OPTIMUMPHYSIO
THERAPIES

NEWSLETTER

SE HABLA ESPAÑOL



RELIEVE ARTHRITIS PAINS THE NATURAL WAY WITH PHYSICAL THERAPY

INSIDE

- HOW LASER THERAPY HELPS ARTHRITIS
- 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



RELIEVE ARTHRITIS PAINS THE NATURAL WAY WITH PHYSICAL THERAPY

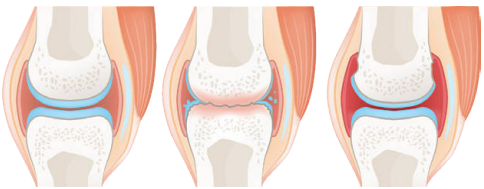
INSIDE:

- *Sonia's Corner*
- *Patient Success Story*
- *Treatment Spotlight: How Laser Therapy Helps Arthritis*

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis. At Optimum Physio Therapies, you can find solutions to your pain and get back to living the life you enjoy!

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. If you are looking to manage your arthritic pains to live more comfortably, the therapists at Optimum Physio Therapies can help!



HEALTHY JOINT | OSTEOARTHRITIS | RHEUMATOID

WHAT IS ARTHRITIS?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s). When worn down, cartilage can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

Continued inside.

CALL 210-985-9498 TODAY!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

TREATMENT SPOTLIGHT



HOW LASER THERAPY HELPS ARTHRITIS

Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step. Laser therapy is one of the most effective modalities that can be used to relieve arthritis pain.

At Optimum Physio Therapies, our physical therapists help our patients by utilizing laser therapy to safely and effectively reduce pain levels. This allows you to tolerate exercises that improve your mobility and function without aggravating your pain.

Laser treatments work by delivering photons into the tissues of the affected area and facilitating healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

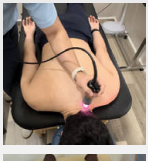
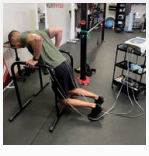
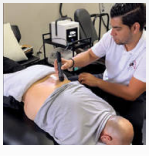
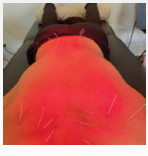
Laser treatments are completely pain-free, despite common skepticism. When you receive a laser treatment, you will feel little to no sensation at all, depending on the type of laser that is being used.

If you have questions about laser therapy or are ready to schedule your first appointment, give us a call 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.



Continued from the previous page.

WHAT YOU CAN DO TO HELP YOUR ARTHRITIS PAIN

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:

- **Getting exercise.** Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.
- **Taking supplements.** Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.
- **Avoiding processed and sugary foods.** Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

HOW CAN PHYSICAL THERAPY HELP RELIEVE ARTHRITIS?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At Optimum Physio Therapies, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

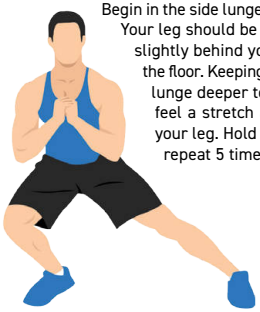
If you or a loved one is suffering from arthritis, contact Optimum Physio Therapies today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!

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

210-985-9498

EXERCISE ESSENTIALS

HIP ADDUCTOR STRETCH



Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

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.

PATIENT SUCCESS STORY!

"My pain has improved immensely..."

"I can't say enough about EVERYONE here!! This is my second round at PT. First round was my shoulder two years ago and back this time for my hip. My shoulder is still doing great and I just finished up with my hip. Fabulous job everyone! I actually looked forward to seeing these guys and gals. So friendly, knowledgeable and always involved. My pain has improved immensely and I now am able to continue my exercise program at home to retain the strength, flexibility and mobility of my hip. Special thanks to my doc, Claudia (so nice) and the amazing team who walked me through all of my exercises and those who worked me out at the end of my session with a big smile and some good laughs. Also, big thanks to the girls up front who always greeted me with a big friendly smile. You guys are AWESOME! Love you all."

—Claire C.

SONIA'S CORNER

GLUTEN FREE OATMEAL COOKIES



Courtesy of Sonia

INGREDIENTS

- ¼ cup rice flour
- 1 large egg
- 1 cup of grass-fed butter
- 1 cup of coconut sugar
- 1Tbsp. pure vanilla extract
- ½ tsp. Pink Himalayan sea salt
- 2 ½ cups gluten free, old fashioned rolled oats

DIRECTIONS: Pre heat the oven to 350 degrees. Add butter, sugar, vanilla and salt in a medium pot. Melt butter mixture over low heat. Turn off the heat and add the oats and flour to the melted butter mixture and stir well. Add the egg and mix well. Line baking sheets with parchment paper and drop Tbsp. of batter onto baking sheets, leaving 11/2 inches of space between each cookie. Flatten each cookie with the back of the spatula. Bake for 12-16 minutes until edges turn light brown. Remove from oven. Allow to cool before removing cookies to cooling rack.

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!

210-985-9498

OptimumPhysiotherapies.com

OPTIMUMPHYSIO
THERAPIES

FREE PT MEANS MORE MONEY IN YOUR POCKETS!



CALL TODAY!
210-985-9498

USE IT OR LOSE IT

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of this remarkable opportunity at Optimum Physio Therapies. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!

But that's not all. If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our exceptional team of experienced physical therapists is here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits! Call Optimum Physio Therapies today to start living a happier, healthier life.

CALL OR TEXT (210)-985-9498 TO SCHEDULE YOUR APPOINTMENT TODAY!

OptimumPhysiotherapies.com



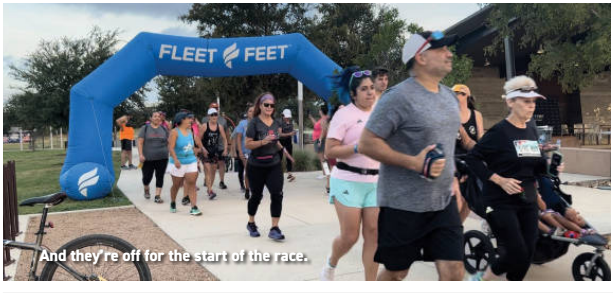
Post run group photo

Thank you to everyone who came out for the run!

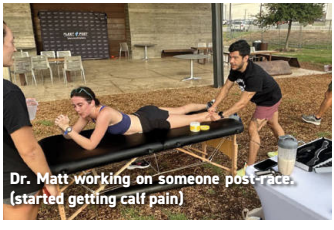
HISPANIC Heritage MONTH 5K RUN



Matt leading the pre run warm-up.



And they're off for the start of the race.



Dr. Matt working on someone post-race. (started getting calf pain)



Join The OPT Team For The...



JAIME P. MARTINEZ ANNUAL THANKSGIVING IN THE BARRIO

This CECLEF tradition, started by the late Jaime P. Martinez began with a distribution of ten turkeys. This growing event is an opportunity to give back to families during the holidays. Families are provided food items to take home and prepare a traditional Thanksgiving Day meal for the family. This special holiday event is one where many organizations, community leaders, and volunteers unite as a community to serve others in the barrio that our founder grew up in. In 2020, thanks to our corporate sponsor HEB and its volunteers, the event experienced its largest turnout of volunteers and served a record number of 500 families.

Sign Up To Volunteer!

Just scan the QR Code and be sure to select Jaime P. Martinez Annual Thanksgiving in the Barrio as your volunteer event when you sign up!'

ceclef.org/what-we-do/thanksgiving-in-the-barrio/