THE HEALTH & FITNESS
NEWSLETTER

ELEVATE PHYSICAL THERAPY
AND SPORTS MEDICINE

2024

NOTES FROM ANDREW

2024!!! A new year is upon us. It feels like I just wrote this for 2023. Well, like last year, we achieved many of our goals, missed a few, and had a very fast year with some very long days. *Is everyone ready to do it again???*

While nothing appeared to go exactly as planned, 2023 was a good year, and as an eternal optimist, I believe 2024 will be better. Challenges are certainly coming, but we are doing things to prepare for the foreseeable challenges and feel like we have a team in place that can handle the surprise challenges better than any group out there!

Let's take a second to look at some of our favorite highlights of 2023:

We continued to add to the population with more babies at both clinics. Kaeleigh (and Justin) started the year out with their little girl; Samantha (and Greg) joined the parenthood ranks in September with their little girl, and Grant (and Maddie) finished our growth with their little girl. Stay tuned; we are not done! In 2024, we will see how many more littles we can add.

Professionally, we didn't add any new therapists this year, but we did add some additional services. Pelvic health was added at both locations, and we are seeing the benefit of Alyssa's and Bekah's education impact the way we are all providing care. With Jace, our Sports Certified Specialist, adding functional dry needling to his professional certifications, all of our therapists are now dry needling certified! I don't know the total number of hours of continuing education courses that our staff took, but it is impressive to see both the volume and variety of education they undertook.

We all continue to seek additional clinical development to ELEVATE the level of care we can provide with new techniques and tools. And there is more to come in 2024 with the addition of a LightForce high-intensity laser to speed healing and pain management.

I hope you have taken some time to look back at your successes in 2023 and set some goals for 2024. We truly believe it is hard to move in a positive direction without goals. They give you some targets to aim for so you are not just passively waiting to see where the times take you. As a physical therapist, I especially encourage you to set some health and fitness goals. If you have worked with me in the past, you have probably heard me say, "As we age, I have yet to meet anyone who naturally got more flexible, stronger, or fitter. These things only happen intentionally." So set some goals, and find a new activity or group that is not only fun but active. It could be as simple as a commitment with a friend or significant other for a weekly (or even better — daily) walk, pickleball, bike ride, or yoga.

While doing this by yourself is great, if the last years have taught us anything, we need time with people. So grab your spouse, a friend, or an accountability partner and get moving in 2024. See if you can be more fit at the end of the year than you are today. Get outside, move more, learn more, and laugh more. And that is on top of eating right, getting proper sleep, and hydrating. If you are struggling with an ache or pain or running into physical challenges keeping you from achieving your health goals in 2024, give us a call. We would love to help you do more in '24, so you are set up to thrive in '25 (I came up with that all by myself)!

Happy New Year from the team at ELEVATE Physical Therapy!

THE HEALTH & FITNESS

NEWSLETTER

ELEVATE PHYSICAL THERAPY
AND SPORTS MEDICINE

2024

INSIDE:

- Success Story
- Sudoku
- Simple Strategies for Incorporating Exercise Into Your Daily Routine

HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like "exercise regularly" can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At Elevate Physical Therapy, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

What It Even Means to "Be Healthy"

The World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity," which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

continues »

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of "healthy."

5 Simple Tips for Healthy Living from the Elevate Physical Therapy Team

- **Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- **Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week–that works out to about 22 minutes daily!
- **Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of "health food" status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.
- **Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.

- **Meditate Daily:** Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health. Need help getting started? Here's a beginner's guide: https://www.mindful.org/how-to-meditate/

Physical Therapy's Role in Promoting Good Health

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we'll create a customized program that addresses your unique needs.

Find Good Health with Elevate Physical Therapy!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

Scan the QR code to make an appointment!

Sources:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/; https://www.who.int/about/governance/constitution; https://www.nhlbi.nih.gov/health/sleep/why-sleep-important

SIMPLE STRATEGIES FOR INCORPORATING EXERCISE INTO YOUR DAILY ROUTINE

Regular exercise is crucial to so many aspects of your health. It can prevent chronic health conditions like cardiovascular disease or diabetes, help you stay mobile well into old age, and even regulate your emotions.

Unfortunately, your workouts are often the first to slip when life gets busy. It can also be challenging to begin a regular exercise routine, especially if you have to fit it into an already jam-packed schedule.

The good news is that you don't have to work out like a professional athlete to reap the benefits of staying active. In fact, a few simple strategies can increase your daily activity levels–no matter how busy you are!

5 Easy Tips for Sneaking in Physical Activity

- Park at the far end of the parking lot, so you have to walk a little further to get to the store.
- Take the stairs whenever possible.
- Do some stretches or core exercises while you're watching TV.
- Go for a quick walk around your building during your lunch break.
- Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!

Visit Elevate Physical Therapy for More Tips!

Our physical therapists can work with you to develop a program for daily physical activity, no matter your needs. We can show you efficient strength training routines, suggest daily mobility exercises, and help you set movement goals. We can also help you resolve any pain or other conditions that might limit your physical activity.

Incorporating movement into your daily routine helps exercise feel like second nature. Schedule an appointment to get started!

SUDOKU

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

http://1sudoku.com

n° 428278 - Level Expert

EXERCISE ESSENTIAL

Try this warm-up exercise before your workout.

DYNAMIC HIP FLEXOR WARM UP

Start by standing up straight with your arms straight by your sides. Step one foot forward slightly and place only your toes on the ground with your heel raised. Simultaneously raise both arms straight up over your head, push your hips forward, and lean back slightly. Step back and lower your arms. 3 sets, 10 reps, hold.

If you are not sure about how to do this exercise, please consult with your physical therapist before starting.

PT WIRED
www.ptwired.com

CLIENT SUCCESS STORY

"Jace went above and beyond to help me find relief from a complex case of chronic lower back pain."

"It is apparent that the team at Elevate is committed to providing their patients with top-notch care from the moment you step in the door. Beth at the front desk is friendly and welcoming, and the physical therapists are very knowledgeable. Jace went above and beyond to help me find relief from a complex case of chronic lower back pain. He was very patient and adaptable as I experienced changes in symptoms over several months of care. Elevate will be my first choice for future physical therapy needs!"

— Sarah S.

TELL US HOW WE'RE DOING
BY LEAVING A GOOGLE REVIEW

WE MAKE IT EASY TO LEAVE A REVIEW!

Just scan your clinic's QR code.

Johnston Clinic

Ankeny Clinic

ELEVATE PHYSICAL THERAPY
AND SPORTS MEDICINE