



7 TIPS

TO IMPROVE YOUR

OVERALL HEALTH



7 TIPS TO HELP YOU GET HEALTHIER

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Carolina Prime, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education and prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

WHAT DOES IT MEAN TO BE HEALTHIER?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

7 TIPS YOU CAN DO ON YOUR OWN TO BECOME HEALTHIER, STRONGER, AND MORE ACTIVE:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.
- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5089938/>; <https://academic.oup.com/ptj/article/95/10/1433/2686492>



HOW PHYSICAL THERAPY CAN HELP YOU

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

CONTACT OUR CLINIC TODAY TO MAKE AN APPOINTMENT

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Carolina Prime would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!



Scan to book an appointment!



Hello, Autumn! SLOW COOKER PUMPKIN PIE OATMEAL

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1 cup pumpkin puree
- 1½ cups unsweetened almond milk
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt
- toasted pecans

Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>



WHO DO YOU KNOW?

We are searching for a Physical Therapist who prides themselves on accepting new challenges and has a strong desire to help others. Our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. Do you know someone who would like to be part of our team? Refer them to our website carolinaprimept.com to submit an application today!

AT-HOME EXERCISE

CAT/COW STRETCH

Increases the flexibility of the neck, shoulders and spine

1 Set | 1 Rep | 2 Minute Hold

Begin on all fours. Place your hands below your shoulders and your knees below your hips. Arch your back towards the sky and bring your face towards your chest. Return to starting position. Now arch your back toward the ground and raise your face toward the sky. Alternate and repeat.



Not all exercises are appropriate for every person. Please consult with your physical therapist before starting.

DON'T LET YOUR INSURANCE GO TO WASTE!

If you've met your insurance deductible for 2023, your physical therapy costs could be **FREE!**

Prioritize your well-being and maximize your insurance benefits!



Patient Success Story



I have been coming here to Carolina Prime since May. I am recovering from back surgery and when I first came here, I could only walk about a hundred feet and then I would have to stop and rest. I am walking about a mile now. The office staff and therapist are **TOTALLY AWESOME** and do a **GREAT JOB** with your rehab needs and treat you like family. I could only give them a 5-star rating, but I think they deserve 10 stars! I would **HIGHLY RECOMMEND** Carolina Prime for your rehab needs!!!!

— Karl S.



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