

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

NEW YEAR, NEW YOU! BE HEALTHIER IN 2022

We all know what happens when the New Year hits! Everybody starts to set goals to improve their lives and be healthier over the next 12 months.

(continued inside)

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

(DETAILS INSIDE)



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

Innovative Newsletter

INSIDE:

Fun &
Games

Exercise
To Help
With Pain

Healthy
Recipe

Quote of The Month:

“A fit body, a calm mind, a house full of love. These things cannot be bought – they must be earned.”

- Naval Ravikant

**CALL
TODAY!**

(315) 786-0655

NEW YEAR NEW YOU!

Be Healthier In 2022



(continued from outside)

While there's never a wrong time to prioritize your health and well-being, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Innovative Physical Therapy Solutions is here to help you!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for 2022!

Stretches and Exercises for Improved Health

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Innovative Physical Therapy Solutions physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger and increase their flexibility, stability, and stamina.

Here are some types of stretches and exercise pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of

these into a treatment plan for you.

Aerobic Activities

Aerobic exercises and stretching help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking
- Swimming
- Climbing
- Dancing
- Playing a sport
- Walking, sprinting

Strength Training Exercises

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength building exercises include:

- Lifting weights
- Using resistance bands during a workout

Dynamic Stretching Techniques

These stretches are a bit more interactive and can expand your range of motion. One example is a quadricep stretch, in which when balancing on one foot and the opposite knee is bent, the foot is brought toward your bottom. Grabbing the foot and gently pulling it toward your bottom until a stretch is felt in the front of the thigh (quads).

Continued inside.

NEW YEAR, NEW YOU! BE HEALTHIER IN 2022

Continued from previous page.

It's essential to know your limits when it comes to your range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained.

There are more ways stretching can benefit you and help improve your overall performance and health. Healthline lists out a variety of things in your life that can be made easier by a regular stretching routine:

- Improves posture
- Improves flexibility
- Helps to heal and prevent back pain
- Can calm your mind
- Helps decrease tension headaches
- Increases range of motion
- Improves your performance in physical activities
- Increases blood flow to your muscles

Boosting Your Immunity Levels

Making sure our immune systems are performing in tip-top shape should definitely be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear.

Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition affecting your overall wellness, one of our skilled therapists can help!

How Innovative Physical Therapy Solutions Can Help

Our therapy clinic provides several helpful services at our clinic that can aid in your recovery journey! Some of the ways we treat our patients in need are as follows:

- Therapeutic Exercise
- Physical Therapy
- Kinesio Taping
- Massage Therapy
- Mulligan's Concept
- Pelvic Floor Rehab
- Personal Training
- Deep tissue Laser Therapy
- Manual therapy
- Myofascial Release
- Pediatric Therapy

If you're searching for a way to bring in the new year right, you can start by scheduling to have your physical health assessed by one of the excellent movement specialists here at our clinic! We're here to support you every step of the way. Your symptoms and condition will be taken into account, and a customized treatment plan will be created to help you feel your absolute best as 2022 begins!

Let Us Help You Bring In The New Year Right

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! **If you're interested in learning more about how you can put your health first once and for all, contact Innovative Physical Therapy Solutions today for more information.**

Healthy Recipe

Sicilian Eggplant Caponata



INGREDIENTS

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tsp chopped fresh mint

INSTRUCTIONS Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>



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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!

**Helps strengthen core and hips and
helps to improve your posture.**

STANDING HIP ABDUCTION

Lift one leg out to the side using your side-buttox muscles. Return to the start position with control. Keep your hips level and your back straight! Keep your toes pointed forwards. Repeat each side.



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

Fun & Games

PLAY FOR A PRIZE: SUDOKU!

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<http://1sudoku.com>

Level Hard

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

5 Star Review

Actual 5 Star Google Review



Scheduling was flexible, office staff were professional and kind, therapists were on time and very helpful. They adjusted my therapy to focus on not only improving the injury but making sure they were improving my overall fitness goals and lifestyle goals.

— Tara W.

We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story. Your story may convince someone else to make an appointment and start their journey to success.

CLICK HERE to visit our Google Review Page and share your story.

Innovative PT Coupons

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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 2/28/22