



Performance For Life

NEWSLETTER

The Month Of April Is For Stress Awareness

Did you know that chronic pain and poor mental health are linked? If you're suffering from one of them, it's almost guaranteed that you're dealing with the other as well. Frequently, we find that our patients who are living with chronic pain are living with depression or have immense amounts of stress on their shoulders. Depression and anxiety can manifest as random aches and pains in the body, and living in constant pain can also cause a person's mental state to suffer.

Depression, stress, and anxiety can completely zap a person's energy, drive, and hope. Achieve Therapy & Fitness strongly encourages patients who are struggling with chronic pain and low mental health to give us a call. Movement is medicine, and physical activity truly can make a huge difference in your overall morale. Contact our clinic today to schedule an appointment. Our therapists are here for you and want to help you feel better in your body and mind.

Open the Newsletter to Read More! >>



ALSO INSIDE...

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- Why Choose
Physical therapy?
- Get Relief From Your
Pain With Hand Therapy

Mental Health, Anxiety, Stress, Depression & Taking Care of Yourself



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Don't let depression control your life

Depression can be one of the most crippling feelings in the world. It's no surprise that depression rates are up all around the globe with everything we've been forced to deal with over the past couple of years. If you're feeling depressed, getting off the couch or rolling out of bed can be compared to running through molasses. However, it's still highly recommended to do what you can to get your body moving.

Even modest amounts of exercise, such as a walk around your neighborhood, can make a difference. No matter your age or fitness level, Achieve Therapy & Fitness is here to teach you how to use exercise as a powerful tool to feel better.

If you've been experiencing anxiety to any extent, physical therapy can also help you learn breathing exercises that can alleviate pains in your chest caused by panic attacks. Our skilled therapists here at Achieve Therapy & Fitness are ready and able to assess how your body is currently functioning if you're dealing with anxiety and depression.

These two conditions can cause a lot of unnecessary stress on the body and make it very difficult for you to function normally, or have enough energy to use critical thinking skills.

Feeling stressed? Physical therapy can help

When you're feeling low physically and mentally, the most important thing you can do is prioritize your health. Having regular checkups with your doctor and giving your body the attention it needs is key to reclaiming your life.

Getting regular exercise is excellent for your body, and it's also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression and anxiety, and it also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

Depending on what kind of stress you are dealing with, you may start noticing pain in some regions of your body. This is because stress manifests itself in our physical form: the way we walk, sit, stand, and even lie down at night can all be negatively impacted by stress. You may notice your back, hips or shoulders are aching lately, as these are three places many people tend to "carry" their stress.

Dealing with stress constantly can also manifest in the form of headaches. Physical therapy may not be the first thing that comes to mind when considering treatment options for headaches, however, it may be the ideal treatment if you're experiencing tension or stress headaches.

Turn the Page to Read More >>

Why Choose Physical Therapy?

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Our clinic offers physical therapy services to treat several types of illnesses, injuries, and diseases. We specialize in pinpointing the underlying source of a person's pain. If you've been experiencing acute or chronic pain that keeps you from living an everyday life, you may also be experiencing feelings of doubt, worry, or general sadness.

Achieve Therapy & Fitness's therapists will work with you to relieve your pain symptoms, prevent future injuries, and help restore your mobility and function.

The goal is to ensure your mental health ceases to take a direct hit every time you try to move or perform specific actions.

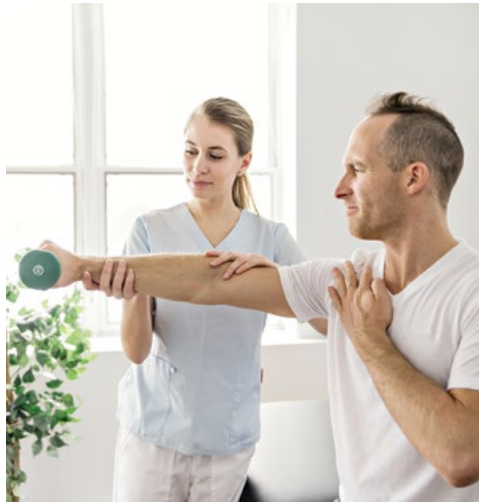
Our skilled physical therapists and counselors will help you get through it in the most effective way possible.

Call us today for help.

When you're under a cloud of physical and emotional disorder, paying attention to exercise or seeing the light at the end of the tunnel can be tough. If you're having trouble coping with everything going on around you right now, it's time to stop dealing with it on your own.

Here at Achieve Therapy & Fitness, we're dedicated to the best overall health of every single one of our patients. Our therapists will talk with you about your current stressors and thoroughly evaluate your physical abilities and any areas causing you pain.

We'll make sure that you feel taken care of and supported during this time, both mentally and physically. **Call our clinic today to schedule an appointment, and rest assured you're in good hands.**



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

April 26th • Park Rapids • 5:30PM
May 12th • Park River • 5:30PM
May 26th • Park Rapids • 5:30PM

Register Today!

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

Patient Success

Favorite thing about Achieve Fitness: The cheerful and friendly staff. I enjoy coming to the fitness center because I know it helps me stay in shape even at my age. I just turned 90!

What type of workouts do you do: I walk on the treadmill—20 minutes 3 times a week. I also use all the curve machines. My workout is about 1 hr 3 times a week.



Give it a try you will like it. You meet a lot of people and you get to visit a lot of people. You will make friends with the people who come at the same time as you do.

Get Relief From Your Pain With Hand Therapy



Have you noticed swelling or pain in your wrist that makes it difficult for you to do daily tasks with ease? Chances are you've suffered from a sprain or strain. Sprains and strains to the wrist can hinder your ability to accomplish daily tasks with ease.

A hand therapist can help heal your sprain or strain and can help you strengthen your muscles in order to accommodate for your lifestyle and physical activity. This will help make frequent daily chores, as well

as strenuous, repetitive motions, much easier.

Your hand therapist can also provide manual techniques for relief, such as targeted massage, pressure, and stretching of the affected area(s) to keep muscles loose and to relieve inflammation.

At Achieve Therapy & Fitness, our experienced hand therapists have treated many different wrist sprains/strains and they can get you back to living your pain-free life as quickly as possible. If you've sustained a sprain or strain to the wrist and you're looking for help, rest assured that a solution to your problem exists. **Make an appointment with our certified hand therapists at <http://www.achieve-therapy.com>, or contact our office at 866-320-3562.**

Source: *Bon Secours*

Ergonomic Training What Can I Expect?



Did you know the items you use every day in your home or workplace can be modified to make you more comfortable? If you're feeling uncomfortable, ergonomic training can help!

When you arrive for your initial appointment, one of our highly trained physical therapists will conduct a physical evaluation, in addition to reviewing your medical history and discussing your work/home environment. Our physical therapist may ask you questions regarding the set-up of your desk or office, the type of tools and equipment you use, the expectations and demands of your job, and/or a summary of your typical day. This will help determine what items may be subject to modification.

When focusing on ergonomics, the goal is to improve posture, energy efficiency, and body mechanics. This is done by making necessary adjustments, modifications, and changes to reduce and prevent further pain and injury. In some circumstances, specialized devices or equipment modifications (such as splints or wrist supports) may be recommended as a way to make your daily tasks more comfortable. **Contact Achieve Therapy today to request an appointment and find out how you can live your life comfortably!**

Healthy Recipe Healthier Deviled Eggs

- Ingredients**
- 6 large eggs
 - 1 Tbsp plain or garlic hummus
 - 1 tsp dijon or spicy mustard
 - 1 tsp apple cider vinegar
 - 1 tsp olive oil or avocado oil
 - 1 ½ tsp raw honey (or sub maple syrup)
 - 1/4 tsp ground turmeric
 - 1 pinch cayenne pepper
 - 1 pinch smoked paprika, plus more for topping
 - 1/4 tsp sea salt, plus more to taste
 - 1-3 Tbsp water

Directions Hard-boil the eggs by method of your choice. Once the eggs have been boiled, cooled, and peeled under cool running water, pat dry and halve with a sharp knife. One at a time, tip the eggs over (cut-side down) and transfer the yolks into a small mixing bowl. To the yolks, add hummus, mustard, apple cider vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Transfer filling to a small piping bag to pipe the yolk filling into the cooked egg whites.

Source: <https://minimalistbaker.com/mayo-free-deviled-eggs/>



Staff Spotlight



Mary Lynn Berntson, OTR, CHT
Achieve - DeMers Clinic

Mary Lynn is a graduate of the Occupational Therapy program at the University of North Dakota and a Certified Hand Therapist. She has been a pioneer in the Hand Therapy arena in the Red River Valley, having started Hand Therapy programs in both Fargo and Grand Forks during her stellar career. Mary Lynn has been an active member of the North Dakota Occupational Therapy Association, serving in several leadership roles. She was honored for her service and contributions to the profession by being named the Occupational Therapist of the Year in 1991.

Mary Lynn enjoys the challenge of treating hand & wrist conditions such as Carpal Tunnel, De Quervain's syndrome and post-operative rehabilitation.

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



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DIRECT ACCESS
TO PHYSICAL THERAPY

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3035 Demers Avenue

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