

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER, AND MORE ACTIVE



WE'VE UPDATED OUR SUMMER HOURS!

Monday - Thursday: 7:00AM - 5:30PM | Friday: 7:00AM - 12:00PM

INSIDE:

- 7 Tips You Can Do On Your Own
- Exercise Of The Month
- 6 Food Choices To Help Ease Arthritis Pain
- Spinach & Egg Sweet Potato Toast



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It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Shoreline Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your Health & You

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion,

and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing Your Strength & Flexibility

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.



7 Tips You Can Do On Your Own



Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Shoreline Physical Therapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Shoreline Physical Therapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Shoreline Physical Therapy would love to help you live your highest quality of life. **Contact us today to begin your new chapter toward becoming a healthier you!**

www.shorelineptnc.com

Discover How To Live Pain Free!

At Shoreline Physical Therapy Sport & Spine Specialists, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.



1. CALL AND TALK TO YOUR THERAPIST



2. DISCOVER WHY YOUR PAIN HAS COME BACK



3. GET YOUR CUSTOM RECOVERY PROGRAM



www.shorelineptnc.com

EXERCISE OF THE MONTH

Try this movement if you are experiencing pain.

Helps Stretch Your Legs



QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

6 Food Choices To Help Ease Arthritis Pain



1. 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.

2. 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.

3. 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.

4. 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.

5. 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.

6. 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.

Feel Better By Eating Better!



SPINACH & EGG SWEET POTATO TOAST

- 1 large slice sweet potato (¼ inch thick)
- 1/3 cup cooked spinach
- 1 large egg, fried or poached
- ½ teaspoon sliced fresh chives
- ½ teaspoon hot sauce

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.



HAS YOUR PAIN COME BACK?

Come Back In For Physical Therapy!

Give us a call at (910) 791-0396 or visit us
online at www.shorelineptnc.com to schedule
your appointment today!

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