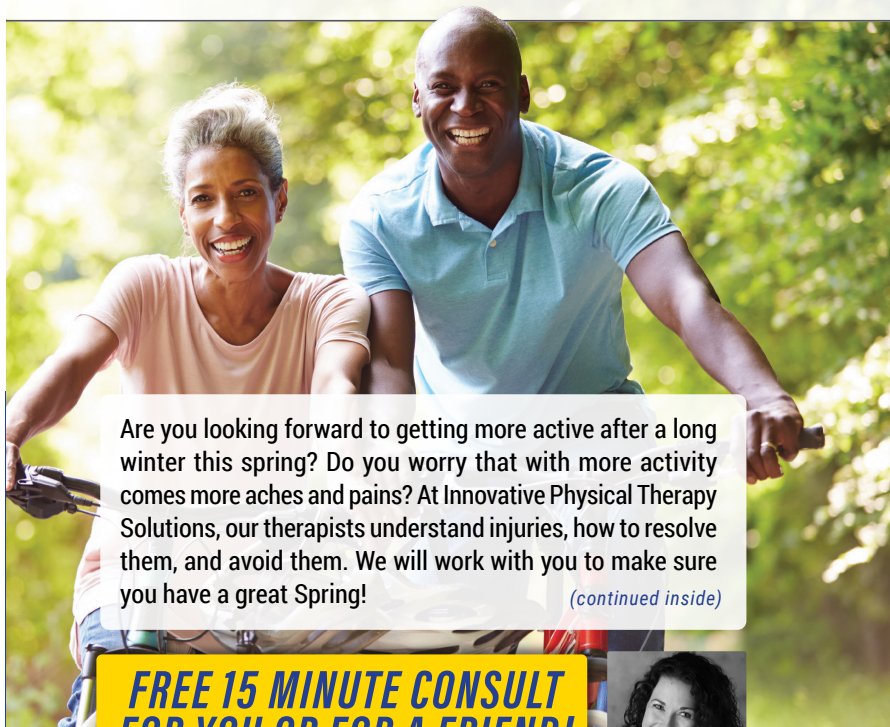


**I·N·N·O·V·A·T·I·V·E**  
**PHYSICAL THERAPY SOLUTIONS**  
Setting the standards for first-class care

# Innovative Newsletter

**SPRING:** A SEASON OF RENEWAL AND ACTIVITY



Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At Innovative Physical Therapy Solutions, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

*(continued inside)*

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

(DETAILS INSIDE)



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

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

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

# Innovative Newsletter

## INSIDE:

Tips For Planting  
A Potted Herb  
Garden

Exercise  
To Help  
With Pain

Deep Tissue  
Laser Therapy

## Quote of The Month:

*"The wilderness and the dry land shall be glad; the desert shall rejoice and blossom like the crocus; it shall blossom abundantly and rejoice with joy and singing."*

- Isaiah 35:1

**CALL  
TODAY!**

(315) 786-0655

## SPRING... A SEASON OF RENEWAL AND ACTIVITY

*(continued from outside)*

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started, whether to resolve an injury or commit to fitness, physical therapy can help.

### Physical Therapy Can Help You Be More Active This Spring

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. Innovative Physical Therapy Solutions physical therapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

Some of the common Springtime activities physical therapy can help with include:

**Running** – Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

**Gardening** – Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

**Biking** – Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy

*Continued inside.*

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

# SPRING – A SEASON OF RENEWAL AND ACTIVITY

*Continued from previous page.*

can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

## What To Expect From Innovative Physical Therapy Solutions Physical Therapy

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

**Innovative Physical Therapy Solutions offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most. Request an appointment today if you're interested in using your reinvigorated energy this spring!**

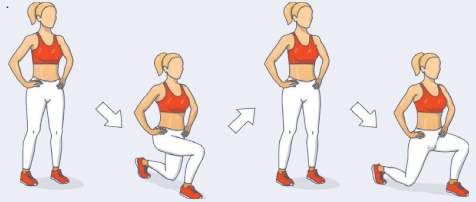
# Exercise To Help With Pain:

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 strengthen leg muscles.**

## WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 2-5 times.



**(315) 786-0655**

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

# 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!



# Tips For Planting A Potted **Herb** Garden



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Innovative Physical Therapy Solutions, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

1. **Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.
2. **Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

3. **Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check lighting and watering requirements for each herb you purchase.



## 5 Star Review

*Actual 5 Star Google Review*

**"Great experience. Pain relief is incredible."**  
– Mary P.

*Innovative Physical Therapy Solutions  
was a Bronze Sponsor of the*

## 33rd Annual Watertown Family YMCA Shamrock Run

Innovative Physical Therapy Solutions was proud to be a sponsor of this year's run held on March 12th. The day may have been cold and snowy but everyone had a grand time.

If you ran, watched, or just want to check out the photos from the Run, just scan the QR code to visit the official Watertown Family YMCA Shamrock Run site.



If you would like to start running or you want to improve your running skills, Innovative Physical Therapy Solutions is here for you. Call today and we can help you start running safely to prevent injury.

**Follow Us On Social Media**



## Innovative PT Coupons

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

**(315) 786-0655**

**CALL TO SCHEDULE  
TODAY!**

**I · N · N · O · V · A · T · I · V · E**  
**PHYSICAL THERAPY SOLUTIONS**

Setting the standards for first-class care

316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.  
Expires 5/30/22