



Health & Wellness

The Newsletter About Your Health And
Caring For Your Body

Happy New Year!

**MAKE
2021
YOUR
YEAR**



We're Staying **Clean** & Keeping You **Safe**

Blue Ridge Physical Therapy Is Committed to Your Health and Wellbeing!

Our mission is to not only provide you with confidence in reaching your rehabilitation goals but also to ensure a safe and clean facility.

You will find **PRIVATE ROOMS** as well as **ONE-ON-ONE TREATMENT** with your physical therapist, so you can feel safe and secure.

We have increased the number of times per day that we sanitize our equipment and facility. We also ask our patients and staff to wash or sanitize their hands before and after every session.

Don't let COVID keep you in pain – give us a call at (423) 262-0020. We've got your back!

INSIDE:

- Happy New Year!
- Are You Keeping Up With Your Resolutions?
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Patient of the Month!

Patsy Sauls

To qualify to win, patients must be consistent with their appointments and participate in either our contest or charity event.

Happy New Year!

A NEW YEAR, A NEW YOU

One of the most common New Year's Eve resolutions across the United States is to get in shape. Whether that means becoming a weekend warrior, signing up for nightly fitness classes, or simply making more of an effort to be active, physical therapy can help you.

Our team at the clinic is trained to help you in preventing injuries and making physical activity as easy as possible. For more information about how we can help you achieve your goals, give us a call today!

Don't forget the past

You may feel like a brand new, rejuvenated person in the new year, but your body undoubtedly hasn't received that message. One of the biggest mistakes you can make is pushing yourself too fast and too soon. Let's say you make a resolution to start taking morning runs in 2019. That's great! However, if your body hasn't been used to running in the past, you need to ease yourself into it. Your mindset may be focused on your marathon goal, but your body isn't there yet.

Start slow, perhaps with a half-mile jog around the neighborhood, then start pushing yourself to a mile, then two, then three. The gradual increase will make it much easier on your body (and a much easier resolution to keep!) than diving right into it. Starting off with that three-mile run may feel liberating in the beginning, but your body will curse you after. The new year can bring great changes, but don't forget the past.

Listen to your body's signals

Your body has a special way of letting you know when something isn't normal. Even a minor ache or pain can be indicative that rest is needed. If pain persists, it is important to seek the assistance of a physical therapist. It is a far too common occurrence for people to wait until it is too late before they get help with a painful area.



For example, did you know that 80% of Americans experience back pain at some point in their lives? However, most of these instances are only reported once the pain has become too severe to handle, or when an injury occurs. By listening to your body's signals and getting help in the beginning, you can prevent an injury before it occurs.

Stay on top!

Even if your resolution doesn't leave you feeling achy or painful (and we hope it doesn't!), we can still help you maintain your peak physical performance. The clinic uses advanced methods and technology, such as injury prevention screening, gait analysis, and mobility evaluation to determine what exercises and therapies would work best for aiding in your physical excellence.

We can help make sure you stay on top, avoiding any potential pain or injury. Additionally, you will have a team of supporters to encourage your goals and celebrate your achievements along the way! To meet one of our physical therapists and discuss how we can help you safely reach your resolutions, schedule a consultation today.



Represent Your Hometown Team!

Meet All of Your PT Victims
This Month:
Receive a FREE Blue
Ridge PT T-Shirt!

ARE YOU KEEPING UP WITH YOUR RESOLUTIONS?

New Year's Eve has come and gone, but how many resolutions have stayed intact? According to a study conducted by Strava, a social network for athletes, the majority of people give up on their resolutions by January 12th – not even two weeks after beginning them!

So, why does this fate exist for so many people? Tied at the top for number one, the two most common resolutions across the United States are to eat healthier and get more exercise. These resolutions can be difficult to keep up with for a number of reasons, especially if they require significant lifestyle changes. Some of the most commonly reported reasons for ditching resolutions include:

- **Getting injured early on.**
- **Lack of time.**
- **Improper exercises, leading to pain or injury.**
- **Lack of motivation.**

While these are all valid reasons, they are also entirely avoidable. Below you'll find some helpful tips for keeping up with your resolutions – or starting them up again, if you've strayed away!

- **Designating time.** No matter what your resolution may be, there is always a way to fit it into your busy schedule. Let's say you want

to train for a triathlon or you simply want to fit more gym time into your week. It's difficult when you have a million things going on at once – you have to work, make meals, pick up the kids from school... Where can you find the time? Even if you take a half-hour out of your day between driving the kids around or beginning your commute to work, you can still make a significant amount of progress by the end of the year.

- **Taking care of pain at the start.** One of the biggest mistakes people make is waiting too long to treat their pain. If you've started a new workout regimen and your legs feel achy the day after you begin, it would be in your best interest to rest and get them looked at if the pain persists. Many people try to push through the pain, increasing their likelihood of sustaining an injury that'll take a good amount of time to heal – and therefore giving up on their goal altogether.
- **Seeking help.** Sometimes, getting started on a new goal (and sticking to it!) can pose challenges. At the clinic, we can help set you up with a plan for sticking to your resolutions. We can provide exercise tips with proper techniques, as well as nutritional tips for reaching your optimum levels of health and physical activity. For help with your resolutions, contact us today!

Contests

Win a Blue Ridge PT T-Shirt!

MARCH

- Participate in our "Leprechaun" word find. Find as many words in the word "leprechaun" as you can!
- Guess Daylyn's baby's birthday and birth weight. Closest guess wins a gift card.

APRIL

- Guess the amount of jelly beans in the jar.

Community Service

Join Us In Helping Our Community

FEBRUARY

- Help us spread the love by making Valentine's for the seniors in the community!

MARCH

- Help us celebrate! Wear green on St. Patrick's Day!

APRIL

- Join us for the local Fire Department & Police Department Appreciation Luncheon. (Date: TBD)

Simple Ways to Add Greens to Your Diet

Only 1 in 10 adults meet fruit and vegetable recommendations. More specifically, only 9.3 percent of adults eat enough vegetables daily. Eating plenty of green vegetables every day can help reduce your risk of chronic diseases including heart disease, obesity, and diabetes. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are also powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes.

These strategies can help make getting more vegetables convenient, simple, and delicious:

- Make them more interesting and look up new recipes.
- Prep ahead of time.
- Get everyone involved.
- Hide them in yummy dishes.
- Make an omelet.
- Make them portable.
- Slip 'em into smoothies.
- Upgrade starches such as making Zucchini fries.
- Double up in restaurants.
- Ask your server to skip the potatoes and add another green vegetable.
- Be adventurous and try something new.
- Buy them fresh or frozen.

PRO TIP OF THE MONTH

Helps Relieve Neck Pain.

CHIN TILT

Stand or sit with good posture and your arms crossed over your chest. Slowly tilt your chin up and towards one side, then return to a neutral start position. Repeat ten times in each direction.



Call your physical therapist today at (423) 262-0020 to begin your new chapter toward becoming a healthier you.

blueridgephysicaltherapy.com

HEALTHY RECIPE

TURKEY MEATBALLS



INGREDIENTS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

DIRECTIONS Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

My Physical Therapy Story



"I had a right tib/fib fracture of the knee. After being essentially bed-bound for several months, I could hardly walk even with the assistance of a walker. After a few weeks of PT, I was walking better but still needed a cane. Stan and the staff worked with me for weeks. I would get better and better. I eventually lost the cane, and the walker resides on my back porch now. When I started I could barely walk, and now, while I'm not running a marathon, I can get around fine and continue to enjoy life! Thanks guys!" - **David S.**

Do You Know Someone Who Could Use Our Help?

REFER A FRIEND

We can help:

- Decrease pain
- Increase strength
- Increase activity level
- Increase flexibility
- Improve health
- Get back to living



TO: _____

FROM: _____

Call Today: (423) 262-0020

You can win a Subway Gift Card. Refer a friend or a family member to Blue Ridge Physical Therapy so they can schedule and attend an appointment.