

NEWSLETTER

Keeping Up with PT During the Summer

With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

(continued inside)

Join Us for a **FREE**
Rotator Cuff Workshop!
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Keeping Up with PT During the Summer Months

*Just Because It's Summer Doesn't Mean You
Can't Still Benefit from Physical Therapy!*

(continued from Front Cover)

At Achieve Therapy and Fitness, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact us at **866-320-3562** today.

I'm having trouble finding time for physical therapy – what should I do?

As the saying goes, "where there's a will, there's a way." If you are looking to keep

your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference

in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!



**Call Us
Today!**

866-320-3562

Physical Therapy is Essential, No Matter the Time of Year

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.



In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

Get started today

Ready to get back into your physical therapy sessions and place priority on your health? We can help accommodate for whatever you may need! Contact Achieve Therapy and Fitness today by giving us a call at 866-320-3582 or visiting us online at achieve-therapy.com to schedule your return appointment in our clinic.

866-320-3562



Exercises of the Month

Use These Exercises to Keep You Moving!

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.



SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.



This summer, find your
Winning Edge



CALLING ALL ATHLETES!

Are you (or is an athlete in your life) looking to elevate your skills this summer and condition your body for upcoming sports? Join us this summer for Winning Edge!

Our Winning Edge program is for all athletes ages 12 and up. It is designed by our exercise specialists to improve athletic skills, teach techniques for preventing injury and ultimately increase overall athletic performance. The 6-week program is individually modified to serve each participant's ability and goals using proven techniques. All athletes are under adult supervision during training.

Call today to learn more and sign up!



866-320-3562



Clinic News

Our East Grand Forks clinic is making moves!



We will be moving from our current East Grand Forks address, 406 3rd Street NW to 1421 Central Ave NW (former home of McDonald Dentistry). The remodel is going well and we will be up & running on Monday, May 24! **Come visit us at our bigger & brighter space.**

www.achieve-therapy.com

Healthy Recipe

Mediterranean Chicken Salad

Ingredients

- ½ cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

Directions In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make the dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.



Golfers, we are ready to help you make this summer a hole-in-one.



Call us today to schedule an assessment with one of our **TPI Certified** medical or fitness staff members.

701-215-7965



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



Skip The Prescription With
DIRECT ACCESS
TO PHYSICAL THERAPY



CALL 866-320-3562 TO SCHEDULE YOUR APPOINTMENT WITH US TODAY!

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

May 5th • Grand Forks • 6:30pm

May 13th • Park River • 6pm

May 20th • Detroit Lakes • 6:30pm

June 2nd • Grand Forks • 6:30pm

REGISTER HERE:



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

www.achieve-therapy.com

