

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

**WALKING AWAY FROM
YOUR NAGGING BACK PAIN**

ALSO INSIDE

DIABETES - A STATE OF EMERGENCY!

QUICK & EASY HEALTHY RECIPE: FETA & HERB SALMON

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WALKING AWAY FROM YOUR NAGGING 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.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

DIABETES - A STATE OF EMERGENCY!

Dr. Keith E. Evans speaks boldly about diabetes, its impact on our communities, and shares his solution to this ever-growing problem with his newly released **Individualized Diabetic Exercise Program** specifically targeted to reduce A1c.

"We are in a state of emergency as it pertains to our health but WE are here to do something about it!"

By Katrena Holmes Social Media Consultant

November is National Diabetes Month, how have you and your team of doctors of physical therapy at Atlanta Human Performance Center used physical therapy to help those with diabetes?

"Those individuals that are here for other types of injuries, orthopedic or neurological injuries - we have incorporated an exercise program that is specific to reduce the blood sugar, therefore the patient's hemoglobin A1c is reduced. This program helps the patient to become more sensitive to the body's production of insulin or the medications that they are taking for type 2 diabetes, therefore, overall decreasing the amount of blood sugar on a daily basis."

What does this program look like for a new patient or someone who is interested in this type of assistance?

"The program is a cardiovascular program as well as a resistive exercise program to upregulate the number of receptors in the muscles to receive blood sugar."

If someone wants to take advantage of this program, how do they get involved?

"We will get a referral from their family practitioner or endocrinologist, establish an individual diabetic exercise program progressing them to independence so that they can do the program on their own. Potential patients can also visit our office and we can provide them with a prescription to take to their provider so that they we receive the referral."

How long does this normally take?

"It usually takes about 4 weeks to establish the program and get the program stabilized and the patient independent. We will see essentially a significant reduction in their hemoglobin A1c in 3 months."

What about the patient's diet?

"We encourage a sensible eating plan, which is about 58% carbohydrates, 22% fat, and 20% protein at every meal. We also encourage appropriate foods to contribute to good glycemic control."

Dr. Evans, is there anything else that you would like to add?

"We are in a state of emergency as it pertains to our health BUT we are here to do something about it! The CDC reports that 32.4 million Americans have diabetes and the numbers continue to rise! In its simplest form, the answer to America's diabetes epidemic is education, exercise, and diet! Our communities are being effected significantly and I don't think people really understand (if not regulated) how detrimental this disease can be to them and their family members. In our staff meeting today, I disclosed our Individualized Diabetic Exercise Program - our initiative to assist our community especially young, mid-life, and aging population with diabetes.

Again, the program is a strength program to upregulate the receptors for insulin blood sugar and cardiovascular program to help the blood sugar, prevent blindness, amputation, and kidney disease.

I think it is important for you to see your primary care physician if you exhibit any of the following symptoms: blurred vision, numbness and tingling in your fingertips or toes, poor healing of wounds when injured, excessive thirst, excessive fatigue, dry or itchy skin, and frequently needing to urinate.

Reducing your A1c by just 1% greatly reduces your risk of diabetes complications. For example, decreasing your A1c from 8% to 7% reduces the risk of damage done to your eyes, kidneys, and nerve damage by 35%. The significant contributors to type 2 diabetes is obesity and inactivity. Reversing both of those with a proper exercise program utilizing the proper gradient of exercise will help reduce the need for medication, can eliminate the need for medication, or it can enhance the efficacy of the medication that you are taking today so that you don't have to advance to stronger medication or progress from diet controlled type 2 diabetes, to controlled by pills, to controlled by insulin injection. We want to progress you towards a condition that you can control your diabetes by exercise and diet."

Call our office so that we can get you started! Please take advantage of our **Individualized Diabetic Exercise Program** and share this information with your family and friends.

Click link provided to schedule an appointment with us:

<https://ahpct.com/request-an-evaluation/>

Click the provided link for more information on diabetes from the CDC:

<https://www.diabetesresearch.org/file/national-diabetes-statistics-report-2020.pdf>



Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!

OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

For more information about our services and specialties, feel free to call and talk with your physical therapist today!

HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

QUICK & EASY HEALTHY RECIPE: FETA & HERB SALMON

- 1 salmon fillet thawed
- Juice from half a lemon
- 1/2 cup Feta Cheese
- 1/8 tsp salt
- 1/4 cup roughly chopped fresh parsley
- Pinch of pepper
- 2 Tbsp roughly chopped fresh chives

Preheat your oven to 400 degrees. Line a baking sheet with parchment or foil for easy clean up. Combine parsley, chives, Feta, lemon, salt and pepper on cutting board. Run knife through the combination several times, chopping up all ingredients to mix. Spread combined ingredients on salmon fillet. Bake for 20 minutes or until cooked through. Serve!

WE AT ATLANTA HUMAN PERFORMANCE CENTER ARE EXTREMELY COVID CONSCIOUS.

LISTED BELOW ARE OUR MEASURES FOR KEEPING YOU AND YOUR FAMILY SAFE:

- Our facility continues to be professionally sanitized and disinfected
- Isolated private treatment rooms are available
- Frequent sanitizing and handwashing
- Masks are required
- Scheduled physical therapy appointments and fitness sessions are required
- Social distancing is required
- Temperatures are taken upon arrival along with a COVID prescreening questionnaire

PHYSICAL THERAPY TIPS



With Dr. Keith E. Evans, MD, PT, DPT, DN CERT, CEO/
Director of Atlanta Human Performance Center

It's National Diabetes Month and I am excited to announce our **NEW Individualized Diabetic Exercise Program!** This new program has been designed to give you the tools and confidence to exercise independently and to reduce your hemoglobin A1c. Our doctors of physical therapy are ready to work with you and your primary healthcare provider to assist you with reaching your health and wellness goals! Ask your primary healthcare provider for a prescription for our **Individualized Diabetic Exercise Program!**

If you have questions call us at 404-346-1526.

In addition to our new program, I have a special message for you and those you love. Please share this message and let's work together to eradicate diabetes.

<https://www.youtube.com/watch?v=zYZCaYska6s>



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