

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS
Setting the standards for first-class care

Innovative Newsletter

ARE YOU FEELING WIPED OUT BY COVID-19?

PHYSICAL THERAPY CAN HELP YOU RECOVER



To say that 2021 was a whirlwind would be an understatement. Without a doubt, COVID-19 has taken our world and flipped it upside down! .

(continued inside)

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

(DETAILS INSIDE)



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

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Innovative Newsletter

INSIDE:

How to Function
at Your Best

Exercise
To Help
With Pain

Deep Tissue
Laser Therapy

Quote of The Month:

*“Challenges
are what make
life interesting;
overcoming them
is what makes life
meaningful.”*

- Joshua J. Marine

**CALL
TODAY!**

(315) 786-0655

ARE YOU FEELING WIPED OUT BY COVID-19?

PHYSICAL THERAPY CAN HELP YOU RECOVER

(continued from outside)

Everywhere we look, we see news and information regarding the virus, and as more research is done, it's being discovered that there are several negative lasting effects from it. Many of these side effects are causing physical and emotional challenges that can continue for an unknown period of time.

We're all wearing masks and buying up hand sanitizer by the gallon to prevent the spread of the virus, but we still must prepare for what may happen to our bodies if we do get sick. Recovery from COVID-19 is no easy feat. Here at Innovative Physical Therapy Solutions, we offer methods of physical therapy treatment for patients recovering from COVID-19.

To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!

Experiencing These Side Effects? You Might Need Physical Therapy.

The virus has been found to lead to a loss of function in many different areas of the body.

As time has passed, the list of side effects from COVID-19 has lengthened drastically. Different people report different things happening to them, and can be much worse for some than for others depending on age, pre-existing conditions, and other factors.

A few commonly experienced side effects of COVID-19 are as follows:

- Feelings of soreness all over, bodily aches and pains
- Balance and gait issues, vertigo
- Fatigue, exhaustion
- Weakened muscle strength

- Decreased heart and lung capacity
- Difficulty breathing (leading to neck pain, rib pain, back pain)
- Decreased stamina
- Impaired ability to walk and stand upright

We know this list looks long (and a bit intimidating!), but the good news is that you don't have to travel the road to recovery all on your own. Physical therapy treatment at Innovative Physical Therapy Solutions can help you get your strength back!

What A Physical Therapist Can Do To Help You Recover From COVID-19

Although many people do not experience severe side effects of the virus and therefore may not need intense rehabilitation, there are plenty of people who come through our doors feeling extremely weak and at a loss for how to shake the residual problems caused by the virus.

COVID-19 places a lot of physical and emotional stress on a person, and as your body fights the virus and begins to heal itself, you might be left feeling as if you really have just sustained an injury. COVID-19 side effects should be treated just like any other kind of physical trauma that results in pain.

Regaining your strength back after a bout of COVID-19 is a long process, but physical therapy can help. Our skilled therapists at Innovative Physical Therapy Solutions can help patients get their muscle strength, stamina, and energy back during recovery through the following types of training and exercise programs:

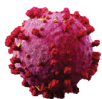
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity

Continued inside.

ARE YOU FEELING WIPED OUT BY COVID-19?

Continued from previous page.

- Balance and gait training
- Endurance training
- Aerobic exercise and for improved pulmonary health
- Stretching
- Manual therapy



Your physical therapist will complete a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19, and pinpoint the exact areas on your body that may be causing you pain. From there, they will create a customized treatment plan specific to your needs, to maximize function and improve ability to complete your daily activities.

Innovative Physical Therapy Solutions doesn't have all the answers about when COVID-19 will be a thing of the past. What we do know, is that our physical therapy treatment options are a sure-fire way to help those in need of rehabilitation. If you or a loved one is struggling to recover from COVID-19, don't let the painful side effects become chronic conditions. Call us today!

Show COVID-19 Who's Boss, Contact Us Today!

COVID-19 has indeed wreaked havoc on our health, work, and social lives. Here at Innovative Physical Therapy Solutions, our physical therapists strive to give our patients back their ability to function normally, and help ease the suffering COVID-19 caused their bodies. We won't rest until we see that our patients are healthy, strong, and pain-free.

Contact our office today to learn more about our physical therapy services for COVID-19 recovery. Our skilled physical therapists are ready and waiting for you with a smile...even if you can't see it through our masks!

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!

This exercise helps relieve knee and hip pain.

IT BAND-STRETCH -- SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.



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DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed No Expiration On Package Treatments - We Take Cash, Card, or Health Savings Account

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today!

We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Scan the QR code to learn more about Deep Tissue Laser Therapy today!

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PHYSICAL THERAPY SOLUTIONS

HOW TO FUNCTION AT YOUR BEST



There is a big difference between the amount of sleep you can get by on and the amount you need to function optimally. According to the National Institutes of Health, the average adult sleeps less than seven hours per night. In today's fast-paced society, six or seven hours of sleep may sound pretty good. In reality, though, it's a recipe for chronic sleep deprivation.

Just because you're able to operate on six or seven hours of sleep doesn't mean you wouldn't feel a lot better and get more done if you spent an extra hour or two in bed.

While sleep requirements vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, most older people still need at least 7 hours of sleep. Since older adults often have trouble sleeping this long at night, daytime naps can help fill in the gap. If you're getting less than eight hours of sleep each night, chances are you're sleep deprived. What's more, you probably have no idea just how much lack of sleep is affecting you.

How Is It Possible To Be Sleep Deprived Without Knowing It?

Most of the signs of sleep deprivation are much more subtle than falling face first into your dinner plate. Furthermore, if you've made a habit of skimping on sleep, you may not even remember what it feels like to be truly wide-awake, fully alert, and firing on all cylinders. Maybe it feels normal to get sleepy when you're in a boring meeting, struggling through the afternoon slump, or dozing off after dinner, but the truth is that it's only "normal" if you're sleep deprived.

YOU MAY BE SLEEP DEPRIVED IF YOU:

- Need an alarm clock in order to wake up on time
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Get sleepy in meetings, lectures, or warm rooms
- Get drowsy after heavy meals or when driving
- Need to nap to get through the day
- Fall asleep while watching TV or relaxing in the evening
- Feel the need to sleep in on weekends
- Fall asleep within five minutes of going to bed

For more information on how PT can help you sleep better, call Innovative Physical Therapy Solutions.

(315) 786-0655

5 Star Review



"I've gone to different therapy clinics in several different states and Innovative PT is by far one of the best I've been too. The customer service is highly professional, understanding, patient and flexible. The physical therapists have been incredible. Truly a business staff here." – Daniel P.

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.

Scan the QR Code to visit our Google Review Page and share your story.



Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!

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CALL TO SCHEDULE TODAY!



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 4/30/22