



Advantage-Physical-Therapy

AdvantagePT
STRONGER TOGETHER

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NEWSLETTER



**7 WAYS YOU CAN BECOME
HEALTHIER, STRONGER &
MORE ACTIVE**

INSIDE:

7 Tips For Returning
To Fall Sports

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NEWSLETTER



7 WAYS YOU CAN BECOME HEALTHIER, STRONGER & MORE ACTIVE

COME BACK TO PHYSICAL THERAPY

For athletic teens, it is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. This is especially true when your child is headed back to school, trying to get back into the swing of things after summer vacation!

When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Advantage Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. **To find out more about how our services can help your kids become stronger, healthier, and more active in their fall sports this season, contact our office today!**

Physical therapy can help athletes to increase their strength and flexibility. The term "health" is all relative. It essentially means

that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more.

It doesn't necessarily mean that you have to be the most athletic person in the room. Any step a person makes toward helping their body function at its optimum levels is a step toward becoming healthier. A physical therapist can provide your child with exercises, stretches, and nutritional tips that can help improve their overall health, have them feeling physically better overall, and more prepared to take on the coming sports season.

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move but also to support your circulatory and breathing systems.

If your child is gearing up to begin playing sports again, it's important to make sure their bodies are ready for serious activity. Not being physically strong enough to play can cause accidents and painful injuries. Our physical therapists can guide them through proper exercises and specialized treatments in order to relieve any joint and muscle pain they may already be experiencing, increase their levels of strength and flexibility, and help them to prevent future sports-related injuries.



CALL US TODAY!

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

**CALL US TODAY TO SCHEDULE
AN APPOINTMENT!**

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- 2. Center the QR code above in the frame**
(this will take you directly to our Facebook Review page)
- 3. Tell us how we've done!**



7 TIPS FOR RETURNING TO FALL SPORTS



Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Taking care of aches and pains.** If your child is complaining of aches and pains, it's important to have them assessed before they get back out on the field. Don't let these long-term problems linger.
- 2. Limiting your sitting.** Encourage your child to get up and moving! They should be getting at least an hour of physical activity every day, and they'll most likely be getting even more than that if they're participating in conditioning and practices for their sport at school.
- 3. Getting out and moving.** Exercise regularly, even if it's just taking a short walk every day. This can be a fun family activity you can all do together so that your child feels supported as they return to sports.
- 4. Maintaining a nutritious diet and controlling portions.** Athletes need to have adequate amounts of nutrition in their diets. Make sure they're getting plenty of veggies, lean meats, and fruits, and also that their food intakes are well portioned.

5. Drinking more water. Water keeps your body systems functioning at an optimum level. Encourage athletes to stay hydrated by setting timers on their phones to sip water every 30 minutes or so.

6. Breathing! Sports are about more than running around! Breathing is important too and can help athletes to better pace themselves and conserve precious energy. Encourage your child to work on your deep breathing in order to increase their oxygen intake and get their lymphatic system moving.

7. Getting enough sleep. It's no surprise that teenagers need a lot of sleep, and this is especially true if they are participating in sports activities that require lots of energy! They should be sleeping at least 8 hours a day. It is best for you and your active teens to limit sitting.

Contact Advantage Physical Therapy today! Are you looking for assistance with helping your child to get ready for fall sports? Physical therapy can help them to increase their overall health, strength, and sports performance this season. Our team at Advantage Physical Therapy would love to help your athlete have their best season yet. Contact us today to schedule an appointment!



STAFF SPOTLIGHT: CARLA BOONE, PATIENT CARE COORDINATOR

Carla has been with Advantage PT for four years as a Front Office Coordinator in Sammamish, WA. She is passionate about connecting with patients and assisting them with all non-clinical needs throughout their plan of care. Carla came to us with over 20 years of administrative experience in the medical field. She is a mother of two daughters and four grandchildren. She enjoys spending time with family and friends on her farm, gardening, traveling, and learning about other cultures through wine and food tastings.

EXERCISE ESSENTIALS

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

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Advantage Physical Therapy

July 2 at 8:55 PM · 0

MAKING LIFEWATER is only one half battle; stress with the face mask conditions being placed for recreational individuals in the State of Washington. However, since we are a Healthcare Facility, we are still requiring face masks for both patients and employees per CDC... See More



TODAY I HAVE TO WORKOUT
get to

Advantage Physical Therapy

July 1 at 10:57 AM · 0

It's always essential to eat the packing your vegetables, get you down. First step is to mechanically eat when you are gardening. Let our physical therapists show you how!



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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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EXERCISE & PAIN RELIEF

If you have back or joint pain, there are probably some times when all you want to do is lie in bed all day. Studies have found that people who exercise and stay flexible manage their pain much better than those who don't.



If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a physical therapist show you what is appropriate to do given your condition.

Here are 7 exercises/activities you should do to alleviate pain:

1. Walking
2. Swimming
3. Yoga
4. Tai Chi
5. Pilates
6. Stretching
7. Aerobics



Patient Success Spotlight

"In a few visits my pain was decreased drastically!"

"I have been to Advantage PT recently, and my experience has been nothing but awesome. The staff were very cordial. Pina was my Physiotherapist, she is a lovely person. I went to her with acute neck pain, which triggered headaches, and she listened to my problem very patiently and tried to understand the core issues. In a few visits my pain was decreased drastically. She understood my body and worked accordingly and the exercises suggested did really reduce the pain. I really trust Pina and all her advice. Thank you so much again Pina! Also, the Receptionist, Carla, was really kind and helpful! My overall experience was amazing!" - Ramya

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