



Performance For Life

NEWSLETTER

Colds Are Meant For The Season, Not For Your Health Seek Relief From COVID-19 Symptoms

To say that 2020 was a whirlwind would be an understatement. Without a doubt, COVID-19 has taken our world and flipped it upside down! Everywhere we look, we see news and information regarding the virus, and as more research is done, it's being discovered that there are several negative lasting effects from it. Many of these side effects are causing physical and emotional challenges that can continue for an unknown period of time.

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ALSO INSIDE...

- Exercises of the Month
- Healthy Recipe: Vegan Peanut Butter Cookies
- What Your Physical Therapist Can Do To Help
- Your Physical Therapy Could Cost \$0!



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COVID-19 Symptoms Overstaying Their Welcome Find Full Relief With Physical Therapy



<< Continued from Front Cover

We're all wearing masks and buying up hand sanitizer by the gallon to prevent the spread of the virus, but we still must prepare for what may happen to our bodies if we do get sick. Recovery from COVID-19 is no easy feat. Here at Achieve Therapy & Fitness, we offer methods of physical therapy treatment for patients recovering from COVID-19.

To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, call us today at 866-320-3562.

Experiencing These Side Effects? You Might Need Physical Therapy.

The virus has been found to lead to a loss of function in many different areas of the body. As time has passed, the list of side effects from COVID-19 has lengthened drastically. Different people report different things happening to them, and can be much worse for some than for others depending on age, pre-existing conditions, and other factors.

A few commonly experienced side effects of COVID-19 are as follows:

- Feelings of soreness all over, bodily aches and pains
- Balance and gait issues, vertigo
- Fatigue, exhaustion
- Weakened muscle strength
- Decreased heart and lung capacity
- Difficulty breathing (leading to neck pain, rib pain, back pain)
- Decreased stamina
- Impaired ability to walk and stand upright

We know this list looks long (and a bit intimidating!), but the good news is that you don't have to travel the road to recovery all on your own. Physical therapy treatment at Achieve Therapy & Fitness can help you get your strength back!

Turn the Page to Read More >>

Your Physical Therapy Could Cost \$0!



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022. Contact us today to schedule your appointment.

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Healthy Recipe

Vegan Peanut Butter Cookies

Ingredients

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping, if desired

Directions Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.



5 Simple Tips For Shoveling Snow



Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

Fitness Class Spotlight



Cardio/Strength Circuit

Our Cardio/Strength classes are defined as basic low impact aerobic exercises combined with strengthening exercises. These classes are instructed at the Grafton location at 4:30PM, Mondays. Discover our class rates and schedules at:

<https://achieve-therapy.com/fitness-classes-rates/>.

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

What Your Physical Therapist Can Do To Help

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Although many people do not experience severe side effects of the virus and therefore may not need intense rehabilitation, there are plenty of people who come through our doors feeling extremely weak and at a loss for how to shake the residual problems caused by the virus.

COVID-19 places a lot of physical and emotional stress on a person, and as your body fights the virus and begins to heal itself, you might be left feeling as if you really have just sustained an injury. COVID-19 side effects should be treated just like any other kind of physical trauma that results in pain. Regaining your strength back after a bout of COVID-19 is a long process, but physical therapy can help. Our skilled therapists at Achieve Therapy & Fitness can help patients get their muscle strength, stamina, and energy back during recovery. Your physical therapist will complete a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19, and pinpoint the exact areas on your body that may be causing you pain. From there, he or she will create a customized treatment plan specific to your needs for optimizing your levels of function and restoring your health to what it was previous to contracting the virus.

Achieve Therapy & Fitness doesn't have all the answers about when COVID-19 will be a thing of the past. What we do know, is that our physical therapy treatment options are a sure-fire way to help those in need of rehabilitation. If you or a loved one is struggling to recover from COVID-19, don't let the painful side effects become chronic conditions.

Show COVID-19 Who's Boss—Contact Us Today!

COVID-19 has indeed wreaked havoc on our health, work, and social lives. Here at Achieve Therapy & Fitness, our physical therapists strive to give our patients back their ability to function normally, and help ease the suffering



COVID-19 caused their bodies. We won't rest until we see that our patients are healthy, strong, and pain-free.

Call us today at 866-320-3562 to learn more about our physical therapy services for COVID-19 recovery. Your skilled physical therapist is ready and waiting for you with a smile... even if you can't see it through our masks!



Call Us Today

866-320-3562

Exercises of the Month

Use These Exercises to Keep You Moving!

CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg. Repeat 10 times on each side.



CHEST & SHOULDER STRETCH

Stand with good posture, then interlace your fingers behind your back. Press your hands up until you feel a stretch across the front of your shoulders. Hold for 15 seconds and repeat 3 times.



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