OPTIMUMPHYSIO
THERAPIES

# NEWSLETTER

*SE HABLA ESPAÑOL*




OPTIMUMPHYSIO
THERAPIES

## CELEBRATING A DECADE OF HEALING AND GROWTH: OPTIMUM PHYSIO'S 10-YEAR ANNIVERSARY JOURNEY!

*"I have been to several PT places over the years and this has been the best."*

**Read Pauline's Review Inside**

**OptimumPhysiotherapies.com**

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

**210-985-9498**

OPTIMUMPHYSIO THERAPIES

# NEWSLETTER

SE HABLA ESPAÑOL

# CELEBRATING A DECADE OF HEALING AND GROWTH: OPTIMUM PHYSIO'S 10-YEAR ANNIVERSARY JOURNEY!

**To our Patients, Supporters, and Community Members,**

We are thrilled to share a heartwarming tale of dedication, resilience, and growth as we proudly announce our 10th anniversary of Optimum Physio. Mark and I have poured our hearts into building a legacy of excellence in patient care, and we invite you to join us in commemorating this milestone.

## A Humble Beginning: 2014 at 5 Points

Our story began in 2014 when we dared to dream and turned that dream into a reality — a small physical therapy clinic on Fredericksburg (5 points). The initial 1000 sq ft office quickly became a family affair, with our children joining us after school, creating a warm and inviting atmosphere that defined the early days of our practice.

## From Small Beginnings to a Vibrant Present: San Pedro 2017

As our practice flourished, so did our ambitions. In 2017, we took a significant leap forward, relocating to a more expansive 3000 sq ft. location on San Pedro to accommodate and serve our patients' growth marking a pivotal milestone in our journey. The clinic blossomed into a bustling hub of activity, with a dedicated team of 16 employees who share our passion for healing.



## Join Us in Celebrating: A Decade of Excellence

Join us in celebrating the 10th anniversary of Optimum Physio. The journey that began with just the two of us and our kids and has now blossomed into a thriving Family and community of healing and support.

We extend our deepest gratitude for the support we have received over the years, acknowledging the contributions of our dedicated team and the unwavering trust of our patients. The future holds promise, and we, Your Optimum Physio Family are excited to continue making a positive impact on the lives of those we serve.

**Here's to a decade of healing, growth, and the countless stories yet to be written!**

Warm regards,

*Sonia and Mark De Anda*

10 YEAR ANNIVERSARY

OPTIMUMPHYSIO THERAPIES

**CALL 210-985-9498 TODAY FOR YOUR APPOINTMENT!**

***Get Moving Today with Optimum Physio Therapies!***

***OptimumPhysiotherapies.com***


OPTIMUM PHYSIO
PHYSICAL & OCCUPATIONAL THERAPY CLINIC
10 YEAR ANNIVERSARY
OPTIMUMPHYSIO
THERAPIES
Covid-19 did not stop me from Graduating from PT !
HAPPY ANNIVERSARY

# FREE BACK PAIN WORKSHOP

**Attention Severe Back Pain Sufferers, Join Dr. Matt For This Informative**

## Back Pain Workshop

**Thursday, April 18th at 6 PM**



**DR. MATTHEW TERCERO**
(PT, DPT, IADN Cert, IAMTC)

- **Learn The Biggest Mistake Low Back Pain Sufferers Make**
- **The Three Most Common Causes For Low Back Pain**
- **Three Strategies to Reduce Back Pain.**

***SCAN THE QR CODE TO REGISTER***

## PATIENT SUCCESS STORY!

> **"I have been to several PT places over the years and this has been the best."**

*"My PA friend recommended Optimum Physio for my long-term low back pain and other issues. The facility was very nice and clean. The staff were awesome. Kayla and Jackie were quick to do exercises with me so it was fun. The treatment involved something new to me, dry needling. It was uncomfortable at times but it worked so it was worth it. I have been to several PT places over the years and this has been the best. The treatments offered are more than the standard practices at others. I will return again. Well done!"* **—Pauline 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.

## 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!*

# SONIA'S COOKING CORNER

### *CAULIFLOWER TACOS*






*Courtesy of Sonia*

**INGREDIENTS**

**Coleslaw sauce**
- ½ cup sour cream
- 1 tbsp spices
- ¼ cup of lime juice
- Bag of cole slaw

**Cauliflower tacos**
- 1 medium head cauliflower (about 2 pounds whole)
- ½ cup panko breadcrumbs
- ½ cup cornmeal
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ¼ teaspoon turmeric
- ½ teaspoon kosher salt
- 1 tablespoon refined coconut oil
- 1 tablespoon of peanut butter
- 1 tablespoon of maple syrup
- 2 tablespoons of soy sauce
- ½ tablespoon hot sauce

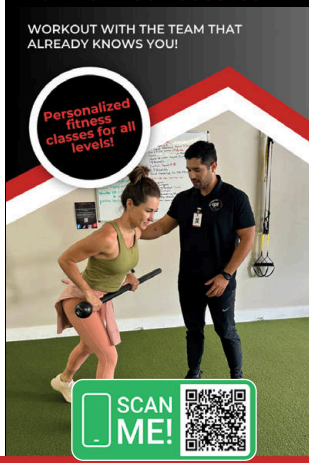
**WATCH THE VIDEO FOR STEP-BY-STEP INSTRUCTIONS!**

*NEW!*
***NOW YOU CAN WATCH SONIA'S COOKING CORNER ON YOUTUBE!***
Scan the QR code to visit our YouTube Channel.

## WHAT'S NEXT AFTER PHYSICAL THERAPY

***BUILD ON YOUR SUCCESS***

WORKOUT WITH THE TEAM THAT ALREADY KNOWS YOU!




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