



Get Your Health Back On Track With Physical Therapy

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love! Whether you have recently had surgery or are recovering from a new injury, physical therapy at OSR Physical Therapy can help.

October is National Physical Therapy Month. OSR Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be. Request an appointment with OSR Physical Therapy today, so we can help you get back to the life you deserve!

Why should I choose physical therapy?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to

not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment

Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).



We Can Help you Heal.
Call 1.480.360.3921 Today!

Benefits Of Physical Therapy

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally. For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

Call us today to request an appointment

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either. Contact OSR Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492> - <https://academic.oup.com/ptj/article/90/7/1014/273793> - <https://bjsm.bmj.com/content/52/24/1552/citation-tools> - <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

It's Almost 2024!

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.

Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win
A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

Yummy Recipe:

Pinwheel Sandwiches



Ingredients:

- 3/4 c. mayonnaise
- 2 tbsp. ranch seasoning
- 8 (10") flour tortillas
- 8 oz. sliced American or cheddar cheese
- 1 lb. deli-sliced baked ham
- 1 lb. deli-sliced turkey breast
- 16 butter lettuce leaves

Here's how to make it: In a small bowl, mix mayonnaise and ranch seasoning. On a clean surface, lay tortillas flat. Spread each tortilla with 1 tablespoon mayonnaise mixture. Place 2 to 3 slices cheese on bottom two-thirds of each tortilla. Top cheese with ham and turkey. Top meat with 2 to 3 lettuce leaves and tightly roll up. To serve right away, slice into 1" rounds and arrange on a platter. To make ahead, place seam side down on a baking sheet and refrigerate up to 6 hours. Slice when ready to serve.

<https://www.delish.com/cooking/recipe-ideas/a42060498/pinwheel-sandwich-recipe/>

Water Drive Success!



Thank you to everyone who contributed to our 5th Annual Water Drive! We had 118,662 bottles of water donated to St. Mary's Food Bank thanks to our wonderful OSR Community! We are grateful to be a part of this incredible effort. Great job to all involved in getting this life-saving water replenished for this non-profit. The need has more than doubled from last year and so far, with the help of the community, their team has been able to keep up with the demand.

Success Spotlight



"WE'RE A FAMILY HERE AND THEY CARE FOR THE WHOLE PERSON, NOT JUST YOUR AILMENT."

-JOSEPHINE

"I've have gone to numerous physical therapy facilities with conditions from my spinal issues. OSR Physical Therapy is in a class by itself. They have the most knowledgeable PAs, PTAs and PT techs I've ever experienced. They break down

and explain every muscle, nerve tendon etc in detail and why the process works. But that's not all that makes OSR the best place ever... it's the exceptional staff and their dedication to their clients. We're a family here and they care for the whole person, not just your ailment. I will recommend OSR Physical Therapy highly to all that need it!!!!" — Josephine"

Let's Get Social!



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Call us at 1.480.360.3921!



OSRPHYSICALTHERAPY.COM

IN HONOR OF NATIONAL PHYSICAL THERAPY MONTH

You are invited to schedule a FREE 15-minute Orthopedic / Injury Assessment with a licensed OSR Physical Therapist! We will help you determine whether your condition is appropriate for physical therapy, continued self-care, or whether further medical treatment will be necessary.

Scan the QR code below with your smartphone camera to schedule your assessment today!

**Don't miss out
on this awesome
opportunity!**



GET IN TOUCH!

P: 1.480.360.3921 | F: 602.607.4963
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IT'S NATIONAL PHYSICAL THERAPY MONTH!

- Do you think you would benefit from physical therapy?
- Is pain getting in the way of living your best life?
- Are you unable to do things that you were previously able to do with ease?
- Are you struggling to keep doing the things you love?

If you answered yes to any of the above questions, schedule your assessment today!

Our OSRPT Story

OSR Physical Therapy was founded in 2002 in Anthem, AZ. We are a family company, owned and founded by Aaron and Kori Williams, both physical therapists driven to provide the highest level of patient care to all of our patients, no matter which OSR location you choose.



TIPS ON GROCERY SHOPPING FOR HEALTHY OPTIONS

Become supermarket savvy by creating checklists for making healthier food choices in every department of your supermarket:

- **Produce.** Spend the most time in the produce section, the first area you encounter in most grocery stores. Choose a rainbow of colorful fruits and vegetables. The colors reflect the different vitamin, mineral, and phytonutrient content of each fruit or vegetable.
- **Meat, Fish, and Poultry.** The American Heart Association recommends two servings of fish a week. Be sure to choose lean cuts of meat (like round, top sirloin, and tenderloin), opt for skinless poultry, and watch your portion sizes.
- **Dairy.** Dairy foods are an excellent source of bone-building calcium and vitamin D. There are plenty of low-fat and nonfat options to help you get three servings a day, including drinkable and single-serve tube yogurts, and pre-portioned cheeses. If you enjoy higher-fat cheeses, no problem -- just keep your portions small.

3 Simple Shopping Rules

1. Shop the perimeter of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk foods lurk.
2. Choose “real” foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.
3. Plan ahead for success. Before you set out for the market, plan your meals for the week, and create a list to shop from. It takes a few minutes, but saves time in running back to the store for missing ingredients.

6 Food Choices to Help Ease Arthritis Pain

- **Broccoli, Brussels sprouts and cabbage.** These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.
- **Fatty fish.** Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.
- **Garlic.** Garlic is a member of the allium family—which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases—including arthritis.
- **Tart cherries.** Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color—anthocyanin.
- **Turmeric.** One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines—particularly curries.
- **Vitamin C.** Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.

