

**N E W S L E T T E R**

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



**WE'RE OPEN!**

# HOW TO HELP YOUR ACHES AND PAINS WITH PT

**ALSO INSIDE** EXERCISES TO DO INDOORS  
HEALTHY RECIPE • PATIENT TESTIMONIAL

# N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

## HOW TO HELP YOUR ACHES AND PAINS WITH PT

Do you have aches and pains from time to time? After a long day out in the yard or after an afternoon of trying to keep up with household chores, do you notice that you experience stiffness and soreness? These aches and pains may be a sign or symptom of a condition that needs to be addressed. At Atlanta Human Performance Center, our Doctors of Physical Therapy are skilled and figuring out what is causing your issues and how to resolve them quickly.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day, or a crick in your neck that just won't go away, dealing with aches and pains can take a toll on your overall feeling of wellbeing. Although common, sometimes these minor issues start to impact our function.

What may surprise you even more, is how many people are coping with those pains without doing anything productive about it. We can show you simple steps to minimize your aches and pains and educate you on the differences between normal and injury.

Call Atlanta Human Performance Center today and see what you can do to resolve these annoying aches and pains before they become real problems!

### WHAT ARE THE MOST COMMON ACHES AND PAINS?

Aches and pains are thought to be a regular part of living on the planet, but there are times when the signals your body is giving you are being misinterpreted. Our Doctors of Physical Therapy are skilled at identifying the root cause of your discomfort and educating you on what your body is telling you.

Some of the most common symptoms people misinterpret include:

- Muscle soreness

- Joint stiffness
- Swelling in hands and feet
- Crick in the neck
- An ache in the lower back
- General bodily aches

Although these symptoms may resolve on their own, there are times when they are pointing to a more serious condition that warrants treatment. Our Doctors of Physical Therapy will identify and categorize your need to allow them to establish what's a familiar everyday ache and pain and what is a sign of a more serious condition.

### WHAT SHOULD YOU DO TO RESOLVE YOUR ACHES AND PAINS QUICKLY

You can do things at home that can alleviate pain symptoms, help to reduce the severity of your discomfort, and also reduce the likelihood that the pain will return.

Here is a quick rundown of things that you can do at home:

1. **When in doubt, move about.** An outdated belief about resting is one of the biggest reasons pain persists. Joints, muscles, bones, and nerves all do better when we stay active. Sedentary behavior

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpccpt.com](http://www.ahpccpt.com).

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

# LET US HELP YOU FEEL THE RELIEF YOU DESERVE!

delays your recovery and makes you even more susceptible to future aches and pains.

2. **Use hot and cold therapy appropriately to reduce soreness.** After a workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts. Put the ice on and off for 20 minutes during the first 24 hours after the activity. After that, consider soaking in hot water, such as taking a warm bath, to soothe your muscles further.
3. **Don't underestimate the power of sleep!** Your body relies on sleep to recover. Sleep is also one of the most powerful ways to prevent injuries. Aim to sleep between 7-9 hours every night.
4. **Keep your body in good shape with regular exercise.** It may seem counterintuitive to cut down on pain by moving more, but exercise is an excellent way to reduce aches and pains. When you exercise every day, you can train your muscles for more movement and relieve aches and pains.

When aches and pains start to grow severe or chronic, it is time to reach out to our Doctors of Physical Therapy. At Atlanta Human Performance Center, our therapists will find the best ways to reduce your aches and pains by considering your specific symptoms and developing a program tailored to your needs.

## HOW PHYSICAL THERAPY CAN HELP YOU

Your Doctor of Physical Therapy will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of your aches and pains, physical therapy plays a significant role in treating your symptoms and should be the first step.

Working with a Doctor of Physical Therapy can help you develop a new approach to managing acute and chronic conditions. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching, and targeted movements to help you experience ongoing relief from regular discomfort.

In many cases, physical therapy can help you choose specific exercises and design appropriate mobility and strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellbeing.

## CONTACT US FOR AN APPOINTMENT

There are a lot of different reasons as to why you may be in pain. At Atlanta Human Performance Center, our Doctors of Physical Therapy will take a comprehensive assessment to help determine what may be the primary cause of your condition. Trust that you're in good hands here.



## 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!



## WINTER CITRUS SMOOTHIE

- 2 1/2 cups pineapple juice
- 2 1/2 cups freshly squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon, plus more for garnish

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl, and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from freezer and top with orange ice mixture. Garnish each glass with cinnamon and a slice of an orange, if desired. Share with your friends before it begins to melt!

# EXERCISES TO DO INDOORS

Now that the weather is cooling down, is it feeling harder and harder to get outside and exercise? Do you find yourself staying in bed longer, cozying up under the blankets instead of working out?

This is a common struggle, but don't let winter prevent you from getting active! There are many exercises you can do in the comfort of your own home to maintain your fitness levels. In fact, here's a list of 4 exercises that can be done indoors so that you can stay fit this winter!

## 1. Yoga

Did you know that there are over 100 types of yoga? That's right! There's truly no shortage of ways to participate in this healthy activity. Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups.

Not only does yoga improve your flexibility and muscle tone, it has been shown to help with your mental health!

## 2. Push-ups

Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn't require any equipment!

## 3. Planks

Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.

## 4. Squats

Squatting helps strengthen your lower body. This exercise specifically targets your glutes and quadriceps, though your hips, core, calves, and hamstrings all benefit from this movement.



# OUR SERVICES

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

# 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.

# OUR PATIENTS LOVE US!

"Everyone is Wonderful at AHPC & so grateful my Mom has a caring safe and loving place to receive care & workout! "

## 5-Star Google Review



Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



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



## PHYSICAL THERAPY TIPS

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

## Common Misconceptions About PT

### Myth #1: Physical therapy is only for injuries.

PT can help anyone at any age for various reasons, including getting into shape and maintaining a healthy lifestyle.

PT can help with arthritis, bursitis, tendonitis, balance/gait issues, and more!

### Myth #2: You can only benefit from physical therapy after an operation.

Physical therapy is not only useful for those learning to walk again or gain back their strength after an operation.

Beginning physical therapy before a scheduled procedure can improve the surgery's outcome and speed up your recovery.

### Myth #3: Health insurance policies don't cover physical therapy.

Physical therapy is often covered under health insurance. If you don't know how to determine how much of your treatment is covered, call our clinic for help!

### Myth #4: You must have a physician referral to see a physical therapist.

Thanks to Direct Access laws, you can choose to see whichever physical therapist you'd like! Direct Access allows you to be in control of your healthcare and the speed at which you're able to receive it. These laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and money spent trying to solve your pain and discomfort!