



Performance For Life

NEWSLETTER

Spring: A Season of Renewal

Springtime is here, and with it comes new beginnings, growth, and a chance to get started on reaching your fitness goals!

All of us have been stuck inside for months, so it goes without saying that 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!

(continued Inside)

Join Us for a FREE
Rotator Cuff Workshop!
Details Inside >>



INSIDE:

- Spring Into Better Health
- How to Avoid Aches & Pains in the Garden
- Healthy Recipe: Spring Pea Pasta



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Embrace the Season of Renewal—

Get Active This Spring!

(continued from Front Cover)

Sometimes, however, the fear of sustaining an injury can prevent you from leading a healthy and active lifestyle. If you're in need of assistance in improving your mobility, physical therapy can help. Contact Achieve Therapy and Fitness at **866-320-3562** today to schedule an appointment.

How physical therapy can help you become more active for springtime

According to the HHS, "More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth." Finding the time or the motivation to exercise is difficult for many people, but with a season of renewal right around the corner for us, it's important to know what your options are when it comes to getting into shape!

Physical therapy is not only useful for people recovering from an injury or surgical procedure. Achieve Therapy and Fitness physical therapists are movement specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring!

A physical therapist can 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.

Our therapists can also teach you the proper techniques for warming up before your chosen activity and the best post-workout stretches for an effective cooldown.

Ready to embrace the season? Call us at 866-320-3562 or visit achieve-therapy.com today!

Spring Into Better Health!

These 4 springtime activities can be made more enjoyable with the help of PT

A physical therapy program can increase your fitness level and help you make the most of your favorite activities! Some of the most common activities that physical therapy can help you enjoy more fully are running, gardening, biking, and yoga.

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 are shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles. A physical therapist can help make sure your joint health is up to par before you hit the trails!

Gardening

Gardening usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you to relieve any knee pain you've been experiencing that may keep you from spending time outside tending your flowers, fruits or vegetables. Severe knee injuries often include bone bruises or damage to the cartilage or ligaments, which a physical therapist can identify and remedy.

Biking

Biking is a super 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, or chronic pain conditions that restrict your mobility. 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!

Yoga

Yoga is a great way to gently increase your heart rate and improve your levels of flexibility. It also strengthens your muscles! Many physical therapy programs already incorporate stretches that are found in yoga routines, however, if yoga is your preferred method of fitness, a physical therapist can help ease chronic aches and pains that may be making yoga difficult for you. The better you feel about your abilities to do your stretches and poses, the more often you can take your mat outside to practice!

Achieve Therapy and Fitness offers many types of therapeutic methods to help athletes and weekend warriors alike to participate in whatever fitness or outdoor activity they love the most. If you're interested in polishing up your physical abilities this season, pick up the phone and call our clinic today to schedule an appointment.



866-320-3562

Exercises of the Month

Try These Exercises to Relieve Knee Pain

STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



SimpleSet Pro
www.simpleset.net

QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.



How to Avoid Aches & Pains in the Garden

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:

1. Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
2. Change positions frequently to avoid stiffness or cramping.
3. Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
4. If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
5. If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
6. Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
7. End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Clinic News

Our Park River location is Open for Fitness!

Body Pump



Kickboxing



We are loving our new Park River digs! The larger space is perfect for our group fitness classes. Follow us on Facebook, Instagram or Twitter for updates, and check out our website for class details.

www.achieve-therapy.com

Healthy Recipe

Spring Pea Pasta

Ingredients

- 1 pound pasta
- 3-4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Goat cheese crumbles (optional)

Directions Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately. *Recipe:*

<https://www.feastingathome.com/spring-pea-pasta-with-truffle-oil-lemon-and-mint/>



How well do you move?

Find out with A FREE movement screen

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Move Well and
achieve
More

Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!



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JOIN US FOR A FREE SHOULDER PAIN & ROTATOR CUFF WORKSHOP!

April 8th • Grand Forks • 6:30pm

April 22nd • Detroit Lakes • 6pm

April 15th • Park River • 6pm



REGISTER HERE:

achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop

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