

# NEWSLETTER

## DON'T LET PAIN HOLD YOU BACK THIS YEAR



**Need a New Year's Resolution? Commit To Taking Better Care of Yourself!** Are you struggling to figure out what you want your New Year's resolution to be? Consider making your health a top priority! One option that can propel you forward on your quest to better health is physical therapy.

If your goal for this year is to become a more active and stronger version of yourself, contact Performance therapy Institute today for more information or to schedule your appointment.

Physical therapists know how to assess a person's condition and pinpoint the underlying cause of

their pain. The goal is to solve the problem at its source, not just treat the symptoms. Do you have a pain condition that has been plaguing you since last year? You can start this year off right by putting your health first with the help of a physical therapist.

**Contact us today to schedule an appointment!**

It's never too late to start taking an interest in your health and overall wellbeing. If you have an injury, chronic pain condition, or you just want to get into the best shape possible, don't waste any more time! **Contact Performance Therapy Institute today to schedule your initial consultation, and start your new year out on the right foot.**

# NEWSLETTER

## SAY GOODBYE TO THE PAINS IN YOUR NECK WITH PHYSICAL THERAPY

### INSIDE:

- Relieve Your Neck Pain With Performance Therapy Institute
- Relieve Pain In Minutes
- Patient Success Spotlight
- Healthy Recipe

Whether you have pain or have been suffering for a long time, seeing a physical therapist at Performance Therapy Institute can help you return to a more active and pain-free life. Give us a call today:

- FRANKLIN (615) 465-6810
- NASHVILLE (615) 375-9091

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately, physical therapy can help resolve all the pains in your neck. Contact Performance Therapy Institute today to schedule your consultation.

**Why does neck pain occur?** The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed. Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.
- Arm weakness.
- Numbness or tingling.

- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

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

# RELIEVE YOUR NECK PAIN WITH PERFORMANCE THERAPY INSTITUTE

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation. Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

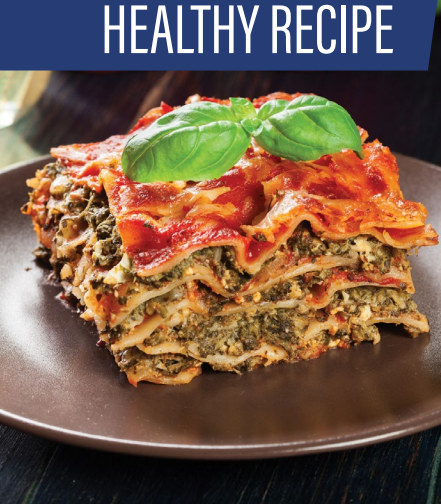
- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help. Contact us today to schedule an appointment. **At Performance Therapy Institute, we are dedicated to providing you with the tools you need for recovery and relief!**



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

## HEALTHY RECIPE



## SLOW-COOKER VEGETARIAN LASAGNA

### INGREDIENTS

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach, chopped
- 3 large portobello mushroom caps, gills removed, halved & thinly sliced
- 1 small zucchini, quartered lengthwise & thinly sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella

### DIRECTIONS

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: <http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/>

CALL TODAY AT FRANKLIN: (615) 465-6810 OR NASHVILLE: (615) 375-9091!

# Patient Success Spotlight



**"Every employee does everything they can to help make you feel better!"**

*"From the moment you walk in the door every employee does everything they can to help make you feel better." - J.R.*

## Relieve Pain In Minutes

Try this movement to strengthen the neck.

Stretches neck



### CHIN TILT

Stand or sit with good posture and your arms crossed over your chest. Slowly tilt your chin up and towards one side, then return to a neutral start position. Repeat ten times on in each direction.



# A NEW YEAR BRINGS NEW BENEFITS



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Performance therapy Institute help you on your journey to becoming strong, healthy, and active in 2021.

## Fun & Games

2							3
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					8	6	5
				6			9
		6				2	
3	2			5			
	5	3	7				
		2	6	1	5		
4							5

<http://1sudoku.com>

n° 35225 - Level Hard

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