



# NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!



May 2024



## DISCOVER THE BENEFITS OF A STRONGER CORE WITH EXPERT PHYSICAL THERAPY TIPS!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Achieve Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

### What Is the "Core"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

Visit us online at [achieve-therapy.com](https://achieve-therapy.com) or call the clinic nearest you.

#### Columbia

1425 S Columbia Rd.,  
Grand Forks, ND 58201  
**701.409.1614**

#### East Grand Forks

1421 Central Ave. NW,  
East Grand Forks, MN 56721  
**218.316.7798**

#### Park Rapids

110 Pleasant Ave S.  
Park Rapids, MN 56470  
**218.216.2491**



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## Building Core Strength with Expert Guidance

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them. Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities. Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

### Book Your Appointment Today!

Our team of physical therapists will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life! Call us today to set up an appointment!

## Mother's Day Gift Ideas

What are you getting your mom for Mother's Day? If you're still undecided, you've come to the right place. Choosing a gift for a loved one can be difficult; after all, you want to show them how much you appreciate and value them.

Don't worry if you need some assistance this Mother's Day. We've compiled a list of gift suggestions that your mom will love!

### 1. A new yoga mat or workout equipment

Has your mom recently ventured on a fitness journey? Help her stay active with a new yoga mat or workout equipment — perfect for at-home workouts.

### 2. A book on her favorite hobby

Is your mom an avid bird watcher? What about a gardener or an excellent cook? Facilitate her hobbies by getting her a



Sources: <https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-021-04858-6> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6407754/> • [https://journals.lww.com/nsca-jscr/fulltext/2012/02000/effect\\_of\\_core\\_strength\\_on\\_the\\_measure\\_of\\_power\\_in.8.aspx](https://journals.lww.com/nsca-jscr/fulltext/2012/02000/effect_of_core_strength_on_the_measure_of_power_in.8.aspx) • <https://www.mdpi.com/2411-5142/6/2/37> • <https://www.frontiersin.org/articles/10.3389/fphys.2022.915259/full>

cookbook, an informative book on gardening techniques, or a book to catalog bird species.

### 3. Sign her up for a yoga or pilates class

Is your mom under a lot of stress? Activities like yoga and pilates are excellent stress relievers— while also being great for your physical health. Both forms of exercises deal with breath control and can help your mom release stress in a healthy and productive way.

### 4. New hiking or outdoor shoes

Does your mom love the outdoors? Has she been wearing the same pair of muddy shoes for ages? Help her revamp her style with a new pair of kicks this spring. A comfortable pair of shoes makes a huge difference when deciding between staying on the couch or getting outside to get moving.



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## Yummy Recipe: Lemon Garlic Grilled Shrimp



### Ingredients:

- 1 lb large shrimp, deveined
- 4 tablespoons olive oil
- 1 tbsp Italian seasoning
- 1 tsp Dijon mustard
- ½ tsp kosher salt
- ¼ tsp ground black pepper
- 1 lemon cut into wedges
- ¼ cup unsalted butter
- 1 clove garlic minced
- 2 (2-in) strips lemon zest
- 1 tbsp chopped fresh parsley

**Directions:** Add the shrimp, olive oil, Italian seasoning, Dijon mustard, salt, and pepper to a large bowl. Toss well to combine. Place the shrimp on a hot grill and grill on both sides until no longer opaque, about 1-2 min per side. Remove from the grill and place on your serving platter. In a small saucepan, melt the butter. Add in the garlic and lemon zest strips. Cook and stir until fragrant, about 1-2 min. Stir in the parsley. Brush over warm shrimp.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review of our clinic. Sharing your experience can help us help more people in the community. We look forward to hearing from you!



[CLICK HERE TO LEAVE YOUR REVIEW](#)

## Personal Training At Columbia

Thank you for your interest in personal training with Achieve Therapy and Fitness! We strive to provide a continuation of care to get you back to your best life possible. Our personal trainers have open dialogue with your Achieve physical therapist to ensure that you continue to build upon the progress you have been making. Whether you need detailed instructions on proper form or you want the accountability to keep consistent with your exercises, we are dedicated to helping you succeed in your fitness and mobility goals!

Visit us at our Columbia location for a tour of the gym or simply sign up for a package at the front desk at any of our locations!

You will receive a \$50 gift card to put towards your first package if you sign up within 30 days of discharge from your physical therapist. We hope to see you soon!

### Personal Training Rates

|                      | Single | Duo   | Trio  | Quad  |
|----------------------|--------|-------|-------|-------|
| 5   30 Min Session   | \$30   | \$27  | \$26  | \$24  |
| 5   60 Min Session   | \$60   | \$54  | \$51  | \$48  |
| 5   30 Min Sessions  | \$135  | \$122 | \$115 | \$108 |
| 5   60 Min Sessions  | \$270  | \$243 | \$230 | \$216 |
| 10   30 Min Sessions | \$240  | \$216 | \$204 | \$192 |
| 10   60 Min Sessions | \$480  | \$432 | \$408 | \$384 |



**Get Started At Columbia Today!**

**701.409.1614**



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## Fitness Tip Of The Month



Tahra's Favorite Core Exercise

## Staff Birthdays & Work Anniversaries

### Birthdays

Laurie Holte | May 9<sup>th</sup>  
Heather Walsh | May 20<sup>th</sup>  
Cliff Lafreniere | May 26<sup>th</sup>

### Anniversaries

Tom Carson | 13 Years



HAPPY  
*Mother's*  
DAY

## Staff Member Of The Month Tahra Johnson



I am from Warroad, a small town in northern Minnesota. I am completing my bachelor's degree in marketing along with pre-med generals. What I like most about working for Achieve Therapy is the fun environment it holds & the family-like staff!

## Fitness Member Of The Month Ron Apanian



I first started at Achieve Therapy in July of 2011 at the age of 77 with the purpose and goal of maintaining and improving my strength and mobility which had been impaired as a result of polio at age 12 years old back in 1946. Working with staff and professionals at Achieve Therapy on a regular and continuous schedule I have met and exceeded those goals.

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