



Happy
THANKSGIVING

HOW STRENGTH TRAINING

Improves Your Overall Health

INSIDE:

- *How Practicing Gratitude Improves Your Health*
- *Healthy Recipe: Slow Cooker Pumpkin Pie Oatmeal*
- *Patient Success Story*

Share your success story for a chance to be featured in next month's newsletter!





WHY IS STRENGTH TRAINING SO IMPORTANT *To Improving Your Overall Health?*

Health is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at Cornerstone Physical Therapy, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Our highly trained physical therapists can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle!

Why Is Strength Training So Important?

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength

training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence

HOW PHYSICAL THERAPY CAN HELP YOU GET STRONG

- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)
- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

How Physical Therapy Can Help You Get Strong

At Cornerstone Physical Therapy, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies to ensure you stay doing what you love!

Contact Us Today To Set Up An Appointment

At Cornerstone Physical Therapy, our team of physical therapists has proven success with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself! Call today to schedule an appointment with one of our specialists.

Sources: https://journals.lww.com/acsm-csmr/fulltext/2012/07000/resistance_training_is_medicine__effects_of_13.aspx; <https://link.springer.com/article/10.1007/s40279-018-0842-z>; <https://link.springer.com/article/10.1007/s40279-020-01309-5>; <https://link.springer.com/article/10.2165/00007256-200030040-00002>; <https://jamanetwork.com/journals/jama/article-abstract/2776330>

BEING GRATEFUL IS ACTUALLY GOOD FOR YOUR HEALTH

We all love Thanksgiving for the excellent food, football, and time spent with family, but truthfully, this holiday means much more. Practicing gratitude can lead to greater happiness all year long.

According to Harvard Health Publishing, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

If you want to implement more gratitude in your own life, take a look at these 3 tips.

1. Write Thank-You Letters. Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things- you'll be surprised at how good it feels!

2. Write Down What You Are Grateful For Everyday. This might sound intimidating, but it doesn't have to be! Take a few minutes each morning or evening to write down at least 3 things that you are grateful for in your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.

3. Use Visual Reminders. It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat.

Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.

Sources: www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier



FREE 15 MIN. CONSULTATION

CALL TO SCHEDULE TODAY!

(817) 826-9757

5517 S Hulén Street · Fort Worth, TX 76132

Offer valid for the first 20 people to schedule.
Expires December 31, 2022

Healthy Recipe

SLOW COOKER PUMPKIN PIE OATMEAL

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats*
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt



Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into bowls and top with pecans, maple syrup and almond milk.

*Don't substitute regular or quick oats, which don't stand up to long cooking times.
Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>

PATIENT SUCCESS STORY

"The comeback is always stronger than the setback!"

Cornerstone PT congratulates Ty for completing physical therapy and achieving his goals! After having Achilles Repair, it left him in a boot with pain and limited range of motion. Dr. Mankerious put together a game plan and they both got to work on improving Ty's function. With his upbeat and determined attitude, Ty improved greatly! It was a pleasure working with you and we wish you nothing but the best in your continued recovery journey! Keep up the great work and we are happy to help if you have any questions, concerns or future PT needs!



"Dr. Mankerious is amazing and the staff is extremely helpful. I highly recommend Cornerstone Physical Therapy." — Ty B.

Share your success story for a chance to be featured in next month's newsletter! Leave us a review by scanning the QR code; this will allow others to receive the same great care that they deserve.



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 recovering from a sports injury? Call us today to schedule your appointment.

CORNERSTONE
PHYSICAL THERAPY

(817) 826-9757