

IT'S TIME TO FALL BACK INTO PHYSICAL THERAPY WITH PHYSICAL THERAPY MONTH!



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DON'T FORGET YOUR FLU SHOT THIS YEAR!

Because we care, here's a friendly reminder that it's time for you and your family to get your annual flu shots. Stay healthy!

IT'S TIME TO FALL BACK INTO PHYSICAL THERAPY WITH PHYSICAL THERAPY MONTH!

October is here and with it comes chilly weather, the changing of the leaves, and pumpkin spice lattes! But did you know that it's also National Physical Therapy Month? As you're sipping on your warm drink and carving out your jack-o-lanterns, be sure to learn more about the many benefits of physical therapy!

Now is a great time to fine tune your body and get back into doing the things you love. At The Center for Physical Therapy and Exercise, we are committed to providing our patients with high-quality rehabilitation. Our expert team of physical therapists is devoted to helping our patients make a full recovery from their injuries.

We understand that injuries and pain can make everyday activities way harder than they should be, as well as add unnecessary stress. Here at our clinics, we strive to

empower you to achieve your full potential and maximum functional level in work, sport, and life activities. Give us a call today to see how our services can help you achieve optimal function and become pain-free..

What Is National Physical Therapy Month All About?

Since 1992, October has been coined National Physical Therapy Month. This month is the time to honor and show appreciation for the hard work physical therapists do, and the important role they play in rehabilitating patients with many conditions.

You might be wondering how you can spread the word about the importance of physical therapy. It's easy! Most of us are on social

media to some extent these days, and using hashtags such as #UsePhysicalTherapy and #ChoosePT has helped garner curiosity and interest in the physical therapy world.

This month also allows patients to share their stories about how PT has improved their quality of life. It also gives physical therapists a way to bring awareness to people about the different kinds of treatment available to patients.

Many people don't realize that aside from specialized exercises that build strength and flexibility, PT also offers treatment to help with balance disorders, reduce falls and improve walking and other functional activities. CPTE offers specialized pain management rehabilitation. Physical therapy can help a range of problems both for pain management and to help ease other symptoms and restore function.

SCHEDULE A CONSULTATION TODAY
TO SEE IF PHYSICAL THERAPY IS RIGHT FOR YOU!

www.CPTE.net



HOW OUR CLINIC'S SPECIALTIES CAN HELP YOU THIS FALL SEASON

CPTE has four convenient locations providing a variety of specialties that can help become more active and enjoy your life again without pain.

Some of Our Treatments Include:

- Manual Therapy
- Therapeutic Massage
- Vestibular Therapy
- Therapeutic Exercise
- Trigger Point Therapy
- Graston Technique
- Aquatic Therapy
- Sports Injury Rehabilitation
- Ultrasound
- Joint Mobilization
- Kinesio Taping
- Concussion Therapy
- Electrical Stimulation
- Fall Prevention
- LSVT Big®
- Cupping
- Pelvic Floor & Pregnancy Services

At CPTE, our team of dedicated therapists and support staff strive to serve our patients in a caring and friendly environment and are committed to each patient's success and recovery. Our success is due to our highly skilled rehabilitation expert's commitment to their patients' needs and goals utilizing proven and results driven rehabilitative techniques and state of the art equipment.

If you want to achieve better health and movement, are struggling with aches and pains, or you just want to improve your overall

physical health, contact us today! Our therapists can ensure you stay on top of your treatment plan, and help you prevent future injuries.

Our Specialty Senior Therapy Programs Include:

- **Physical Therapy.** Our highly skilled, licensed physical therapists, physical therapy assistants, and athletic trainers provide a comprehensive array of physical therapy services. The benefits of physical therapy are many! Physical therapy can help you recover quicker, prevent injuries, increase flexibility, improve balance, avoid surgery, and stay active.
- **Occupational Therapy.** While physical therapy focuses on the patient's ability to perform movement of the body, Occupational Therapy focuses on the patient's ability to perform daily living activities. For example, an occupational therapist will work with a stroke patient to practice basic skills like walking, eating, bathing and dressing. Hand therapy, a specialized area of occupational therapy, focuses on optimizing the functional use of the arm and the hand. It's a patient-centered approach that addresses the needs of the patient, such as being able to lift things, open a jar, or button a shirt.

At CPTE, we value our patients and are dedicated to providing the highest quality of physical therapy services as we treat the whole patient, not just the specific injury. Give us a call and get started today!

CALL US TODAY IF YOU ARE EXPERIENCING PAIN.

3 TIPS TO IMPROVE NUTRITION IN THE FALL



- 1. Harvest Your Herbs.** Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.
- 2. Become A Soup chef.** Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.
- 3. Make a New Fermented Friend.** Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

Gain More Strength In Minutes

Try this exercise to strengthen your core.

Strengthens Your Core



SUPINE MARCH

Setup: Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

Movement: Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip: Make sure to keep your trunk stiff during the exercise and do not let your low back arch.



FIND US ON SOCIAL MEDIA



www.CPTE.net



DID YOU KNOW...

YOU CAN STILL ENJOY AQUATIC THERAPY AS THE WEATHER TURNS COOLER

CPTE offers Aquatic Therapy through our outpatient clinics. We offer an in-house therapy pool in our Nashua and Manchester locations, allowing for the convenience of aquatic and land based therapy in one location. At Nashua, our warm-water (96") pool is 7 ft deep, providing a therapeutic, non-weight bearing environment allowing for a variety of therapeutic activities to relieve pain and improve function.

Learn more about Aquatic Therapy by visiting our website at cpcte.net/physical-therapy-treatments/aquatic-therapy.



Call in with the correct answers to be entered into a prize drawing at the end of the month!

1. What are the three Zodiac signs of fall?
2. Which art form derives its name from the Greek for "beauty writing"?
3. What did Leonard Nimoy need a new pair of every few days in the late 1960's?
4. Although some varieties are available year round, what fruit is freshest in the fall?
5. How many rings are there on the Olympic flag?
6. What organization in the Harry Potter series is named after Dumbledore's patronus?

[Answers from last trivia challenge: 1. The Hula Hoop, 2. Australia, 3. Ten, 4. Pups, 5. Yogi Bear, 6. Nine]