

SPRING IS THE SEASON OF RENEWAL AND ACTIVITY



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SPRING IS THE SEASON OF RENEWAL AND ACTIVITY

Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At Shoreline Physical Therapy, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started, whether to resolve an injury or commit to fitness, physical therapy can help.

Physical Therapy Can Help You Be More Active This Spring

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. Shoreline Physical Therapy physical therapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

Three of the common Springtime activities physical therapy can help with include:

1. Running

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

2. Gardening

Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

3. Biking

Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.



What To Expect From Physical Therapy



Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

Request An Appointment To Get Started Today

Shoreline Physical Therapy offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most.

Request an appointment today if you're interested in using your reinvigorated energy this spring!

Sources:
<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>
<https://www.sciencedirect.com/science/article/abs/pii/S0003999318302120>
<https://www.tandfonline.com/doi/abs/10.3109/09593985.2010.544052>

www.shorelineptnc.com

Google 5-Star Review



"The staff at Shoreline are professional, courteous, on time, personable and overall outstanding. I highly recommend them for your rehab needs."

- Google 5-Star Review

Who Do You Know That Needs Our Help?

Our purpose at Shoreline Physical Therapy is to enrich the lives of others by promoting wellness, encouraging independence and maximizing potential, allowing individuals to actively pursue a lifestyle of function and freedom.

In addition, we strive to honor and glorify God through our work. We respect individual needs and differences and choose to humbly serve others. We value standards of excellence to provide cost-effective, superior care for our customers.

*Do you know someone who could benefit from our services?
Refer them to Shoreline Physical Therapy today!*

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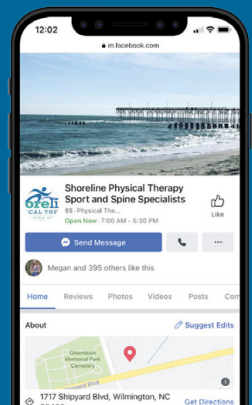
We stay active on Facebook to provide you important updates, what's happening around our clinic, patient success stories, and more!

Don't miss out - follow us today!



 SCAN ME

Scan the QR code to find us on Facebook or by searching for us @shorelineptnc today!



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

STEP INTO SPRING WITH OUR ALTER-G TREADMILL!



Does your foot, ankle, hip, or knee pain make running or moving an uncomfortable feat? Do you suffer from arthritis that hinders your day-to-day physical abilities? These common conditions can be extremely uncomfortable, making you feel limited in your mobility and hinder you from doing the outdoor spring activities you love. Fortunately, at Shoreline PT, we have the experience, methods, and tools you need to relieve your pain and get you ready for spring activities. If your arthritis or other pains are slowing down your ability to walk or run, you may benefit from our AlterG Treadmill, the only anti-gravity treadmill.

The AlterG technology is able to reduce body weight on your hips, knees, ankles and feet by as much as 80%. It provides a controlled environment for patients to walk or run pain free. This allows you to regain endurance and strength while gradually adding body weight during sessions until you can run or walk at full body weight pain free. Sessions on the AlterG treadmill are available for purchase or as part of your physical therapy program. If your joint pain is stopping you from living your best quality of life, contact Shoreline PT today to schedule a consultation with one of our dedicated physical therapists. The AlterG Treadmill could be the ideal treatment for you.

www.shorelineptnc.com

Feel Better By Eating Better!



SPRING ASPARAGUS RISOTTO

- 4 cups (1-inch) slices asparagus
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

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!