

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY THIS

SUMMER



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

(DETAILS INSIDE)



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www.innovativeptsolutions.com

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INSIDE:

Exercise
To Help
With Pain

Deep Tissue
Laser Therapy



5 Star Reviews

Quote of
The Month:

*“Cause a little
bit of summer
is what the
whole year is
all about.”*

- John Mayer

CALL
TODAY!

(315) 786-0655



HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At Innovative Physical Therapy Solutions, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

How To Incorporate Home Exercises Into Your Travels

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

Use the hotel gym: Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.



Exercise in the pool: You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.



Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase

Continued inside.

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HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Continued from previous page.

the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

Explore the town you are staying in: Does your schedule leave little time to fit in physical activity?



Walking around the neighborhood or visiting the shops can be an easy way to exercise.

Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!



Maintain a healthy diet on the go: Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Innovative Physical Therapy Solutions to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

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!



5 STAR
REVIEWS

Patient Success Stories



I had a great experience here at Innovative Physical Therapy Solutions. All the therapists were **great educators** and I learned a lot with strengthening exercises for **neck pain** and **correcting posture**. Thank you all!

– Kara

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"I met with multiple physical therapists throughout my sessions, I thank every single one and **they were all wonderful!** I seriously have **no complaints** at all about this place... Everyday I came in everyone was in a great mood, smiling, and it was a very nice, relaxing setting to be healing in. Not only do they **assist in healing**, they helped me learn **how to use KT tape** and how to **fix my gait/run** and helped me realize that my toes flared outward when jumping. Using their guidance I was able to correct my body movements and **ease pain significantly**. My knee pain went from keeping me unable to run or dead-lift to **now I'm back to running miles and working out as much as I want.**" – Serena J.

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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!

This exercise helps strengthen your core muscles.

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



Get the whole family moving. Great for breaks on long car rides or on layovers. Think of the fun the kids will have lunging through the airport or up and down the hotel hall.

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.

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



Innovative PT Coupons

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CALL TO SCHEDULE TODAY!

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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 8/30/22