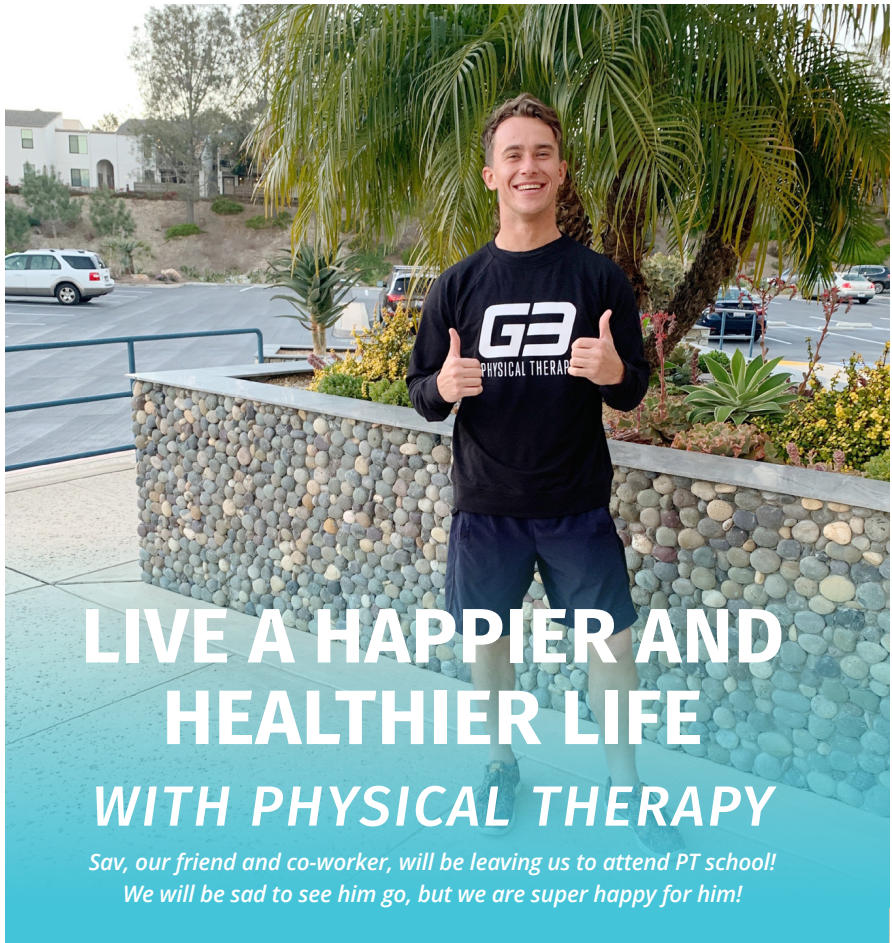




Physical Therapy & Wellness

The Newsletter About Caring for Your Health



LIVE A HAPPIER AND HEALTHIER LIFE WITH PHYSICAL THERAPY

*Sav, our friend and co-worker, will be leaving us to attend PT school!
We will be sad to see him go, but we are super happy for him!*

ALSO INSIDE:

How Physical Therapy Can Improve Your Life • Special Offer: FREE EXAM!
Letter From Mike • Patient Spotlight • Stretch Your Brain!



LIVE A HAPPIER AND HEALTHIER LIFE WITH PHYSICAL THERAPY!

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from wear and tear, injuries, and chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of lasting health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle as you age, call G3 Physical Therapy to schedule a FREE screen on March 25th or 30th.

GETTING ON TRACK WITH PHYSICAL THERAPY:

The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints and soft tissues have gotten “crusty” due to the Covid lockdowns? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to living your best life.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, squatting, jumping, bending, stretching, and almost every other form of

physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients improve the mobility and strength of their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

PHYSICAL THERAPY TREATMENTS ARE CATERED TOWARD YOUR NEEDS AND GOALS!

Physical therapy is generally comprised of three important phases: pain relief, mobility/strength improvement, and functional integration. Some people are apprehensive about physical therapy because they believe it will hurt them. However, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening.

At G3 this is achieved with Applied Functional Science, which is just a fancy way of saying that we create an environment for your body to naturally heal and thrive.

1. Manage and Decrease Pain & Inflammation: This is achieved through manual techniques to release muscle tension, modalities such as taping, ice, vaso-pneumatic compression systems, and electrical stimulation, and even natural topical creams available just to name a few options.

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **g3.life** to schedule your appointment today!

How Physical Therapy Can Improve Your Life

2. Create Muscle Memory: We create mobility and pain-free movement to restore alignment, healthy joint and muscle mechanics, and start the reversal of injury-causing compensatory movement patterns.

3. Meet Goals for a pain-free life: We progress functional movement patterns for pain-free activities. That can be as simple as pain-free walking with your dog, playing with your kids or grandkids, to a sport specific goals.

We all want to be able to move without pain. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

ASPIRE TOWARD A HAPPIER AND HEALTHIER LIFE TODAY:

Maintaining a healthy lifestyle takes work, but once you get into the groove, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick). Physical activity can be one of the hardest habits to start but one of the easiest habits to stick to, especially as your pain decreases and your function and activity level improves. Some people try to mask their symptoms with anti-inflammatory or

pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – G3 Physical Therapy & Wellness is here to help! Schedule a free injury exam with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf, <http://www.apta.org/Media/Releases/Consumer/2013/12/5/>

A 2-DAY SPECIAL OFFER FOR PRESENT AND PAST PATIENTS OF



PHYSICAL THERAPY
WELLNESS CENTER
WOMEN'S HEALTH

We're celebrating the one year anniversary of the opening of our Solana Beach clinic! To celebrate, we're giving away **FREE EXAMS** all day on two days:

Thursday, March 25th & Tuesday, March 30th
At Encinitas or Solana Beach

This is our big thank you for allowing us to serve you! The 2 days of free exams are for:

- All patients who have not seen a PT in more than three months.
- All present patients who have another problem not currently being treated.
- All loved ones, family members, friends, neighbors, and co-workers of our past and present patients.

If you're a past or present patient, Call now to schedule your **FREE EXAM** at either Encinitas or Solana Beach. Limited spots available so sign up today!

Call 760-452-2640 for Encinitas #1 or Solana Beach #2 now to schedule your FREE EXAM!

THE FREE EXAM IS IDEAL FOR PEOPLE SUFFERING FROM:

- Lower back pain
- Arthritis related problems and pain
- Sciatica
- Neck pain
- Headaches
- Shoulder pain
- Knee pain
- Problems with walking or balance

**Be one of the first 8 to schedule
RECEIVE A COMPLIMENTARY LASER
DISCOVERY SESSION
(\$50 value)**

Call 760-452-2640 now!

Patient Spotlight



"I love this place. I came in for a Rotator cuff tear and opted for no surgery. After about 3 months I was back surfing and my shoulder feels amazing and stronger. Kevin was my PT and he listened to what I thought was going on in my body. We worked more as a team, which I am a Pilates Instructor by trade and I can be picky, so happy that he was on board with that. I went back to him for my hip and

lower back because it was an old injury that acted up again and we dealt with that issue. So yes I have been there almost a year! But don't want to leave. :-)! I just have to say that Applied Functional Science, the technique they work with, is fabulous and it works to keep me active and healthy for a lifetime." — **Kim K.**



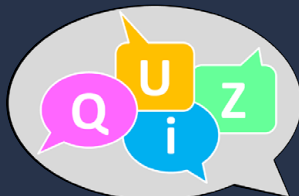
#G3Tee

Some of our staff was getting a little chilly with the weather, so for Christmas we gave everyone long sleeve "light" sweatshirts, they are heavier than a tee, but lighter than an actual sweatshirt.

Why am I telling you this? Because we ordered EXTRAS. **Until supplies last, we are giving them away for....**

- 1) A google review...many people don't know how PT can improve their lives, or what PT is. We would love to hear about your experience with PT at G3.
- 2) A photo of you...in your G3 tee, doing something you love, or just you with a smile, would make our day!
- 3) To enter, use this link! <https://g3.life/G3Tee>

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. What year was the very first model of the iPhone released?
2. Who discovered penicillin?
3. Which country produces the most coffee in the world?
4. In how many films did Sean Connery play James Bond?
5. Which actress won the Oscar for Best Actress in 2003?
6. When Michael Jordan played for the Chicago Bulls, how many NBA Championships did he win?
7. How many cards are there in a deck of Uno?
8. What is the tallest building in the world?

Answers to last month's trivia:

- 1) Hawaii 2) Wrestling 3) Christmas tree farm 4) Surrealism 5) Reese's Pieces 6) The aorta 7) Almonds 8) Flamingos

LETTER FROM MIKE

Dear G3 Family,

I can't believe G3 Solana Beach is a year old!! Time has really flown by! To celebrate Solana Beach's one year anniversary, we're going to do a cool promotion--2 days of free exams! We've allocated 10 thirty minute slots per clinic per day (20 total each day for 40 slots total!), where we'll provide free exams for any G3 family member (or their extended family and friends). This is a great opportunity to see if PT can help you improve the quality of your life, stop wear and tear issues, or if you have pain causing you to avoid certain activities. A free exam is a great way to get one of our Physical Therapists to take a look at whatever is bothering you and give you their expert opinion on what's going on and discuss the different ways to get you back to living pain free. Please call us at 760-452-2640 to schedule your free exam.

We are also excited to announce our new PT Awareness Campaign to empower people to use physical therapy to be pain free and be more active. For those of you who have been in the clinics this year, you might have noticed some of the staff wearing G3 long sleeve tee shirts. Well, we've ordered a bunch of extras that we want to give away to patients who are willing to write about your experience and the benefits with G3. We want to hear your story, the triumphs and struggles, so we can improve and serve you better. Give a review & photo, get a cool long sleeve G3 tee shirt. We'd love to give all the tee shirts away, but sizes and amounts are limited!! Use this URL <https://g3.life/G3Tee> to start sharing. #ShareYourStory

We hope to see you around the clinic!

Mike Van Gilder