



SPRING BACK TO PT

TAKE YOUR LIFE BACK THIS SEASON

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SPRING BACK TO PT

TAKE YOUR LIFE BACK THIS SEASON

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 Cornerstone 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 you.

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. 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:

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!

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.

WHAT YOU CAN EXPECT FROM 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!

Contact us today for an appointment

Cornerstone 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/10.3109/09593985.2010.544052>



FREE 15 MIN. CONSULTATION



CALL TO SCHEDULE TODAY!

We Look Forward To Hearing From You!

(817) 826-9757

5517 S Hulen St,
Fort Worth, TX 76132

Offer valid for the first 20 people to schedule.
Expires April 30th, 2022

EXERCISE ESSENTIALS

This exercise is an excellent warm-up for any sport/activity.



BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

SPRING ASPARAGUS RISOTTO

INGREDIENTS

- 4 cups (1-inch) slices asparagus
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper



DIRECTIONS

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

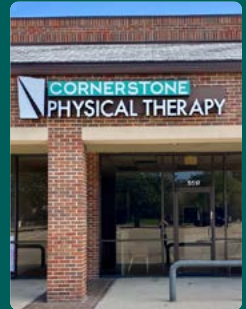
PATIENT SUCCESS STORY



“For almost eight years I have had chronic back pain due to disc issues and arthritis. I have been through several different treatment options including medication, physical therapy, and at-home maintenance. But nothing was long-term if any help. After coming to Cornerstone and working with Dr. Basem for the first time in 8 years I am getting relief, and am able to move and play with my two little kids and feel overall happier with life. The receptionist is GREAT, she is very friendly and helpful.” - *Savanna C.*

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!

Are you experiencing foot or ankle pain? Call us today to schedule your appointment.



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