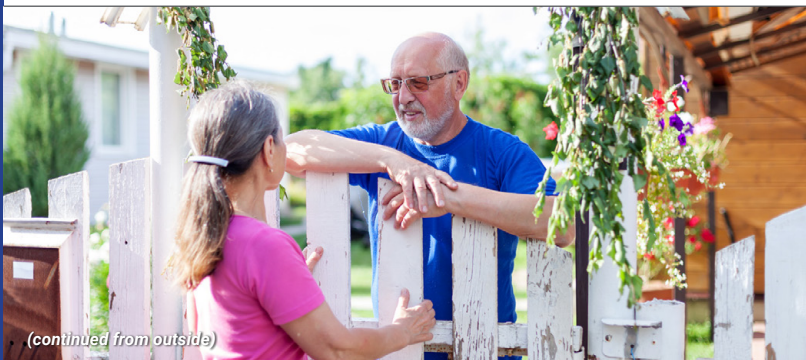
## INSIDE:

Physical Therapy Is  
Still Essential, No  
Matter The Time Of  
Year

Exercise  
To Help  
With Pain

Innovative  
PT Solutions  
Clinic News

## THE IMPORTANCE OF CONTINUING YOUR PT SESSIONS IN THE SUMMERTIME



(continued from outside)

## Quote of The Month:

*"Once you are doing  
exercise regularly, the  
hardest thing is to  
stop."*

- Erin Gray

**CALL  
TODAY!**

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At Innovative Physical Therapy Solutions, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

### **I'm having trouble finding time for physical therapy – what should I do?**

As the saying goes, "where there's a will, there's a way." If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule. One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school. However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

**For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact Innovative Physical Therapy Solutions today.**

**(315) 786-0655**

**[www.innovativeptsolutions.com](http://www.innovativeptsolutions.com)**



Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

## Get started today!

Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need!

**Contact Innovative Physical Therapy Solutions today to schedule an appointment.**



**(315) 786-0655**

## Patient Spotlights

**"...very kind, professional, and encouraging!"**

"Everyone at Innovative Physical Therapy Solutions is very kind, professional, and encouraging!" - **Bridgette K.**

**"They are very helpful with scheduling appointments and making changes needed."**

"Jenna and Betsy always have a welcoming hello and make me feel glad to be there. They are very helpful with scheduling appointments and making changes needed." - **Dawn D.**

**"Thank you Innovative PT Solutions!"**

"Brittany does a wonderful job with the videos she does and Chole is always very cute. Thank you Innovative PT Solutions!" - **Breena D.**

## Fun & Games

**PLAY FOR A PRIZE: SUDOKU!**

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

The first 3 patients to bring in a correctly completed puzzle will **WIN, ONE FREE LASER TREATMENT!**

**[www.innovativeptsolutions.com](http://www.innovativeptsolutions.com)**

# Exercise To Help With Pain:

Try this simple exercise to help you feel better...  
Share this with a friend or family member to help keep them healthy too!

Exercises copyright of  
**SimpleSet Pro**  
www.singleset.net

Helps Relieve Knee Pain

## SEATED H.S. STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee down towards the ground. Hold for 20 seconds and repeat 5 times.



## Innovative PT Coupons

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**CALL TO SCHEDULE TODAY!**

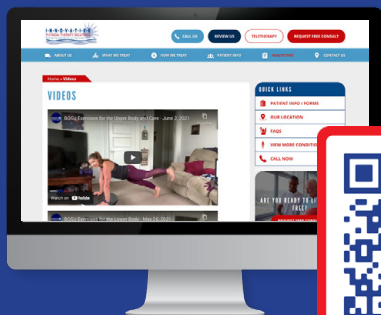


316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.  
**Expires 6/30/21**

## Innovative PT Solutions Clinic News

# CHECK OUT OUR **VIDEOS** PAGE!



### INSTRUCTIONS:

1. Open your smartphone to the camera application
2. Center the QR code in the frame (this will take you directly to our videos page!)

[www.innovativeptsolutions.com/videos](http://www.innovativeptsolutions.com/videos)