



# **5 REASONS TO CHOOSE PHYSICAL THERAPY**

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Patient Success Story



# 5 REASONS TO CHOOSE PHYSICAL THERAPY

Happy New Year! Now that 2022 is here, it's time to put our resolutions into action. Cornerstone Physical Therapy wants to make sure that our patients have a reliable source this year to learn more about the many benefits of physical therapy.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that make everyday activities way harder than they should be. Cornerstone Physical Therapy provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning your 2022 New Year's resolution to read up on these 5 reasons why physical therapy is a great option for pain relief from chronic conditions and injuries.

Who knows, by the time you finish reading this newsletter, you might decide to add seeing a physical therapist regularly into your plans for 2022!

## 5 Reasons to Choose Physical Therapy

*There are several reasons to choose physical therapy over pricey surgeries and medications. Cornerstone Physical Therapy has chosen 5 of the best ones for you to consider!*

**1. Physical therapy can help to strengthen your joints and improve your range of motion.** Increasing muscle strength and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This can also help you improve your functional activity tolerance, which is essential for work, leisure, and simple daily function.

**2. Therapy offers a safe, holistic method of pain management.** The sad truth is that right now, we're experiencing an opioid epidemic. People are relying so heavily on over-the-counter

medications to ease their pain; they don't realize the long-term effects these pills have on their bodies.

You don't have to rely on over the counter or prescription painkillers to ease those achy, stiff, swollen joints! Physical therapy modalities that have been shown to ease pain, reduce spasms, increase circulation, and promote healing include electrical stimulation, diathermy, cold laser therapy, dry needling, and therapeutic ultrasound.

**3. Say goodbye to movement restrictions!** According to the Arthritis Foundation, exercise is one of the best ways to manage hip pain and knee pain caused by osteoarthritis. Your physical therapist can help you get back to regular exercise in a way that is safe and effective for you, based on your current abilities, goals, and needs. This is especially helpful if you're currently on a weight loss journey since being overweight is a major risk factor for knee and hip pain.

**4. A physical therapist can find the true source of your pain.** Many of the impairments you and your physical therapist work to correct—including weakness, poor posture, and limited range of motion—may have been caused or worsened by things you're unknowingly doing. This includes sitting too much, using poor body mechanics, breathing improperly, and having an ineffective ergonomic set-up at work. A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care.

**5. Your joint health will improve!** When you see a physical therapist for hip or knee pain, there's a good chance they'll use joint mobilizations or manipulations to help promote healing and attract circulation to the inner joint surfaces. These techniques have also been shown to reduce pain and improve joint alignment...and they feel good, too!



## CHOOSING PHYSICAL THERAPY IN 2022

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We pride ourselves on providing outstanding and personalized skills as movement and rehabilitation physical therapists, through exceedingly high customer service. Our goal is to positively impact people's lives and improve their quality of life.

During your first appointment with your therapist, they will do a thorough evaluation of your physical condition. If you're feeling pain, your symptoms will be taken into account. If there are things you cannot do because they cause you discomfort, tell your therapist so that they can make notes in your treatment plan.

Your therapy will be centered around helping you get back to doing the things you love without pain. Targeted exercises and stretches will be a huge part of your treatment, and your therapist will work with you to ensure your success and satisfaction.

When you see a therapist at our clinic for an evaluation, it doesn't matter what your diagnosis ends up being. We're here for you every step of the way and assure you that a comprehensive treatment plan will be created specifically for your needs. There is nothing we desire more than to see you feeling better, and we'll stop at nothing to ensure that happens!

### Call us today to set up an appointment

Here at our clinic, the ultimate goal is to help you achieve your full potential and maximum functional level in work, sport, and life activities. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact us to learn more about the benefits of physical therapy. We want to make sure you get to make this year your best one yet, especially when it comes to relieving chronic pain! Schedule an appointment with us today, and let us help you transform into your strongest, best self.

<https://www.google.com/search?client=safari&rlz=en&q=increasing+muscle+strength+physical+therapy&ie=UTF-8&oe=UTF-8>  
<https://www.arthritis.org/>

## EXERCISE ESSENTIALS

### STEP DOWN

Stand on a step. Lower one foot slowly towards the ground. Keep your hips level! Step down and then off the step. Keep your knees aligned over your feet.

Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)



# PATIENT SUCCESS SPOTLIGHT



Today we would like to make a shout out to Gretchen for completing her PT journey with us here at Cornerstone Physical Therapy! Gretchen came in with terrible sharp pains in her mid to low back, with a significant decrease in motion. Back pain can make life very difficult, not being able to sit or stand for long periods of time can be frustrating. Dr. Mankerious didn't waste any time and put together a detailed therapy plan for her! Home exercises and hands on therapy, including spinal decompression, started her in the right direction for recovery. Gretchen had great determination and showed amazing progress with her PT. We are happy to say she has increased mobility, decreased pain and feels much better after completing therapy! Congratulations Gretchen, it was wonderful getting to work with you and we wish you nothing but the best in your continued PT journey!

## HEALTHY RECIPE

### INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ½ tsp kosher salt
- 1/8 tsp black pepper

### DIRECTIONS

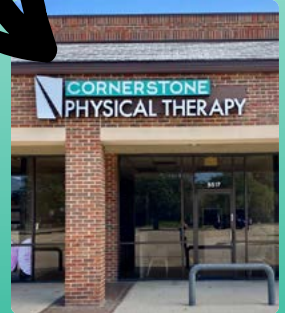
For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>



## CHECK US OUT!

We are beyond excited to share our new location with you! We can't wait to bring you the same quality care in a new and convenient location.



*WE CAN'T WAIT TO SEE YOU!*

## COME BACK TO PT



Is your pain still nagging you? Call Cornerstone PT to schedule an appointment with one of our Pain Specialists!

**(817) 439-6200**