



# NEWSLETTER

Helping You Move  
Through Life Pain-Free!

October

HOW HEALTHY ARE YOU, REALLY?

## WE CAN HELP YOU FIND OUT

### Keeping a pulse on your wellness levels is an important part of maintaining good health

Are you getting as much physical activity into your daily routine as you should be? No matter your age, it's critical that you get up and move around every day! Achieve Therapy emphasizes the importance of physical activity and wellness in our clinic. Our biggest priority is to see that our patients are healthy and feeling their best.

Did you know that physical therapy can play a role in improving your overall wellness? This is especially true if you are recovering from an injury, living with a chronic condition, and recovering from or preparing for surgery.

Call our clinic today to schedule an appointment, and in the meantime, keep reading to learn how physical therapy can keep you active and healthy!

### How physical therapy can help you to be healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being. At Achieve Therapy, we will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future and stay as active as possible!

### Can physical therapy improve my everyday life?

Yes! A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Visit Us Online [achieve-therapy.com](https://www.achieve-therapy.com) or Call [866-320-3562!](tel:866-320-3562)



# HOW ERGONOMIC TRAINING CAN HELP YOU

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!

At Achieve Therapy and Fitness, our physical therapists can use ergonomics to help resolve issues with pain you may face in your daily life, in addition to helping you prevent injuries. Ergonomics typically contains certain tools or body mechanic strategies that focus on maximizing efficiency and safety, in addition to identifying/changing factors that may lead to injury.

## How will ergonomics benefit me?

The Occupational Health & Safety Administration (OSHA) states that companies in the United States spend at least \$170 billion annually on occupational injuries. By simply implementing certain health and safety systems - which includes ergonomics training, companies could reduce their injury and illness costs by as much as 40%.

These most common work-sustained injuries are typically caused by poor posture, excessive sedentary behavior, and improper workspace setup:

- Back pain caused by injuries to the muscles, joints, or discs
- Tension headaches
- Medial or lateral epicondylitis (golfer's or tennis elbow, respectively)
- Tendonitis (inflammation in tendons)
- Carpal tunnel syndrome (median nerve entrapment at the wrist)
- Cervical strain and pain (including a new phenomenon called "text neck")

- Trigger finger
- Rotator cuff strains and tears
- TMJ dysfunction

Working on the ergonomics of your office can decrease your risk of sustaining these injuries, which can save a lot of money on medical bills, lost wages, and decreased productivity!

You can implement ergonomics within your daily life as well - everything from driving to playing sports to using your phone has room for modification!

## Get started with ergonomics today!

If your work or personal life is causing you pain, it could be fixed with some simple ergonomics! In addition to the ergonomic training we provide you with, it is likely that you will also be prescribed additional physical therapy services, depending on your individual needs.

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# Patient Success



"From the first call to Achieve I felt appreciated, respected and listened to. When you walk in everyone is so helpful and friendly. Tom and Kindra and the best! I loved going in for PT. In fact I enjoyed it so much I joined their gym."

— Chris

## Staff Birthdays & Work Anniversaries

### October Celebrations for Our Staff

#### Work Anniversaries

Heather Walsh | October 1<sup>st</sup> | 19 years  
Greg Paintner | October 3<sup>rd</sup> | 7 years  
Darcey Osowski | October 5<sup>th</sup> | 6 years  
Chelsea Hertzell | October 23<sup>rd</sup> | 6 years



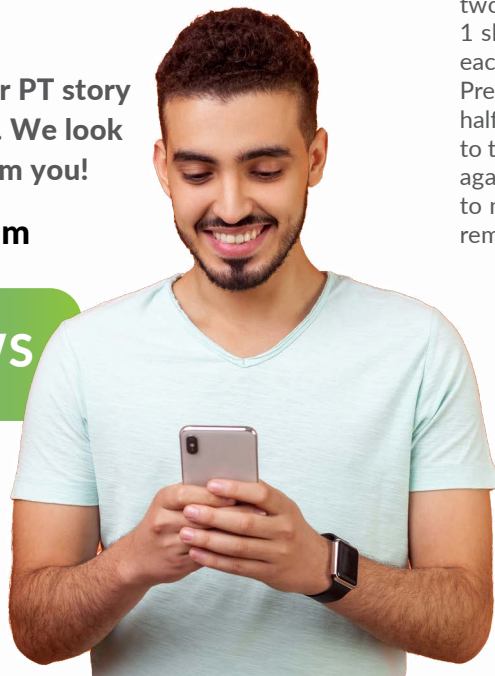
We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

[achieve-therapy.com](http://achieve-therapy.com)

★ REVIEWS



# EXERCISE ESSENTIALS

## ELBOW FLEXION

Try this exercise to stretch your elbows

Start seated with your arms by your sides. Place your opposite hand on the upper arm of the arm you want to exercise in order to pin your arm to your side. Slowly bend your elbow upward as far as you can raising your hand upwards. Slowly return to your starting position. Repeat 3 sets of 10 reps.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## HEALTHY RECIPE

### TURKEY-PESTO TOASTERDILLA

#### Ingredients

- 2 (10 inch) flour tortillas
- 2 tablespoons prepared pesto
- 1 stick mozzarella string cheese
- 2 slices smoked turkey breast

#### Directions

Lay tortillas on a clean work surface. Spread 1 tbsp of pesto over each tortilla, leaving a small space around the entire edge. Peel the cheese back in thin layers and divide between the two tortillas in a single layer. Place 1 slice of turkey over the cheese on each tortilla. Fold each tortilla in half. Press down to flatten. Take the right half and fold it over to the middle. Take the left half and fold it over to the middle, creating an envelope shape. Press down to flatten again. Place quesadillas in the slots of the toaster. Set toaster to medium heat and toast for one cycle, about 3 min. Carefully remove quesadillas and flip them around. Toast for 2 min more.



Call [866-320-3562](tel:866-320-3562)  
to start healing today!

OCTOBER

# CLINIC NEWS

## FITNESS MEMBER OF THE MONTH

**Meet Sue, our fitness member of the month!**

Sue's favorite thing about Achieve Fitness is the small size and the ease of making friends with others in the class. She appreciates the variety of classes and the knowledgeable, friendly class leaders. Sue's favorite fitness class is the move and groove class which incorporates cardio, balance and stretching. Participating in this class leaves her feeling good and looking forward to the next one! Sue also mentions how important it is to keep moving and how it is even better to be able to do it with her friends at Achieve!



## STAFF SPOTLIGHT

**Say Hello to Bri Wirkus!**

Bri has been with Achieve Therapy for 6 years and works in Billing. She enjoys her role and conversations with patients and members. In her free time, Bri enjoys reading, going to the lake, DIY projects and spending time with her husband, Ben and son, Braxon.



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