



POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS



Spring Is the Season of Renewal and Activity

WWW.POLISHUKWELLNESS.COM

You no longer need a referral for
physical therapy!

COME SEE US TODAY!

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Spring Is the 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 Polishuk Physical Therapy, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

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. Polishuk Physical Therapy 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:

1. 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!

2. 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.

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



1. Feel free to call us and ask to speak to a therapist.



2. The therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, the therapist might recommend you come in for an appointment.

Call **Polishuk Physical Therapy** to talk with a physical therapist today!

What To Expect From Polishuk 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!

Request An Appointment To Get Started Today

Polishuk Physical Therapy 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!

Sources:
<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>
<https://www.sciencedirect.com/science/article/abs/pii/S0003999318302120>
<https://www.tandfonline.com/doi/abs/10.31019/07593985.2010.544052>

Call us at (215) 918-4547 today!

Feel Better By Eating Better! *Spring Minestrone*



- 1 tsp. coriander seeds
- 1 tsp. fennel seeds
- ½ tsp. black peppercorns
- ¼ cup extra-virgin olive oil
- 4 garlic cloves, thinly sliced
- 6 scallions, coarsely chopped
- ½ serrano chile, thinly sliced (optional)
- 2 2x1" strips lemon zest
- 2 large leeks, white and pale green parts only, tough outer layer removed, sliced into ½" thick rounds
- 1 fennel, halved lengthwise, bulb and stalks thinly sliced, fronds coarsely chopped
- 1 15.5-oz. can cannellini beans, rinsed
- 5 oz. sugar snap peas, thinly sliced on a diagonal
- Kosher salt
- 2 cups baby spinach
- 1 cup shelled fresh English peas (from about 1 lb. pods) or frozen peas, thawed
- 1 Tbsp. white miso

Step 1 - Coarsely grind coriander seeds, fennel seeds, and peppercorns in spice mill or with mortar and pestle. Cook oil, garlic, and ground spices in a large saucepan over medium heat, stirring often, until garlic is softened but not crisp, about 2 minutes. Add scallions, chile (if using), and lemon zest and cook, stirring occasionally, until scallions are softened and almost completely charred, 5-7 minutes.

Step 2 - Pour 6 cups cold water into the saucepan, increase heat to medium-high, and bring to a simmer. Add leeks, fennel bulb and stalks, beans, and sugar snap peas (pan will look crowded but vegetables will shrink as they cook). Reduce heat to medium. Add a large pinch of salt and simmer, stirring occasionally, until leeks, fennel, and sugar snap peas are fork-tender, about 5 minutes. Add spinach, English peas, and miso and cook, stirring, just until spinach is wilted, about 10 seconds; season with salt.

Step 3 - Divide soup among bowls. Top with fennel fronds.

Step 4 - Do Ahead: Soup can be made 1 day ahead. Transfer to an airtight container and chill.

Source: <https://www.bonappetit.com/recipe/spring-minestrone>

Another 5 Star Review!

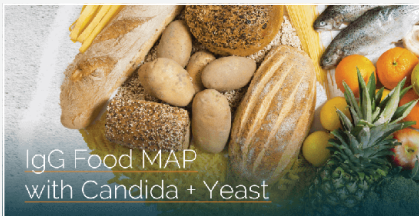


"Have always received therapy that has fixed what ails me and done so in a very professional and timely manner."

- 5 Star Google Review

Featured Nutritional Test

IgG Food MAP with Candida + Yeast



Elevated levels of 19G (Immunoglobulin G) antibodies are associated with a wide variety of illnesses. Symptoms ranging from headache and nausea to seizure and hyperactivity may occur hours or even days after the offending food has been ingested. The complete elimination of IgG positive foods may result in important improvements in symptoms of irritable bowel syndrome, autism, AD(H)D, cystic fibrosis, rheumatoid arthritis, and epilepsy, as demonstrated in numerous clinical studies.

Our newly updated Food Map IgG Food Sensitivity Profile, now has revolutionary xMAP® immunofluorescent bead technology. It assesses sensitivity to a 190 foods including foods in common American, Asian, and Mediterranean diets. The added hemp marker speaks to the exponential increase in the number of people consuming it as a food source or as medical CBD. GPL has upgraded from the ELISA's single analyte detection to multiple analyte detection, which has been found to be even more sensitive and more reliable than ELISA tests. The xMAP® bead-based immunoassay is also environmentally friendly, reducing plastic pollution.

Ask a Polishuk therapist for more information!
Call us at (215) 918-4547 today!

Staff Spotlight *Danielle Cooper* Exercise Physiologist



Danielle is a highly motivated, enthusiastic, and ambitious person who has a strong sense of belonging within her family, friends, and community. Danielle has a Bachelor of Science in Sport, Physical Activity and Sport from Queens University, Belfast, and a Masters of Science in Sport and Exercise Nutrition from Ulster University, Belfast. Danielle plays in the current best pipe band in the world, Inveraray, and District pipe band, from Scotland and travels to compete with the band during the summer. In addition, she likes to stay active by walking, going to the gym, and spin classes.

Come Back In For Physical Therapy!

Call us at (215) 918-4547 or visit us
online at www.polishukwellness.com
to schedule your next appointment!

  @polishukwellness

