



*Performance For Life*

# NEWSLETTER

## Don't Let Your Back Suffer This Holiday Season

The holidays are upon us! Family events, gift-giving, and great food are all in store for us. But guess what else might be too?

### *Back pain!*

As we prep for our holiday season, it's essential to understand ways to prevent back injuries from occurring. Achieve Therapy has put together some tips for taking care of your health during this busy time of year!

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## Tis The Season To Relieve Back Pain! Physical Therapy Can Help

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### **Tips for avoiding back pain**

With all the decorating and heavy lifting that the holiday season brings, it's easy to pull a muscle in your back. You might not even notice until days after the injury occurred! Here are three tips for avoiding back pain this season.

#### **1. Warm-up and stretch first!**

Don't just jump out of bed and begin setting out fake reindeer and decking the halls! Stretch your body out a little bit. Aim to at least be up and moving for about 45 minutes before starting bending or lifting heavy decoration boxes down from the attic!

#### **2. Lift with your knees, not your back.**

You knew this one was coming! Always lift with your knees and not your back. Tighten your stomach muscles as you lift an object or lower it to the floor. Avoid twisting your trunk to prevent back injuries.

#### **3. Safety First**

You can take simple steps to ensure you are safe while hanging lights or putting up the tree. Take breaks every 30-60 minutes to make sure you aren't over-extending the muscles in your back as you bend, lift, and reach for items.

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# Call Achieve Therapy Today

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You deserve to enjoy your holidays without back pain. If you're already suffering from a back injury or would like to learn about more ways to prevent one, we're here for you!

A physical therapist can assess your condition and symptoms, and create a customized plan that will be aimed at relieving your back pain.

Call Achieve Therapy to schedule an appointment with a physical therapist so that you can have the best possible holiday season!



## Don't let Your Benefits Go To Waste

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 2023.

Have you undergone surgery recently? Call us today at the clinic nearest to you to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

## Patient Success



"When you walk in the door, you are greeted and made welcome by either Tracy or Bri. Having them recognize you and be genuinely happy that you are there starts your session off on a good note. My therapists were Tom and Kindra. Both did an excellent job! I went from using a wheelchair to walking with a cane, something that I thought impossible when I started my journey. (I had shattered my femur and the surgeon wasn't sure he could put my leg back together. His skills and the therapy I received got me back on my feet!) I definitely made the right choice with Achieve!" — **Nancy**



# Staff Birthdays & Work Anniversaries



## December Celebrations for Our Staff

### Staff Birthdays

Gary Schindler – December 14th

Michelle Ellis – December 16th

Natalie Purcell – December 23rd

Mary Lynn Berntson – December 31st

### Work Anniversaries

Jenna Wing – December 11th

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

## December Fitness Member of the Month

**Meet Raanne our December Fitness Member of the Month!**

**Fitness centers you attend:** S. Columbia

**Favorite thing about Achieve Therapy:** I like being able to do my exercising early in the day and having an instructor to follow.

**Favorite fitness class:** I do three classes and they are all my favorite! Move & Groove: It keeps me in a dancing mode. I like practicing for half-time entertainment at the Super Bowl! Curves Machines: Helps me keep good muscle tone. Balance: Keeps be steady and focused while doing housework, yardwork, walking, etc.

I would suggest that if a person has an insurance plan that covers Silver Sneakers use it at Achieve Therapy!

## 25 Days of Fitmas



Hey Achievers! We want to help you stay fit during the holiday season. **Join us for the 25 days of 'Fitmas Challenge'.** We will be posting videos daily on our Facebook page. We are looking forward to helping you Achieve your fitness goals this holiday season!



**Has Your Pain Come Back? Call us at 866.320.3562 or visit [achieve-therapy.com](http://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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