



Physical Therapy & Wellness

The Newsletter About Caring for Your Health



Help For Aches & Pains

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Help For Aches & Pains

Everyone develops aches and pains from time to time. After a long day out in the sun, or after an afternoon of trying to keep up with household chores, sometimes the tasks that we expect of our bodies can get the best of us.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day in your shoes, or a crick in your neck that just won't go away, dealing with aches and pains can really take a toll on your overall feeling of wellbeing. If you stopped and asked around, you'd be amazed to see how many people are struggling with aches and pains, just like you. What may surprise you even more is how many people are coping with those pains without doing anything productive about it.

How to Deal with Aches and Pains

Pain medications can reduce the severity of aches and pains for a little while, but they don't do anything to resolve the issue. There are things that you can do at home that can alleviate your aches and pains, helping to reduce the severity of your discomfort while also reducing the likelihood that the pain will return.

Don't just complain about those aches and pains. Start doing something about them. Here is a quick rundown of things that you can do at home that can reduce your daily pain:

1. Use hot and cold therapy appropriately to reduce inflammation. After a good workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts on and off for 20 minutes at a time during the first 24-72 hours after the pain develops. After that, consider soaking in hot water, such as taking a warm bath, to further soothe your muscles.
2. Don't underestimate the power of resting! Your body relies on sleep just as much as your brain. You need to get plenty of sleep to keep your stress level at a minimum—and that includes your physical stress level. Aim to sleep between 7-9 hours every night. The more activity you engage in, the more sleep you need.

3. Keep your body in good shape with regular exercise. It may seem counterintuitive to cut down on pain by moving more, but exercise is a really good way to reduce aches and pains. When you exercise every day, you are able to train your muscles for more movement, and thereby reduce aches and pains.

Keeping active, staying rested, and being smart with hot and cold therapy create a trifecta for healthy management of aches and pains, but they aren't going to solve the bigger problems. When aches and pains start to grow severe, or chronic, then it is time to reach out to a professional for support. Physical therapy is the best way to reduce aches and pains because it takes into account a combination of active and passive strategies to help tackle the cause of your pain.

Why Physical Therapy?

There are a lot of different reasons as to why you may start feeling aches and pains. Muscle pain will occur whenever your muscles start to grow. To build more muscle mass, your muscles have to stretch, and lactic acid can pour into the lining of your muscles to cause a burning sensation. More movement will push that acid out, helping you to experience relief, and in time your muscles will develop increased elasticity, and the burning won't be so severe. Build-up of tension from stress or overuse, and muscle pain from poor posture can also contribute to regular pain. A physical therapist can take a comprehensive assessment to help determine what may be the primary cause behind your aches and pains.

Working with a physical therapist can help you develop a new approach to managing your aches and pains. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching and targeted movements to help you experience ongoing relief from regular discomfort. Give us a call so we can help you say goodbye to your aches and pains.

#Movember



Join these handsome dudes to help bring awareness to Movember and men's health, especially in the areas of prostate cancer and suicide.

How to take action!

1. Take a picture of yourself with a mustache. It can be real or fake, so ladies are welcomed.
2. Send your photo for us to share and show support, to this email address: Photos@G3.Life
3. Get a limited edition of Movember G3 T-shirts. We are asking for a minimum of a \$20 donation. Available in our offices, while sizes and supplies last.
4. Scan the QR code to Donate or join the G3 Movember Team



- In the US, 3 out of every 4 suicides are Men.



- Globally, on average, 1 man dies by suicide every minute.



- 1 in 9 US men will be diagnosed with prostate cancer in their lifetime.



- Prostate cancer is the second most common cancer in men worldwide.



- Since its founding in 2003, the Movember Foundation has raised over \$700 million.



- The Movember Foundation has funded more than 1,250 men's health projects around the world.



Exercise Essentials



Post Cuff Step Through

- Reach across to grab door frame with one arm
- Lunge to the side with the outside leg while holding on to the door frame; keep your shoulders facing forward the whole time
- Return to starting position
- Repeat anywhere from 5-20 reps, keeping it pain free!

Perform this stretch to relieve shoulder pain!

Healthy Recipe Carrot, Ginger, Lime Raw Soup



- 1 cup fresh organic carrot juice
- Juice of 1 lime
- 1-inch chunk ginger root, juiced
- 1/2 large organic avocado
- 1/2 ear of fresh organic, non-GMO raw corn

INSTRUCTIONS

Pour the carrot, lime, ginger juice in a blender and add the avocado. Blend until smooth. Pour in a bowl and top the soup with fresh raw corn, shaved off the cob.



PHYSICAL THERAPY
WELLNESS CENTER
WOMEN'S HEALTH

MEET OUR NEW PHYSICAL THERAPIST!



Meet one of our physical therapists, Stephanie Williams!

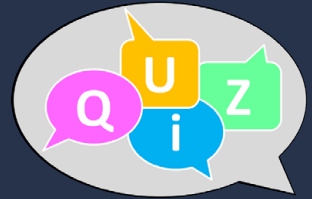
Steph is originally from Jackson, Michigan. She is actually a veteran of G3, as she has worked for us over the years as an exercise specialist before earning her DPT from USD.

In her spare time she enjoys hiking, spin class, camping, doing puzzles, and baking!

Fun fact about Steph: She once had her tent collapse on her in the middle of the night while camping in Idylwild due to an unexpected snowstorm!

Steph's favorite AFS exercise is a post cuff step through. You can check out our Instagram or Facebook Page to find out more about this exercise!

Stretch Your Brain!



Get those answers in! The first to respond correctly wins a \$5 Starbucks Gift Card!

Email your answers to info@g3.life!

1. Which organ has four chambers?
2. In which body part can you find the femur?
3. About how many taste buds does the average human tongue have?
4. What percentage of our bodies is made up of water?
5. Which element is said to keep bones strong?
6. What is your body's largest organ?
7. What kind of cells are found in the brain?
8. Which bone are babies born without?

Answers to last month's trivia:

- 1) Roller coaster 2) Les Miserables 3) Donald Duck
- 4) Sir Barton 5) Father's Day 6) Guiding Light
- 7) International Children's Day 8) Gemini



@G3Wellness



LETTER FROM MIKE

We're Open & Treating Patients!

As the end of 2020 gets closer, I imagine many of you, like us, are looking forward to this year through the rearview mirror. With all the unknowns, fear for our health and safety, concern for our kids' educations, and the changes and uncertainties surrounding our working lives, this has certainly been a year of challenges for all of us. I don't think I'm the only one who hopes that 2021 is not a repeat of 2020.

Yet with all the challenges that have come with 2020, I believe many of us don't have to look too hard to find many blessings that 2020 has brought. The lockdowns and quarantines have simplified and slowed down our lives tremendously, which has brought a greater appreciation of family, friends, and faith. I personally am grateful for 2020, bringing long walks into my life and time to reflect on life. I've always been a "pedal to the metal" workout person where short to medium

length hard runs and bike rides were the norm. I thought I never had time for longer, slower exercise like walking. Well, thanks to 2020, I'm addicted to long walks at lunch time and enjoying the sunshine and the beautiful scenery we're blessed with.

Point is, I encourage everyone to find the blessings that this difficult 2020 has brought all of us. Let's try to remember those as we enter into a 2021 that is fresh, new, and full of promise.

From our G3 family to you, we wish you a safe, happy, and blessed holiday season and a healthy and prosperous New Year.

In best health,

Mike Van Silder
Clinic Owner, PT, DPT