



Advantage-Physical-Therapy

AdvantagePT  
STRONGER TOGETHER

www.AdvantageSportsTherapy.com 

# NEWSLETTER

## WALK AWAY FROM YOUR NAGGING BACK PAIN

COME BACK TO PHYSICAL THERAPY

**INSIDE:** Fixing your Stride • Patient Success Spotlight  
Healthy Recipe • Staff Spotlight

# NEWSLETTER

## DISCOVER GREAT VIEWS BY RELIEVING YOUR BACK PAIN



Does going for a walk sound like a big pain in the back? For those who struggle with chronic back pain, even the basic task of going for a walk can be overwhelming and painful. Back pain can strike at any time. Whether in the upper back, surrounding the neck and shoulders, or in the lower back at the lumbar or sciatica, back pain is something that no one likes to deal with for too long.

Relying on pain medications to help you overcome back pain will leave you disappointed. While pain medications are frequently helpful at alleviating the discomfort of your back pain for a short period of time, they are not capable of resolving the issue that is causing your pain to develop in the first place. The only thing that can actually fix your back pain is addressing the issue that is causing your pain head on. Physical therapy is a great resource for addressing your back pain and can be a helpful tool in getting you back on your feet.

So, whether it is following a sudden injury or a chronic issue that has developed over time, physical therapy could be the answer

to helping you enjoy life free of back pain. And the secret to success is learning to approach recovery one step at a time.

**Walking your Way Pain Free.** Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and even spending time with family on the weekends all rely heavily on your ability to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it.

Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physical therapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.



**CALL US TODAY!**

**Redmond: 1-425-437-3554 | Sammamish: 1-425-307-5504**



# CHECK OUT OUR FACEBOOK PAGE!

DETAILS INSIDE

[www.AdvantageSportsTherapy.com](http://www.AdvantageSportsTherapy.com)



Advantage-Physical-Therapy

## WE MAKE IT EASY TO LEAVE A REVIEW!

### INSTRUCTIONS:

- 1. Open your smart phone to the camera app**
- 2. Center the QR code above in the frame**  
*(this will take you directly to our Facebook Review pages)*
- 3. Tell us how we've done!**



# FIXING YOUR STRIDE

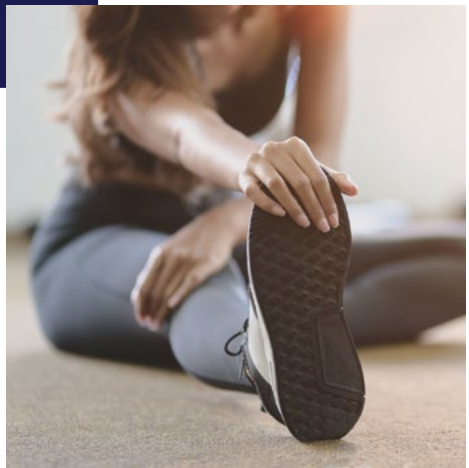
When you are experiencing regular back pain—especially if you are experiencing back pain while walking—you should consider ways that you can reduce back pain by taking small steps to support your back. There are several things that you can do at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Here are several ways that you can start taking care of your back with each step you take:

**1. Make sure that you are wearing the right types of shoes.** While the golden rule for walking is to wear sneakers, not all sneakers are created equally. You need to wear a sneaker that is going to provide you with the arch support that meets your individual needs. This may mean upgrading from your minimal support sneaker to something more athletically designed.

**2. Try a custom insert in your shoe.** Of course, you can't wear sneakers all the time. When you are at the office, professional footwear matters. You may find it helpful to have custom orthotics made for your work shoes so that you can have more arch support around the clock.

**3. Work on improving your posture.** If you are slouching when you walk, then that may be impacting the way that your back feels. Take a few minutes in the morning and again in the afternoon to stretch your back, and then make a point of keeping your shoulders square and your back



straight as you walk. Simply standing tall may alleviate some of your back pain.

Another way that walking can help alleviate back pain is by encouraging weight loss. Being overweight puts added pressure on your back, and this can contribute to increased back pain. **Working with a physical therapist to improve your walking technique can help you to overcome back pain one step at a time.**

## SEEK LASER THERAPY FOR PAIN RELIEF

At Advantage Sports Therapy, we offer one of the few Class-4 Lasers on the East-side. Experience the power of laser therapy with the most advanced therapeutic option available, Deep Tissue Laser Therapy from Laser Light Force. This drug-free, surgery-free, pain-free modality quickly relieves all kinds of pain.

Contact us for a **FREE laser exploratory visit!**  
Redmond: (425) 883-9630  
Sammamish: (425) 883-9631



DEEP TISSUE  
LASER THERAPY

DRUG FREE | NON-INVASIVE | PAIN RELIEF

ASK ABOUT  
LASER THERAPY TODAY

LightForce

## HEALTHY RECIPE BAKED SWEET POTATO CHIPS

### INGREDIENTS

- 1 1/2 pounds sweet potatoes
- 1/3 cup olive oil
- Salt

### INSTRUCTIONS:

Preheat the oven to 300 degrees Fahrenheit. Line several baking sheets with parchment paper and set aside. Use a mandolin slicer to cut the sweet potatoes into paper-thin rounds. Pile all the sweet potato rounds into a large bowl and pour the olive oil over the top. Gently toss to coat every piece with oil. Then lay the sweet potato rounds out on the baking sheets in a single layer. Sprinkle the chips lightly with salt. Bake for 20-25 minutes until crisp and golden around the edges. Remove from the oven and cool for 5 minutes on the baking sheets. Then move the chips to a bowl, or plastic bag to store.

<https://www.aspicperspective.com/baked-sweet-potato-chips/>



Visit us online at [www.AdvantageSportsTherapy.com](http://www.AdvantageSportsTherapy.com)

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## Advantage Physical Therapy

April 12 at 10:02 AM · 49

Physical activity keeps your body and immune system healthy! By exercising, you can make sure your body is strong enough to fight off any unwanted germs that may come your way. Additionally, exercise has proven benefits to both physical and mental health!



## Advantage Physical Therapy

April 12 at 10:02 AM · 48

Even athletes receive benefits from laser therapy just as humans do! We offer Laser Therapy at both our offices in Bremerton and Redmond!



## BENEFITS of Physical Therapy

As evidence-based health care professionals, physical therapists are experts in mobility and physical performance.

Improves coordination, **BALANCE** and muscle strength



**IMPROVES** your breathing, cardiovascular functioning and endurance



Promotes **wound healing**



**RESTORES NORMAL MOVEMENT** for standing, walking and running



Augments **EFFECTIVE RECOVERY** from surgery, major illnesses or disabilities



Provides an **ALTERNATIVE TO SURGERY** and prescription drugs



**PREVENTS Injuries**



**OPTIMIZES** physical activity and sport **PERFORMANCE**



Reduces swelling and inflammation of **YOUR JOINTS**



**Advantage PT**  
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2020

## DISCOVER MORE ABOUT ADVANTAGE PT ON FACEBOOK!

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy Washington, and more!

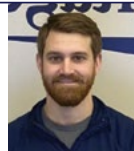
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## STAFF SPOTLIGHT

### JUSTIN GALE, PT, DPT, ATC

Justin Gale, PT, DPT, ATC graduated with his Bachelors of Science in Athletic Training from Mars Hill University and a Doctorate in Physical Therapy from Campbell University in Buies Creek, NC. During his time at Mars Hill and Campbell, Justin worked with multiple collegiate sports teams through athletic training coverage and community care clinic for injury prevention, sports performance, and rehabilitation. This education tied to clinical application provided him with a great background in treating orthopedic and sports injuries. Justin also continued his athletic career in swimming at Mars Hill University. Justin enjoys spending his free time with his wife Jessica, swimming, running, cycling, and exploring.



## Patient Success Spotlight

**"Justin has been an instrumental part of my recovery process!"**

*"This winter I tore my MCL while snowboarding and thought my summer plans were going to be put on hold. Not only am I leaving early. I also got to snowboard again before the season has ended. Justin has been an instrumental part of my recovery process. Not only did he give me the exercises to do, he was encouraging, engaged, and hilarious through the whole process. I can't thank him and the amazing staff (especially Carla) enough for such a great experience here." - C.C.*

Are you in pain? Have you sustained an injury?  
Give your physical therapist a call today!

**REDMOND: 1-425-437-3554**

**SAMMAMISH: 1-425-307-5504**