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PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

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Innovative Newsletter

INSIDE:

DEEP TISSUE
LASER
THERAPY

EXERCISE TO
HELP WITH
PAIN

5 Star Review



Quote of
The Month:

*"In the coldest
February, as in every
other month in every
other year, the best
thing to hold on to
in this world is
each other."*

– Linda Ellerbee

CALL
TODAY!

(315) 786-0655

Are You Taking Care of Your Heart?

Learn How You Can Improve Your
Heart Health By Incorporating More
Physical Activity Into Your Life!

INNOVATIVE PT SOLUTIONS NOW PROVIDES
AT HOME PHYSICAL THERAPY WITH
TELEMEDICINE

CLICK HERE FOR MORE INFORMATION

Have you been diagnosed with high blood pressure? Do you get out of breath going up a flight of stairs? Your heart is vital to your survival. At Innovative PT Solutions, our therapists understand how important it is to address underlying issues and create a plan to help prevent injury and disease.

Heart disease is the number one cause of death in the United States, accounting for one in four deaths each year. Fortunately, most forms of heart disease are preventable by making lifestyle changes, including exercising, practicing good nutritional habits, and reducing stress in your everyday life.

February is American Heart Month. Our team at Innovative PT Solutions can help improve your heart health by helping you learn how to eat a well-balanced diet, exercise regularly, and avoid anything that can cause damage to it.

What To Expect In Physical Therapy

If you're looking for a safe way to improve your heart health, physical therapy is a great option. At Innovative PT Solutions, our team of experts can play a leading role in preventing, reversing, and managing heart-related conditions. Our therapists can help you improve your heart health by advising you on lifestyle adjustments that include daily exercises, nutrition, and stress reduction strategies based on your individual needs.

Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We perform a thorough evaluation that includes your overall health status to create an exercise plan that ensures you're getting as much physical activity as you can throughout the day. This will consist of treatments to address any injuries you may have and to help prevent other health issues.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up. Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

Our goal is to incorporate activities to improve your heart health so you can enjoy your life!

www.innovativeptsolutions.com



TIPS FOR BETTER HEART HEALTH

Taking action and maintaining a healthy lifestyle will assist you in making sure your heart is healthy.

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. Plaque forming in your arteries is the cause of heart attacks and strokes.

The following are some of the ways you can make sure your heart continues to perform at its best.

Exercise to increase your heart rate: Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.

Participate in strength training: Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.

Maintain mobility of the joints and muscles: Regular stretching and mobility work keeps you active and makes you feel better. The more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.



Eat healthy meals: Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.

Manage your stress: Stress can raise blood pressure, so do your best to find daily ways to relax. The less stressed out you are, the less tension and stress you place on your heart. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

Caring for your heart is just as important as caring for any other part of your body. For American Heart Month, our team at Innovative PT Solutions can help you get back into shape safely and healthily!

Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

[REQUEST FREE CONSULT](#)

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.



CLICK HERE to learn more about Deep Tissue Laser Therapy today!



5 STAR
REVIEW

FIVE ...Five-Star Reviews!



"My experience at Innovative has been awesome. Thank you, Innovative, for getting me back on my feet and able to do the things I *love!*" -BR

"This my 4th or 5th time (maybe more) for help with pain in discomfort somewhere in my body. *Love* the therapists-always kind considerate and I always benefit with reduction in pain and tips to resume my life. Thank you!" -SS

"*Love* these guys/gals! They always know what works for arthritic joints! Always feel better after visiting! Will always use them !" -CP

"I *love* innovative physical therapy. The staff is professional and do a great job. I live alone and during the pandemic they were the only people I saw. I looked forward to my weekly visits. They are the BOMB!!!!!" -BW

"I *love* working with the staff here. They are very caring and listened to the difficulties I have with my breathing and mobility. They have been very attentive and have helped me make great strides in my improvement." -CK

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.

REVIEW US



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!

PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR
YOU OR FOR A FRIEND!

(315) 786-0655
**CALL TO SCHEDULE
TODAY!**



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 3/31/23

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