OPTIMUMPHYSIO
THERAPIES

NEWSLETTER

SE HABLA ESPAÑOL

5 SPECIALITY SERVICES TO HELP YOU FEEL YOUR BEST!



Schedule Your Cash-Based Services Now Before Prices Increase In 2024!



"Hopefully, I will not always need their support but I will only come here for help!"

Read Trinidad's Review Inside

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

210-985-9498

OPTIMUMPHYSIO THERAPIES

NEWSLETTER

5 SPECIALITY SERVICES TO HELP YOU FEEL YOUR BEST

As we move into 2024, we know many of you are thinking about health and fitness resolutions for the new year. Maybe you want to find a drug-free way of managing a chronic pain condition. Maybe you're an athlete looking to smash your PRs. Or maybe you just want to get more active!

No matter your goals, physical therapy at Optimum Physio Therapies can help–and we likely have more treatment options than you might realize! We know that when you come in for physical therapy, there are certain treatments you expect: therapeutic exercise is a big one, as are hands-on manual therapy techniques.

But we also offer several specialty services that pull from state-of-the-art technology to relieve pain and restore function. From silver needles to low-grade lasers, our unique blend of treatment modalities will help you find the results you're looking for.

Want to find out if any of them are right for you? Call us to schedule an appointment today!

1. DRY NEEDLING

The technique uses long, sterile needles to remove restrictions in your body's soft tissue. Called "trigger points," these tight tender spots can cause pain both in their location and elsewhere. By releasing them with a needle, you can find lasting pain relief.

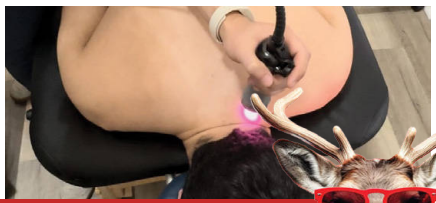
Dry needling can help with several musculoskeletal conditions, including fibromyalgia and other types of difficult-to-manage chronic pain. It can also be a useful pain management tool if you've suffered an orthopedic injury.



2. LASER THERAPY

Pain relief from lasers? It's true! Laser therapy is a safe, effective, and non-invasive method of addressing musculoskeletal pain. It works by releasing photons into the affected tissue, emerging the body's cells and facilitating its natural healing process.

If you think laser therapy sounds painful, think again. In most cases, you won't feel anything at all. It uses low-grade lasers that will, at most, create a gentle warmth against your skin. Most of our patients say they find it pleasant. They also report improvements after only a few sessions.



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Get Moving Today with Optimum Physio Therapies!

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Continued from the previous page.

3. CUPPING

Cupping is an ancient treatment with plenty of modern-day applications. It involves placing glass cups onto the skin and then creating suction within the glass, which draws blood into the affected area, helping to promote blood flow, reduce pain, and facilitate healing.

Professional athletes use cupping extensively to help their bodies heal faster, but it can also manage neck and back pain. There are different variations of cupping therapy, and we can let you know which is best for your needs.



4. MIRACLE WAVE

With laser therapy, we use light to manage pain. With Miracle Wave, we use shock waves! These short acoustic pulses promote your body's healing processes, restore blood flow, and help more quickly resolve various musculoskeletal disorders.

Like dry needling, it can help release trigger points, and it's also helpful in addressing various soft tissue injuries.



5. NEUFIT NEUBIE

The Neubie is a cutting-edge electronic stimulation device that can help with neurological disorders and orthopedic injuries. The Neubie uses low-level electrical currents to re-educate your body's neuromuscular system.

If you're recovering from an injury, the Neubie can help manage pain and improve functionality. If you're seeking treatment for a neurological condition, the Neubie helps "train" your nerves to enhance their function, thereby reducing symptoms like loss of movement or nerve pain.



WHAT TO EXPECT DURING YOUR APPOINTMENTS

Your first session at Optimum Physio Therapies will include an in-depth physical examination that helps our team better understand your specific needs. We'll take a complete health history, discuss your symptoms, and run several simple movement screens. All of this information allows us to create a customized treatment plan.

At this stage, we can let you know if any of these five treatment services will benefit you. If they will, we can incorporate them alongside more standard physical therapy treatments, such as a therapeutic exercise.

Also, keep in mind that we offer these services as cash-based options. While that means they aren't covered by health insurance, it allows you more freedom to select the treatments that help you reach your recovery and rehabilitation goals faster!

CALL US TODAY TO LEARN MORE

Our collection of specialty treatments allows us to provide the best possible care to all our patients. From chronic pain management to sports injury recovery, we have something to help you feel your best in 2024.

If you're ready to get started, call Optimum Physio Therapies to schedule your initial consultation today!

Schedule Your Cash-Based Services Now Before Prices Increase In 2024!

For patients who start cash-based treatment in 2023, the current price will be honored for the full course of treatment. Cash services include Dry Needling, Laser Therapy, Cupping, Miracle Wave Technology, and Neubie by NeuFit.



CALL TODAY TO GET 2023 PRICES ON YOUR CASH-BASED SERVICES IN 2024!

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EXERCISE ESSENTIALS

ABDOMINAL BRACING WITH MARCHES

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an 'L' shape with your thigh and trunk. Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time. Hold for 20 seconds and repeat as instructed by your provider.



PATIENT SUCCESS STORY!

"Hopefully, I will not always need their support but I will only come here for help!"

"I love this place. This is the third time I have used their help for different issues. I have sent friends here so they can be helped also. The people are very nice and knowledgeable about what needs to be done for my problems. Hopefully, I will not always need their support but I will only come here for help!" **—Trinidad R.**

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



Courtesy of Sonia

TRADITIONAL ITALIAN CHRISTMAS EVE DOUGHNUTS



INGREDIENTS

- 2 cups (250 g) flour, all-purpose/plain
- ¼ tsp salt
- 1 Tbsp sugar
- ¾ tsp (3.5 g) dried yeast
- 8 oz (236 ml) water, lukewarm
- 1 Tbsp orange or lemon juice
- 1 tsp orange or lemon peel
- 1/4 cup (57 g) sugar

DIRECTIONS: Put the yeast in the water and set aside for 5 minutes. Place the flour, salt and sugar in a bowl; mix together and after the yeast is ready, pour the water and yeast mixture into the bowl along with the juice and peel, and mix by hand until a very sticky dough forms (if using rum-soaked raisins, add them at this time). Cover with plastic wrap and let rise until at least doubled. Place the oil into a deep pan (I used a wok) and heat to a medium high temperature. Test the oil by dropping a tiny piece of dough into it: if it doesn't begin to fry right away, the oil is too cold; if the dough browns too quickly, lower the heat as the oil is too hot. When the oil temperature is correct, take a piece of dough (it will be very sticky) and pull into a doughnut shape with a hole in the center. Drop into the hot oil and continue to make more. It is helpful to have another person frying the doughnuts while one person is shaping them, as it just too difficult to do both things at once, since the dough is so sticky. The frittelle will rise and cook quickly, so turn them as soon as they begin to brown on one side. Once they are cooked, remove them from the oil and place on paper-towel lined plate for a minute or two. Dip the Frittelle into the sugar and cover completely. Place on a serving plate. Best eaten the same day.

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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