



CELEBRATING A NEW BEGINNING: ATLANTA HUMAN PERFORMANCE CENTER'S GRAND OPENING

East Point, Georgia, was buzzing with excitement as the city gathered on a beautiful Thursday afternoon, October 26, 2023, to commemorate a momentous occasion - the grand opening of the Atlanta Human Performance Center. This state-of-the-art physical therapy practice, founded by the esteemed Dr. Keith E. Evans, MD, PT, DPT, DN, Cert, CEO/Director promises a bright future for the community.

The ribbon-cutting ceremony was nothing short of spectacular, attended by a diverse group of supporters, including East Point City officials, past and present patients, dedicated staff, friends, and loving family members. The joyous atmosphere was electric as everyone celebrated the vision of a more active, healthier, and happier East Point community.

Dr. Evans radiated enthusiasm and gratitude. He shared his vision of providing world-class physical therapy and the importance of empowering patients to achieve their wellness goals. The cutting-edge facility and a team of dedicated Doctors of Physical Therapy promise a brighter, pain-free future for many.

With this grand opening, East Point welcomes a new era of healthcare, offering its residents unparalleled care, support, and hope. Atlanta Human Performance Center is not just a facility; it's a promise to enrich lives, one step at a time.



Scan or click here to explore the newest article covering the inauguration of Atlanta Human Performance Center - East Point in the South Fulton Neighbor



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Call Today At Our East Point Location 404.446.1224 Or Atlanta location 404.346.1526



PHYSICAL THERAPY AFTER TOTAL SHOULDER REPLACEMENT

Do you suffer from pain in your shoulder? Have you been told you have severe arthritis and need a shoulder replacement? Total shoulder replacement (i.e., total shoulder arthroplasty, or TSA) is a surgical procedure to replace part or all of the shoulder joint.

After a total shoulder replacement, it can be challenging to perform daily activities. Fortunately, at Atlanta Human Performance Center, our physical therapist can help guide you through rehabilitation after surgery so you can get back to your everyday life as quickly as possible.

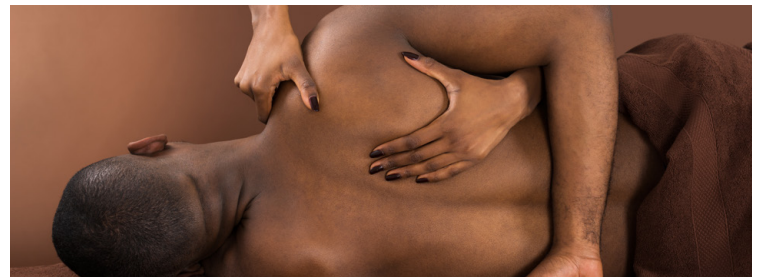
Shoulder replacements are a standard procedure that many people undergo, especially those suffering from arthritic pain or severely damaged rotator cuff muscles in the shoulder joint. Although they are less common than a knee or hip replacement, according to the APTA, around 65,000 people have shoulder arthroplasties in the U.S. each year.

If you have recently had a total shoulder replacement procedure, or you have one planned in the near future, contact Atlanta Human Performance Center today to find out more about how we can help you achieve relief and recovery.

HOW PHYSICAL THERAPY CAN HELP

To ensure the best results following shoulder replacement surgery, it would be in your best interest to participate in both "pre-hab" physical therapy (therapy before surgery) and post-op physical therapy.

The more you prepare before your procedure, the better your recovery. Our therapists can provide you with exercises to ensure you go into surgery with the healthiest shoulder possible.

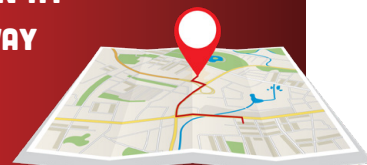


Your physical therapist will create a customized program for you. This may include strengthening of the shoulder, neck, and back muscles. Mobility exercises and posture training may also be part of your pre-surgery program. We will also educate you about what to expect after surgery to prepare you for the procedure.

Preparing before surgery will help keep your shoulder functioning the best you can, so the procedure and the recovery are much smoother.

Restoring range of motion and strength following total shoulder replacement is considered critical for a successful outcome post-surgery. Physical therapy that starts early after surgery will offer a more rapid recovery.

**NEW LOCATION NOW OPEN AT
3015 CAMP CREEK PARKWAY
EAST POINT, GA 30344**



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You will be provided with information on any precautions you should take as your shoulder heals, such as wearing a sling or brace or limiting certain activities. It is important to follow your physical therapist's guidance to ensure you allow for proper healing and optimal results.

Your therapist will teach you how to deal with simple tasks, such as brushing your teeth, getting dressed, getting in and out of bed, and safely removing/putting on your sling. Early on, you will also be taught helpful tips to reduce pain and swelling, such as how to elevate your arm correctly or where to apply ice packs.

As your recovery progresses, your exercises will become more intensive until the function in your shoulder is fully regained. You will be guided through a series of exercises, all aimed at relieving pain, promoting healing, restoring motion and strength to restore your function, and preventing any further damage from occurring.

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

We will start with a post-surgical evaluation that includes checking your wound to ensure no infection has formed. Your therapist will also ask a series of questions to determine your current status and your individual goals.

Our physical therapists are movement experts and will help improve your quality of life through hands-on care, patient education, and prescribed exercises. We use the information gathered in the initial evaluation to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique.

Rehabilitation should start immediately following surgery to ensure the fastest recovery possible. Once you get your shoulders moving again, there are some exercises you can do on your own, and your physical therapist will provide clear instructions to ensure you have the best possible outcome!

GET YOUR SHOULDERS MOVING ONCE AGAIN!

If you have recently received a total shoulder replacement or need it in the future, contact us today. At Atlanta Human Performance Center, our physical therapists are highly trained to guide you through pre-hab and post-surgical physical therapy so you can regain your optimal shoulder function!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7153202/>

<https://pubmed.ncbi.nlm.nih.gov/31021690/>

<https://www.choosept.com/guide/physical-therapy-guide-total-shoulder-arthroplasty-replacement>



3 Ways to Practice Gratitude

Did you know that being grateful is actually good for your health? It's true!

We all love Thanksgiving for the excellent food, football, and time spent with family, but truthfully, this holiday means much more. Practicing gratitude can lead to greater happiness all year long.

According to Harvard Health Publishing, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

If you want to implement more gratitude in your own life, take a look at these 3 tips.

1. Write thank you letters

Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things- you'll be surprised at how good it feels!

2. Write down what you are grateful for everyday

This might sound intimidating, but it doesn't have to be! Take a few minutes each morning or evening to write down at least 3 things that you are grateful for in your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.

3. Use visual reminders

It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat.

Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.



HEALTH TIPS

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

Physical Activities In Colder Weather

- 1. Get creative with your workouts:** If it's too cold outside, try doing some activities in the comfort of your own home. You can do jumping jacks, squats, lunges, pushups, or any other workout that improves your heart rate. You could also try doing yoga or pilates!
- 2. Join an indoor fitness class:** There are plenty of fitness classes available at gyms and community centers that will allow you to stay active without going outdoors.
- 3. Join an adult sports league:** One of the easiest ways to stay in shape during the winter is by joining an adult sports league. You can find many different leagues for adults that are indoors and outdoors and encompass various sports. This is also an excellent way to meet new people!
- 4. Download a fitness app or watch workout videos on Youtube:** These days, you don't need a personal trainer to get active! Especially not when there is a wide variety of free workout tools at your fingertips.
- 5. Consider joining a gym or local recreation center:** Going to the gym is a great way to keep your body healthy and strong. It also helps you stay active and fit during the wintertime when you are less likely to be outside.

If you want to be able to work out in any weather, get advice from professional trainers, and have access to advanced equipment, joining a gym would be perfect for you!



Call today at our new East Point location 404-446-1224 or Atlanta location 404-346-1526. Or visit www.ahpcpt.com.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave a review. We look forward to hearing from you!

★ ATLANTA

★ EAST POINT

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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!



TURKEY PUMPKIN CHILI

- 2 cups chicken broth
- 1 can pumpkin purée
- 1 1/2 tsp ground cumin
- 3/4 tsp chili powder
- 1/2 tsp cinnamon
- 1 tsp cayenne pepper
- 1 lb ground turkey
- 1 large onion, diced
- 2 cloves garlic, minced
- 2 cans green chiles
- 2 cans white beans
- sour cream
- shredded cheese (try sharp cheddar for an extra bite)
- sliced radishes
- fresh cilantro leaves

In a 5-to-6 quart slow cooker, whisk together chicken broth, pumpkin purée, ground cumin, chili powder, cinnamon, and cayenne pepper. Add ground turkey, separated, and mix to combine. Fold in the onion, garlic cloves, green chiles, and white beans, and cook, covered, until the turkey is cooked through, 4 to 5 hours on high or 6 to 7 hours on low. Serve with sour cream, shredded cheese, radishes, and cilantro, if desired.

3250 HOGAN RD, S.W.

ATLANTA, GA 30331

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***NEW LOCATION OPEN**

3015 CAMP CREEK PKY

EAST POINT, GA 30344

PHONE: (404) 446-1224

* PHYSICAL THERAPY HOURS ONLY. THIS LOCATION DOES NOT HAVE A FITNESS CENTER.

MON. WED. & FRI. | 8AM-6PM • TUES. & THUR. | 9AM-4PM

SAT & SUN. | BY APPOINTMENT ONLY