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WAYS TO BE HEALTHIER, STRONGER, AND MORE ACTIVE

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CALL TO SCHEDULE YOUR APPOINTMENT TODAY! (870) 600-0738



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WAYS TO BE HEALTHIER, STRONGER, AND MORE ACTIVE

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. Our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise.

Some tips you can do on your own to become healthier, stronger, and more active include:

1. Getting enough sleep. Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
2. Strength training. Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. Cardiovascular exercise. Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
4. Joint and muscle mobility. Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
5. Nutrition matters. You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
6. Stay hydrated. Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.
7. Practice meditating. Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

BECOME STRONG BY ATTENDING OUR HOMETOWN WORKSHOP

Come out and attend our pain relief workshops!
All are welcome, although spots are limited, so
sign up today!

SHOULDER PAIN WORKSHOP
JUNE 6TH, AT 4:00 PM
HIGHLAND LOCATION

SHOULDER PAIN WORKSHOP
JUNE 7TH, AT 5:00 PM
MOUNTAIN HOME LOCATION

SHOULDER PAIN WORKSHOP
JUNE 9TH, AT 5:00 PM
BATESVILLE LOCATION



STAFF SPOTLIGHT

Alicia McBryde, OTR/L



Alicia graduated with a degree in Occupational Therapy from the University of Central Arkansas in Conway in 1996. Over the past 26 years, she has acquired specialized training/certifications in sensory integrative techniques, equine facilitated therapy, therapeutic taping, myofascial cupping, manual lymphatic drainage and visual rehab.

Lead OT at Highland Clinic

SEASONAL RECIPE

Spring Green Frittata



INGREDIENTS

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsps fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper
- 1/4 cup shredded Parmesan cheese
- 2 tsp olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup chopped spinach leaves
- 1 clove garlic, minced
- 1 small roma tomato, chopped

DIRECTIONS

Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with the remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until the top is set and the cheese is melted. Top with tomato.

MONTHLY SPECIAL

Call us today and reference this coupon for a free 30-minute screening with one of our therapists.

FREE SCREENING

Scan the qr code below to visit our website and see more information



LASER TREATMENT CAN HELP YOU!

Laser Therapy is a non-invasive technique to help reduce pain and inflammation. Laser therapy can be safely used as an adjunct or replacement for pharmaceutical drugs. This pain relief treatment enables patients to have an alternative to drugs and surgery.

Laser therapy treatments last between 5 and 10 minutes depending on the condition being treated. Laser therapy treatments must be administered directly to skin, as laser light cannot penetrate through layers of clothing.

What to Expect

Depending on the condition being treated, your therapy may be administered through either a contact or non-contact hand piece. The contact hand piece is designed to allow the practitioner to physically manipulate the tissue while administering the treatment, resulting in a laser-massage treatment. This allows for light to penetrate deeper due to its ability to displace tissue through a laser-massage technique.

Safety + Efficacy

Medical lasers are cleared by the FDA and adhere to strict ISO standards in order to provide you with the safest non-invasive treatment option on the market. Most patients see results within 3 to 5 short treatments. Our lasers work by flooding the tissue with photons, which energizes cells resulting in increased circulation to the injured area and ultimately pain reduction.

Laser therapy allows your body to utilize its own healing powers by inducing a series of healing responses in your body. During treatment you will feel a soothing warmth that identifies the beginning of an 18-24 hour process of modulated cellular activity leading to decreased pain and inflammation.



"Alicia and Tiffany I want to thank you for your kindness, concern, and professionalism. Each OT session was thorough and helped me to recover from my shoulder and arm injury. Thank you both and all the staff who are so kind and considerate." - Clarence G.

We want to hear from you!

Mr. Gordon worked hard in therapy to be able to go on a cruise with his family. This goal was important and motivating to him. At GTS, it is enjoyable for us as therapists to help our patients achieve goals that are purposeful to them. And doesn't he look good in that tuxedo!



HOMETOWN STRONG



Hometown Strong donated \$1000 this month to Safe Night Ministries.

Pictured is Chris Johnson, PTA and Karen Bagwell with Safe Night Ministries of Abundant Life Church.



COME BACK TO PT!

(870) 600-0738

GTS^{PHYSICALTHERAPY.COM}

