OPTIMUM PHYSIO THERAPIES

NEWSLETTER

SE HABLA ESPAÑOL





Pain Is Scary — Optimum Physio Therapies Isn't

WHY OPTIMUM PHYSIO THERAPIES IS THE RIGHT CHOICE FOR ADDRESSING BELL'S PALSY

INSIDE

- FREE WORKSHOPS
- PATIENT SUCCESS STORY
- SONIA'S CORNER

OptimumPhysiotherapies.com

SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER, AND MORE ACTIVE!

210-985-9498

OPTIMUM PHYSIO THERAPIES

NEWSLETTER



WHY OPTIMUM PHYSIO THERAPIES IS THE RIGHT CHOICE FOR ADDRESSING BELL'S PALSY

INSIDE:

- *Sonia's Corner*
- *Patient Success Story*
- *Optimum Physio Therapies FREE Workshops*

Lisa was pregnant with her second child when, seemingly out of nowhere, she lost control of the right side of her face. Her right eyelid drooped so badly she struggled to close her eyes, and eating was nearly impossible. She was at a loss for what to do.

Fortunately, she learned pretty quickly that she had developed Bell's palsy, which causes sudden weakness and paralysis in the muscles on one side of the face. She also learned that Bell's palsy isn't permanent–although a full recovery can take 3-6 months for most people.

Although Bell's palsy typically goes away on its own, Lisa found its symptoms extremely difficult to live with, especially on top of her pregnancy. She was surprised to learn that physical therapy offers several methods for treating Bell's palsy–but was grateful for the discovery, as her physical therapy sessions made it much easier for her to manage her condition.



At Optimum Physio Therapies, our physical therapists are up to date on the most advanced methods for treating Bell's palsy–and well-equipped to help patients like Lisa. Our goal is to help you achieve a more comfortable quality of life as you recover, and we'll do everything we can to ensure your experience with us is positive and successful!

Contact Optimum Physio Therapies today to learn more about the benefits of physical therapy for Bell's palsy and schedule an appointment with one of our skilled and attentive therapists!

WHAT IS BELL'S PALSY? UNDERSTANDING THE SYMPTOMS AND CAUSES

Bell's palsy is a temporary condition characterized by sudden, severe weakness or partial to complete paralysis of the muscles on one side of the face. The condition can sometimes also leave patients with a loss of sensation on that side.

Here's a quick run-down of some of the more common symptoms of Bell's palsy:

- A drooping mouth or eyelid on one side of the face
- Twitching or contraction of the muscles on one side of the face
- Increased sensitivity to sound in one ear
- Pain in or around the affected ear
- Difficulty eating, drinking, or speaking due to weakness in the facial muscles
- Inability to make facial expressions, such as smiling or frowning
- Eye irritation on the affected side of the face, dry eyes, and/or inability to close your eye (or eyes)

One symptom Bell's palsy rarely causes is physical pain in the affected facial muscles. However, many people with the condition struggle with its psychological ramifications. Facial

Continued inside.

CALL 210-985-9498 TODAY!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

FREE WORKSHOPS

Attention Rotator Cuff Pain Sufferers, Free Event For You

New Rotator Cuff Workshop

ROTATOR CUFF WORKSHOP
Thursday, October 26th at 7pm

New Rotator Cuff Workshop Helps People Get Back to Normal Naturally, Without Unnecessary Pain Pills, Injections, or Surgeries



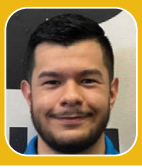
Dr. Claudia Diaz
Optimum Physio Therapies
Scan the QR code to register or for more information.

Attention Severe Back Pain Sufferers, Free Event For You

Back Pain Workshop

BACK PAIN WORKSHOP
Thursday, November 16th at 7pm

Learn The Biggest Mistake Low Back Pain Sufferers Make, The Three Most Common Causes For Low Back Pain, and Three Strategies to Reduce Back Pain



Dr. Matt Tercero
Optimum Physio Therapies
Scan the QR code to register or for more information.

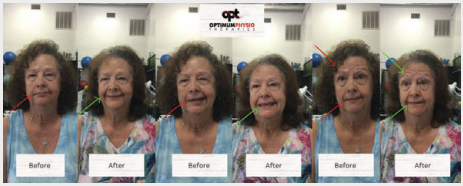
Because of space limitations, these events are limited to the first 20 people who sign up.

To register, scan the QR codes above or call:
210-985-9498

OPTIMUMPHYSIO
THERAPIES

WHY OPTIMUM PHYSIO THERAPIES IS THE RIGHT CHOICE FOR ADDRESSING BELL'S PALSY

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paralysis will change your appearance and make day-to-day tasks, such as smiling or chewing, much more difficult.

The exact cause of Bell's palsy is difficult to pinpoint. We do know that, physiologically speaking, it's caused by inflammation of the facial nerve, which controls the muscles of the face. What we don't know is the source of that inflammation. Some suggested theories include viral infections, stress, and genetics.

THE ROLE OF PHYSICAL THERAPY IN RECOVERING FROM BELL'S PALSY

Our physical therapists will help you regain control over your facial muscles, showing you how to manage daily functions with paralysis and improve your overall quality of life. We'll develop a customized treatment plan using a blend of different physical therapy techniques, including the following:

- **Modalities** such as laser therapy or electrical stimulation can help stimulate facial muscles and promote recovery.
- **Initiation exercises** will help you initiate movement in your facial muscles–effectively "triggering" the muscles to get them moving.
- **Facilitation exercises** take the initiation exercise a step further. Once you can initiate movement, these exercises help you increase muscle activity to build strength and restore functionality.
- **Patient education** is also an essential piece of the puzzle. We'll give you the tools and strategies to have a comfortable recovery, from information about protecting your affected eye to at-home exercises that complement your in-clinic session.

CONTACT OUR CLINIC FOR AN APPOINTMENT TODAY!

If you've recently developed Bell's palsy, the therapists at Optimum Physio Therapies are here to help! We'll show you how to improve your daily function and begin the journey toward recovery.

Call us today to schedule an assessment for you or a loved one, and rest assured that you're in good hands with our compassionate team!

210-985-9498

EXERCISE ESSENTIALS

SHOULDER EXTERNAL ROTATION STRETCH

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.



Try this exercise to help strengthen your shoulder.

PATIENT SUCCESS STORY!



"I am confident surgery will not be necessary."

"I came in with some left shoulder issues and my goal was to avoid surgery. The staff is great and working with them to strengthen and condition my shoulder has been nothing short of amazing. I am confident surgery will not be necessary."

— Steven M

We Want To Hear Your PT Success Story!

Scan the QR code to visit our review page and share your story. You could be someone's inspiration to get the help they need.

SONIA'S CORNER

BREAKFAST BOWL



Courtesy of Sonia

INGREDIENTS

- 1/ cup oat bran (or buckwheat)
- 1/4 cup blueberries
- 1/2 cup strawberries
- 1/4 cup raisins
- 1/2 sliced banana
- 1 Tbsp all-natural peanut butter or almond butter
- 2 Tbsp chia seeds
- 2 Tbsp hemp seeds
- 1 pinch cinnamon
- 1 cup water

DIRECTIONS: In a medium saucepan, bring 1 cup water to boil. Reduce flame and mix in berries, oat bran and seeds, stirring often until desired consistency is reached. Mix in raisins and cinnamon. Pour into bowl and add peanut butter or almond butter and top with banana. Add in a dash of almond milk or water to thin out oat bran if desired.

IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your FREE LASER THERAPY SESSION any time during your birthday month!



THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? SEND THEM OUR WAY!

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