



Performance For Life

NEWSLETTER

September Is National Pain Awareness Month!

The concept of pain is very complex. Pain can happen for several reasons, and also manifests itself in different ways. Understanding the source of your pain is one of the first steps to being able to combat it, and prevent it from returning in the future.

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Are You Paying Attention To Your Body?



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September is Pain Awareness Month, and in honor of this, Achieve Therapy & Fitness would like to provide you with some important information regarding the origins of pain and how physical therapy can help manage and alleviate it. Our clinic specializes in treating people from all backgrounds, including athletes who regularly participate in demanding sports. We are trained professionals who will have you feeling your best in no time at all!

If you're experiencing discomfort, or have noticed that your sports performance has dwindled because of movement limitations, it's time to call in a physical therapist! In the meantime, keep reading to learn more about chronic pain management for sports injuries, and how physical therapy can help you target source of your discomfort.

Understanding the source of your pain.

How long you've been experiencing pain,

where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort.

One thing to consider about your pain is whether or not it develops at particular times of the day or year. There are plenty of situations when someone begins to experience pain when the weather starts to change, and it turns out that the pain is a result of arthritis and inflammation.

In many cases at our clinic, our patients experience some of their worst symptoms when they're playing sports and notice that they're injuring themselves more frequently or unable to perform specific moves due to restrictions. When you meet with a Achieve Therapy & Fitness physical therapist, one of the first things you'll do is have a conversation about your pain.

A few things you may want to consider before heading into physical therapy:

- **Try to find exactly where the pain occurs in your body.** For example, back pain has a lot of different differentiations, and lumbar pain (which is in the lower back) is frequently caused by factors different from what would cause upper-back or neck pain.
- **Think about how the pain feels.** Does it get worse over time? Is it a lingering but steady ache? Is it more of a tingling feeling? Each of these sensations are actually associated with different types of problems, so describing your pain appropriately may be helpful in determining the best treatment methods for your body's needs.
- **Consider what may be causing the pain?** More often than not, there is something that you think could be influencing it. If the pain started around the same time as a change in environment or life circumstances, then it is worth telling your physical therapist about the association.

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Leaf Raking Tips

- 1 Warm up** – Get your body moving with a brisk walk or some trunk rotations before you start raking.
- 2 Avoid twisting** - Move your feet and use your legs to shift your weight back and forth rather than twisting through your back. Keep your shoulders and your hips facing the same direction, bend at the hips and not your back, and you can't go wrong!
- 3 Get the right rake** - Use a rake that is a good length for you. A rake too long or too short will make you put more stress on your back.
- 4 Switch it up** - Don't always rake from the same side. Changing your arm and leg position will help decrease the repeated stress on your joints.
- 5 Use your legs** - Bend at the knees when picking up piles

of leaves and yard bags (that aren't too full!) to decrease the load on your low back

6 Finish up - It's always a good idea to finish with some stretching, or even ice areas that you know tend to get sore, after a workout. Then go and enjoy a cold (or warm!) beverage of your choice after a job well done!

Remember, if you are extremely sore after an activity or minor aches in pains aren't settling after a few days, don't wait! Call a physical therapist and let them help you get back to pain-free living. That's how it should be.

What a re-leaf!



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Healthy Recipe Grilled Peaches

Ingredients

- 4 medium ripe peaches, halved, pit removed
- 1 teaspoon vegetable oil
- 1/2 cup ricotta
- 1/2 cup California walnuts
- 1/4 cup honey
- 4 fresh mint sprigs

Directions Preheat oven to 350°F. Place walnuts (for marinade and salsa) on a baking sheet. Toast walnuts for 5 minutes. Remove from oven. Roughly chop when cool. Preheat grill to medium high heat. Clean and lightly oil your grill. Brush each peach half with oil (or spray with cooking spray) on both sides. Grill peaches cut down for 4-5 minutes until grill marks form. Flip with tongs and grill another 1-2 minutes until peaches are slightly tender. Remove peaches from grill and place on a large plate. To serve, place two peach halves on a plate or in a small bowl. Top each half with ricotta and chopped toasted walnuts. Drizzle with honey and garnish with mint. Serve warm.



After 44 Years, Annette is Heading to the Lake!



It is with mixed emotions that announce the retirement of Annette Palmgren. We are saddened to see her leave us, but happy that she will now be able to spend more time at the lake and family farm. A time that is precious and well-deserved.

Annette has been an integral part of the Achieve Family for the last 16 years. Her contributions, not only to Achieve but to the entire Grand Forks community will always be valued, remembered, and appreciated. Her hard work, commitment, and dedication to the field of physical therapy over the last 44 years are worthy of admiration. Annette will be greatly missed at Achieve and filling her shoes will be a difficult task.

In her honor, Achieve hosted a social at our Columbia Road clinic. Many well-wishers came by to share a cupcake, a laugh, and even a tear or two with Annette. The entire Achieve family wishes Annette the best of luck as she transitions from the clinic to the lake & farm. Thank you, Annette!

Join us for a
Open House
East Grand Forks
Location Ribbon Cutting

September 15th • 12:15PM
1421 Central Ave NW
East Grand Forks, MN 56721



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

Chronic pain associated with sports injuries

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When you're an athlete, you subject yourself to injuries every time you get on the field or court. It doesn't matter how careful you are, we're human! Our bodies can sustain injuries and experience pain at any time.

A sports injury is described as any injury that occurs during physical activity. If you've had one, we can get you off the bench and back in the game! There are several chronic pain conditions that Achieve Therapy & Fitness treats that are specifically associated with the movements and demands of certain sports.

Medial tibial stress syndrome, aka "shin splints" is a condition caused by tension exerted on the shinbone and the underlying connective tissues. Shin splints are painful and frequently debilitating, but by wearing proper footwear, warming up before exercise, and strengthening the muscles of the heart and leg, you can prevent them!

Knee injuries are very common in sports, and symptoms can include dull aches that extend from your hip to your knee. This kind of pain can make walking or bending your leg extra painful, and can also be indicative of or a serious injury such as an ACL tear.

Strains, or "pulled muscles" occur often in sports as well. These develop when a tendon that connects the muscle to the bone extends the muscle beyond its limits. The tendon is more likely to be strained again after it has been overstretched.

How can a physical therapist help?

Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain, however, bringing in a therapist for help can't hurt!

Physical therapists are trained in identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain with a series of strategies that include stretching, muscle building and flexibility training.



Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or fascial/connective tissue layer.

Using gentle active and passive therapy techniques, your therapist can move through targeted layers of your body to remove barriers to healing. Our physical therapist is as dedicated as you are, and will encourage you to achieve all the goals you outlined in the beginning!

Call us today

The result of physical therapy at Achieve Therapy & Fitness is that you can live the active life you want, free of painful limitations. That can only happen if you apply what you've learned in your treatments, but our therapists are confident in your ability to do so!



Call Us Today

866-320-3562

Exercises of the Month

Use These Exercises to Keep You Moving!

HAMSTRING STRETCH | WALL

Place a leg up a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall. Hold for 20 seconds and repeat on each leg.



QUAD STRETCH PRONE

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh. Hold for 20 seconds and repeat on each leg.



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