



Performance For Life

NEWSLETTER

Get The Most Out of Summer Vacation With Physical Therapy

Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? 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. At Achieve Therapy & Fitness, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer!

Open the Newsletter to Read More! >>

ALSO INSIDE...

- Patient Success
- Physical Therapy Is Important, No Matter The Time Of Year!
- Healthy Recipe
- Staff Birthdays & Work Anniversaries

Make Time this Summer To Prioritize Your Health

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Too often, the trend for many patients is to opt out of their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury. One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer months – so you can enjoy the warm weather without pain!

At Achieve Therapy & 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! Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

Physical therapy is worth your time, even in the summer

When it comes to physical therapy, you'll see benefits if you put in the time and the work. Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of surgery, opioids, or unnecessary testing. 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.

When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries.

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Physical Therapy Is Important, No Matter The Time Of Year!

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Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life. Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic. Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being. If you have been attending physical therapy, there are two primary reasons to stop.

1. You've reached your goals: Once you and your therapist are satisfied with your success, it's time to move on.
2. You're not seeing progress: It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.

Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

Physical therapy is important, no matter the time of year!

Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries. The individualized manual therapy and consistent 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 ailments and injuries. Physical therapy has been shown to help in the following ways:



- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Improve balance and coordination
- Reduce the risk of falls
- Avoid surgery

Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.

Get started today

Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need! **Contact Achieve Therapy & Fitness today to schedule an appointment.**

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492>
<https://academic.oup.com/ptj/article/90/7/11014/2737793>

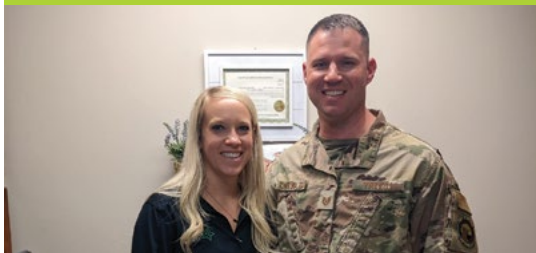
Join us for a **FREE Shoulder Pain & Rotator Cuff Workshop**

July 20th • Grand Forks • 5:30PM
July 26th • Park Rapids • 5:45PM
August 17th • Grand Forks • 5:30PM
August 23rd • Park Rapids • 5:30PM

Register Today!

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

Patient Success



"Thank you to all the staff at Achieve Therapy for a speedy recovery. Tom and Kindra were true professionals. Both of them did a great job and helped to motivate me. They also gave me some helpful tips and advice for different exercises in the future. 3 months was all it took for me to feel like I was in my 20's again. The staff was also polite and cheerful. They also made it extremely easy for reschedules. The environment was great and everyone had a positive attitude. Thanks again!" — **James**



Staff Birthdays & Work Anniversaries

July Celebrations for Our Staff

Staff Birthdays

Shayna Langland – July 9th

Nicole Chine – July 25th

Work Anniversaries

Lacey Wilcox – July 20th



We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

Healthy Recipe

Baked Sweet Potato Chips

Ingredients

- 1 1/2 pounds sweet potatoes
- 1/3 cup olive oil
- Salt

Directions Preheat the oven to 300 degrees Fahrenheit. Line several baking sheets with parchment paper and set aside. Use a mandolin slicer to cut the sweet potatoes into paper-thin rounds. Pile all the sweet potato rounds into a large bowl and pour the olive oil over the top. Gently toss to coat every piece with oil. Then lay the sweet potato rounds out on the baking sheets in a single layer. Sprinkle the chips lightly with salt. Bake for 20-25 minutes until crisp and golden around the edges. Remove from the oven and cool for 5 minutes on the baking sheets. Then move the chips to a bowl, or plastic bag to store.

<https://www.aspicyperspective.com/baked-sweet-potato-chips/>



July 11th-August 19th Fitness Class Schedules

Intermediate/Advanced Yoga:

- Mondays at 5:45AM-6:30AM
- Wednesdays at 5:45AM-6:30AM

Beginner Yoga:

- Tuesdays at 8:45AM-9:30AM

Move & Groove (Online Option):

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

Pilates (Online Option):

- Mondays at 8:45-9:30AM
- Fridays at 8:45-9:30AM

Intermediate Pilates (Online Option):

- Wednesdays at 12PM-12:45PM

Advanced Pilates (Online Option):

- Tuesdays at 4:30PM-5:15PM

Balance (Online Option):

- Mondays at 9:45AM-10:30AM
- Wednesdays at 9:45AM-10:30AM
- Fridays at 9:45AM-10:30AM

Cardio Circuit:

- Mondays at 12PM-12:45PM

Instructor's Choice:

- Mondays at 5:30PM-6:15PM
- Tuesdays at 5:30PM-6:15PM
- Thursdays at 5:30PM-6:15PM

July Fitness Member of the Month

Meet Chuck our July Fitness Member of the Month!



Fitness centers you attend: S. Columbia

Favorite thing about

Achieve Fitness: The staff! They are all very friendly, caring, and skilled at what they do.

Favorite fitness class and why: 4:30pm Monday and Wednesday class. It is a challenging class that is never the same. Each time I attend we work on different muscles. Each instructor has their own style too.

All of the instructors are great! They are concerned about what you want to get out of your workout. They push you and offer corrections and modifications to help you achieve your goals.

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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701-490-8150

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Park Rapids, MN 56470
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1425 S Columbia Rd

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701-409-1614

1421 Central Ave NW

East Grand Forks, MN 56721
218-316-7798

3035 Demers Avenue

Grand Forks, ND 58201
701-409-1592



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

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August 17th • Grand Forks • 5:30PM

And more dates inside!

REGISTER HERE:

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