

NEWSLETTER

Are You Taking Care Of Your Heart?

February is American Heart Month. It's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart!

The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it.

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- Therapy Can Aid In Post-COVID19 Recovery





Show Your Heart Some Love

With Better Health

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Physical therapy at Achieve Therapy & Fitness can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process!

Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

Tips for better heart health

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is different! Plaque forming in your arteries is the cause of heart attacks and artery blockages. Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape!

The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight and enhance your attitude as well.
- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-training techniques.

- **Maintain mobility of the joints and muscles:** Stretching keeps you active and makes you feel better. Knowing the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.

- **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.

- **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

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Physical Therapy Can Help You Take Care of Your Heart

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If you're looking for a safe way to improve your heart health, physical therapy is a great option. Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future. Every program Achieve Therapy & Fitness designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

Love your heart, love your life

This month is all about loving and appreciating others, but don't forget to take care of yourself! Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one,



so you must look after it properly! Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at Achieve Therapy & Fitness would love to help you live the highest quality of life possible. **Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!**



Join us for a **FREE** Shoulder Pain & Rotator Cuff Workshop

February 24th • Park Rapids • 5:30PM
March 3rd • Grand Forks • 6:00PM
March 10th • Park River • 5:30PM
March 24th • Park Rapids • 5:30PM

Register Today!

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

Patient Success



"When I first started personal training with Jake I had trouble walking and going up the stairs. Since adding personal training to my routine, I have seen improvements in my ability to walk around and use the stairs. He has also given me exercises to do at home which pair well with my current PT exercises. He is very professional and courteous." - **Marc**

Therapy Can Aid In Post-COVID19 Recovery

Here at Achieve Therapy & Fitness, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time. We want to inform you that the patients recovering from COVID-19 at our clinic are **no longer sick or contagious**, and we are still taking the necessary precautions to prevent the spread of the virus.



If you are experiencing lasting side effects of the virus, contact our clinic to learn more about how our physical therapists can aid in your recovery.

How can therapy help with recovery? Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia, asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.

Getting on the road to recovery. It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. **Call our clinic today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.**

No Surprises | Good Faith Estimates

Achieve Therapy LLC will provide all patients who do not have insurance or who are not using insurance an estimate of the bill for therapy services. Please retain a copy of your "Good Faith Estimate" (GFE) quote.

- Our initial estimate will be for the cost of the first visit, which will be for the evaluation. This estimate will be provided to you at least one (1) business day prior to the evaluation or prior to scheduling, if you prefer.
- Before commencing with a treatment, a second estimate will be provided to you based on the established Plan of Care. If your Plan of Care needs modification during the episode of care because of your therapy needs, a new condition, or per your request, you will be informed and provided with a new estimate, and you will have the option to continue or cease treatments.
- If you receive a bill that is \$400 or more than the "Good Faith Estimate," you can dispute the bill utilizing the Patient-Provider Dispute Resolution Process. The dispute resolution entities (SDR) are certified and selected by Health & Human Services (HHS). You must submit a dispute notice, the provider's bill, and the "Good Faith Estimate" to HHS within 120 days of receiving the final bill from our practice. HHS will collect a \$25 fee with your dispute resolution application.

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or call Achieve Therapy LLC at 701.746.8374.

Winter 2022 Fitness Class Schedules

COLUMBIA & VIRTUAL LOCATIONS

Move & Groove:

- Mondays at 8:00AM | Virtual option
- Wednesdays at 8:00AM | Virtual option
- Fridays at 8:00AM | Virtual option

Intermediate/Advanced Yoga:

- Mondays at 5:45AM
- Wednesdays at 5:45AM

Beginner Yoga:

- Tuesdays at 8:45AM | Virtual option

Intermediate Pilates:

- Mondays at 8:45AM | Virtual option
- Wednesdays at 12:00PM | Virtual option
- Thursdays at 8:45AM | Virtual option

Advanced Pilates:

- Tuesdays at 4:30PM | Virtual option
- Thursdays at 4:30PM | Virtual option

Body Basics:

- Mondays at 8:45AM
- Wednesdays at 8:45AM
- Fridays at 8:45AM

Core & Balance:

- Mondays at 9:45AM | Virtual option
- Tuesdays at 9:45AM & 3:30PM | Virtual option
- Wednesdays at 9:45AM | Virtual option
- Thursdays at 9:45AM & 3:30PM | Virtual option
- Fridays at 9:45AM | Virtual option

Cardio Circuit:

- Mondays at 12:00PM | Virtual option
- Fridays at 12:00PM | Virtual option

Advanced Strength Circuit:

- Mondays at 4:30PM | Virtual option
- Wednesdays at 4:30PM

Instructor's Choice:

- Mondays at 5:30PM | Virtual option
- Tuesdays at 5:30PM | Virtual option
- Thursdays at 5:30PM | Virtual option

Advanced Spin:

- Tuesdays at 6:00AM
- Thursdays at 6:00AM

PARK RIVER, GRAFTON, & MINTO LOCATIONS

Visit our website to view the fitness class schedule for Park River, Grafton and Minto locations.

<https://achieve-therapy.com/wellness-programs/fitness-centers/grafon/>

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!

6 E 12th St

Grafton, ND 58237
701-379-0125

403 Briggs Ave S

Park River, ND 58270
701-284-6707

110 Pleasant Ave S.

Park Rapids, MN 56470
218-237-3052

1425 S Columbia Rd

Grand Forks, ND 58201
701-746-8374

1421 Central Ave NW

East Grand Forks, MN 56721
218-773-3388

3035 Demers Avenue

Grand Forks, ND 58201
701-746-6694



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