



The Importance of Continuing Your Physical Therapy Sessions, Even in the Summer Months

***Just Because It's Summer Doesn't Mean You
Can't Still Benefit from Physical Therapy!***



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NOW OFFERING
DRYNEEDLING!

Call (785) 749-1300 to book your appointment today!

Just Because It's Summer Doesn't Mean You Can't Still Benefit from Physical Therapy!

With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At TherapyWorks, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact TherapyWorks today.

I'M HAVING TROUBLE FINDING TIME FOR PHYSICAL THERAPY — WHAT SHOULD I DO?

As the saying goes, “where there’s a will, there’s a way.” If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

Adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week — you deserve it!

Physical Therapy is Still Essential, No Matter the Time of Year



Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

Get started today!

Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! Contact TherapyWorks today to schedule an appointment.

Call us at **(785) 749-1300** or visit us at www.therapyworkskansas.com to schedule your appointment today!

Show Us Some Love!



If you've had a great experience at TherapyWorks, give us a shoutout! Scan the QR Code to leave us a Google review and help us help more people in our community!



Exercise Essentials

Improve the strength and coordination of your hip muscles.

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Repeat on opposite side.



Helpful Nutrition Tips for A Healthy Summer

Kick Off Your Summer With These Dieting Tips

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

1. DRINK GREEN TEA INSTEAD OF SWEET TEA. Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.

2. SERVE SEAFOOD. Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

3. DON'T SKIP BREAKFAST. When you wake up in the morning, your body is running on fumes. Eating breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. ENJOY SUMMER FRUITS AND VEGGIES. It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of

in-season colorful veggies in your meals gives your body a nutrient kick.

5. SNACK AT WORK. Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.

6. HYDRATE OFTEN. The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.

7. RECOVER WITH A POST-WORKOUT SHAKE. After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.

8. PRE-PLAN YOUR MEALS. You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

4 Simple Ways To Make Hydration A Habit

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

Staff Spotlight



Michael Van Nice, PTA

Michael completed his Physical Therapist Assistant degree at Washburn University. He became interested in physical therapy after sustaining a knee injury while competing in a Martial Arts competition. This led him to find his love for physical therapy. Michael is interested in studying many different treatment options and wants to specialize in more than one area. He likes that physical therapy takes a hands-on approach, and patients can be proactive in their recovery. Mike and his wife enjoy walking their dogs, biking, and going on hikes.

Patient Success Spotlight



"Very quickly overcame my dizziness and gave me several exercises to avoid future issues." — Tom



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www.therapyworkskansas.com

THERAPY HOURS

MONDAY	8 AM - 7 PM
TUESDAY	8 AM - 7 PM
WEDNESDAY	8 AM - 7 PM
THURSDAY	8 AM - 7 PM
FRIDAY	8 AM - 5 PM
SATURDAY	CLOSED
SUNDAY	CLOSED