



# Physical Therapy & Wellness

The Newsletter About Caring for Your Health



## OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

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PHYSICAL THERAPY  
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## OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

October is here, and with it comes its share of official “national day” designations, including whimsical days like “National Pumpkin Seed Day.” But did you know that the entire month has been dedicated to National Physical Therapy Month? So, as the leaves are turning and you’re working on your jack-o-lanterns, take the time to learn more about the many benefits of physical therapy.

### WHAT IS NATIONAL PHYSICAL THERAPY MONTH ALL ABOUT?

For almost 40 years, physical therapy has been celebrated by official proclamation. And since 1992, October is the month for honoring physical therapists and the important role they play in healing people in pain. In the modern era of social media, hashtags like #UsePhysicalTherapy and #ChoosePT have helped spread the word

Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the better. It also gives physical therapists a forum for spreading the word about the different kinds of

treatment patients can receive. Many members of the general public don’t realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.

### WHAT SYMPTOMS AND CONDITIONS DOES PT HELP?

Physical therapy tends to be associated with sports injuries, along with chronic problems such as back pain, surgery recovery, and balance issues. Yet, you may not realize the range of problems which physical therapy can help -- both for pain management and to help ease other symptoms.

Do you have hand pain and stiffness? Physical therapists treat hand and wrist conditions ranging from carpal tunnel to “trigger finger.” Tennis elbow and rotator cuff injuries can also be aided through PT.

Among other conditions the general public may not associate with physical therapy are pelvic floor dysfunction, TMJ, cardiopulmonary disease, Parkinson’s, and traumatic brain injuries.

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

# Feel Better With G3 Physical Therapy & Wellness!



## WHY #CHOOSEPT?

In recent years, National Physical Therapy Month has also focused on the alternative PT offers over opioids. With opioid abuse at an all-time high -- and tragic overdoses on the rise -- alternatives to this class of prescription medication are even more important. The National Centers for Disease Control (CDC) estimates that opioid prescriptions have quadrupled in recent years. Yet, the number of people reporting chronic pain has not gone down.

Of course, many people who have conditions like back injuries or arthritis already understand that physical therapy can increase their range-of-motion. But aside from adding flexibility, physical therapy is a viable way to reduce acute and chronic pain.

Prescriptions certainly have a valid place in pain management, and it's true that physical therapy isn't right for every patient. So how can you tell if physical therapy is a better choice than prescription opioids? The CDC suggests that if you fall into any of these categories, physical therapy can be beneficial:

- Pain comes from fibromyalgia, low back pain, knee arthritis or hip arthritis. These conditions in particular are known for responding well to physical therapy when it comes to pain management.
- The pain has lasted more than 90 days, meaning that it has gone from "acute" to "chronic."

- The benefits of prescription opioids don't outweigh their risks. In the early days after an injury or an operation, painkillers help patients function without crippling pain. But with each day that passes, the risks opioids pose outweigh the rewards.

If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort. But some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.

Does an official month really matter, given that physical therapists are out there making a difference every day? In many ways, yes! If you or a loved one has been on the fence about giving PT a chance, the many stories you're likely to hear during this month of public awareness may help you to decide.

If you have any questions about whether you should **#UsePhysicalTherapy**, call our office today to discuss your condition and to set up an evaluation.



**TAKE CHARGE OF YOUR HEALTH WITH  
G3 PHYSICAL THERAPY & WELLNESS!**

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# October Is Breast Cancer Awareness Month

Did you know that about 1 in 8 U.S. women will develop invasive breast cancer at some point in their lifetime? October is breast cancer awareness month— and we at G3 Physical Therapy and Wellness want to take this opportunity to encourage women to take preventative health measures.

When was the last time you were screened for breast cancer? Early detection is key when it comes to treating breast cancer. There are more treatment options and a better chance of survival if breast cancer is detected early. Women diagnosed with breast cancer at an early stage have a five-year survival rate of 93 percent or higher.

In addition to screenings, there are some measures you can take to lessen your risk of developing breast cancer. Check out the list below for a few research-backed ways to reduce your risk.

## 1. Limit or cut out alcohol

The more alcohol you consume, the more likely you are to develop breast cancer. Based on research on the effect of alcohol on breast cancer risk, the general recommendation is to limit yourself to no more than one drink per day.

## 2. Keep a healthy weight

If you believe you need to lose weight, talk to your doctor about healthy ways to do so. Reduce the number of calories



you consume each day while gradually increasing the amount of exercise you do.

## 3. Exercise regularly

There are countless benefits to exercising, including weight management which leads to cancer prevention! Most healthy adults should aim for at least 150 minutes of moderate aerobic activity per week.

We at G3 Physical Therapy and Wellness also offer rehabilitation services for those in remission from breast cancer. If you need help regaining your strength, our dedicated therapists are ready to assist you.

Sources: <https://www.carolmilgardbreastcenter.org/for-patients/facts-myths/early-detection-is-key/>

## Breast Cancer Awareness

**YOU CAN MAKE A DIFFERENCE**, help support the world's top researchers who deliver better outcomes for people with breast cancer everyday. Get your G3 Breast Cancer Awareness T-shirt, proceeds will go to Breast Cancer Research Foundation, for more information go to: <https://www.bcrf.org>.

**\$20 Minimum Donation - Get your t-shirt at the Encinitas or Solana Beach clinics.**



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