

NEWSLETTER



YOU GOT HURT... NOW WHAT?

IF YOU SUSTAINED A SEVERE MUSCULOSKELETAL INJURY, WORKING WITH A PHYSICAL THERAPIST FROM HANDS ON PHYSICAL THERAPY CAN HELP YOU FIND THE RELIEF YOU ARE LOOKING FOR!

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- PATIENT SUCCESS SPOTLIGHT • EXERCISE OF THE MONTH
- HEALTHY RECIPE: AVOCADO DEVILED EGGS



NEWSLETTER

YOU GOT HURT... NOW WHAT?

If You Sustained A Severe Musculoskeletal Injury, Working With A Physical Therapist From Hands On Physical Therapy Can Help You Find The Relief You Are Looking For!

If you or a loved one has sustained a severe musculoskeletal injury, then you're fully aware of how much your daily routine can be affected. Musculoskeletal injuries can vary in severity, but many of them cause mobility deficits and pain that requires intensive and ongoing rehabilitation in order to preserve as much function and independence as possible.

Hands On Physical Therapy specializes in the treatment and management of musculoskeletal pain conditions and injuries. Our therapists understand the confusion and discomfort surrounding these kinds of conditions, but physical therapy may be able to help relieve some of the pressure and stress you feel regarding pain management.

Depending on the severity of your musculoskeletal injury, you may require in depth guidance and levels of care. Our physical therapists at Hands On Physical Therapy will be able to help you or your loved one to manage pain and live more comfortably. Call our clinic today to schedule an appointment.

WHAT CAUSES MUSCULOSKELETAL INJURIES?

Musculoskeletal injuries can be the result of damage sustained to the muscular or skeletal systems. This includes your bones, tendons, muscles, nerves, ligaments, blood vessels.

Many musculoskeletal injuries are overuse injuries that occur as a result of strenuous and/or repetitive activity, making them a very common work-related injury. Some of the most traumatic musculoskeletal injuries are crush injuries

that can result in permanent damage to the limbs, bones, ligaments, tissues, and other health complications.

Some of the most common reasons for a person sustaining this kind of injury are:

- Automobile accidents
- Falls
- Sprains
- Dislocations
- Fractures
- Direct blows to muscle

Severe damage to the musculoskeletal system can cause immense weakness, decreased range of motion, chronic pain and stiffness that prevent an individual's ability to do many things independently.

A few examples of everyday tasks they may have trouble with are dressing and feeding themselves, walking, running, holding and lifting items, taking care of their families, and working at their job. This can take a toll on a person's confidence, mood, morale, and overall mental and emotional health as they struggle to adjust to life around the limitations of their injury.

If you've received a musculoskeletal injury, it's important that you have a therapist that is dedicated to your overall well-being and safety and can give you the proper care and attention your condition requires. Although in some cases, injuries are severe and damage is irreversible, this does not mean you should give up on maintaining overall wellness, or the notion of leading a healthy life.

Continued inside.

www.hopt-wellness.com

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

YOU GOT HURT... NOW WHAT?

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HOW CAN A PHYSICAL THERAPIST HELP?

If you're dealing with musculoskeletal pain, it's important to know what your options are as far as treatment and pain management goes. A Hands On Physical Therapy therapist can work one on one with you to assess the severity of your condition and decide what levels of care you may need.

Some common methods of treatment our clinic may recommend for your condition are as follows:

- Myofascial Release
- Ultrasound therapy
- Electrical stimulation therapy
- Joint Mobilization
- Targeted exercises and stretches to strengthen the muscles

Our physical therapists are movement specialists who are educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. This especially comes in handy with musculoskeletal injuries, because they can assess any restrictions or immobilities you need help with.

They can pinpoint your problem areas and create a customized treatment plan aimed at improving your pain and range of motion. Through in-office sessions and at-home exercises, our therapist help our patients to strengthen their muscles and joints, improve their balance, build endurance, and experience as much pain relief as possible, all without the unwanted harmful risks of addictive drugs or expensive surgery.

HANDS ON PHYSICAL THERAPY: THE RIGHT KIND OF LONG TERM CARE

Working with a physical therapist when you're dealing with severe musculoskeletal injuries can not only show you natural ways to address your specific problems with mobility, it can prevent your condition from progressively worsening and keeping you from living as healthy a life as possible.

If you or a loved one is in need of physical therapy for a musculoskeletal injury, whether it was sustained in the workplace or as the result of an accident, call Hands On Physical Therapy today to schedule an assessment.

**Start Rebuilding Your Life and
Your Body, Today!**

**H O Hands On
P T Physical Therapy**

www.hopt-wellness.com



Cary 919-851-0711 Fuquay-Varina 919-557-2111 Zebulon 919-269-0107

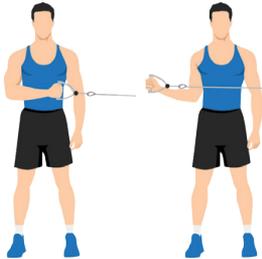
EXERCISE OF THE MONTH

This exercise helps relieve shoulder pain and strengthen shoulder muscles

SHOULDER EXTERNAL ROTATION

(CABLE OR BAND)

Standing tall with a folded towel between your body and elbow, clasp a cable or tubing. Bend your elbow with your hand facing forward, so that your arm extends outward. Keep your elbow close to your body while gently pulling your shoulder blades together. Slowly return to starting position, "fighting" the resistance.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.



PATIENT SUCCESS SPOTLIGHT



"What a great team!!! I've been assigned additional physical therapy for another issue related to the accidents and I didn't even bother to review the referral sheet as it was a no brainer to continue with the same provider. Thank you to everyone at HOPT-FV for all of your special attention!!!! – L. B.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

www.hopt-wellness.com

HEALTHY RECIPE

AVOCADO DEVILED EGGS



INGREDIENTS

- 6 hard-boiled eggs
- 1 avocado, peeled and pitted
- 1 lime, juiced
- 2 tbsp red onion, finely chopped
- 2 tbsp cilantro, finely chopped
- 1 tsp garlic powder
- Salt and pepper, to taste

INSTRUCTIONS: Cut the hard boiled eggs in half and scoop out the yellow egg yolk to a mixing bowl. Place the hard boiled egg white halves on a serving platter. To the mixing bowl of egg yolks, add the avocado, lime juice, red onion, cilantro, garlic powder, salt and pepper. Use a fork and mash all of the ingredients together until nice and creamy. Scoop the mixture with a spoon and dollop it back into the egg white halves. Alternatively, you could use a piping bag to pipe the avocado egg mixture into the egg white halves. Garnish with extra red onion and cilantro, then serve and enjoy!

Source: <https://downshiftology.com/recipes/avocado-deviled-eggs/>

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary 919-851-0711 Fuquay-Varina 919-557-2111 Zebulon 919-269-0107

Call to schedule. Expires 6/30/2022

COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!



www.hopt-wellness.com