



Spring Is the
**SEASON OF RENEWAL
AND ACTIVITY**

336.281.9190 • carolinaprimept.com



SPRING IS THE SEASON OF RENEWAL AND ACTIVITY

Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At Carolina Prime, our therapists understand injuries, how to resolve them, and how to avoid them. We will work with you to make sure you have a great spring!

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance with getting started, whether to resolve an injury or commit to fitness, physical therapy can help.

PHYSICAL THERAPY CAN HELP YOU BE MORE ACTIVE THIS SPRING

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical

procedure. The Carolina Prime physical therapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring! Some of the common springtime activities physical therapy can help with include:

Running

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

Gardening

Gardening usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

Sources: <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>; <https://www.sciencedirect.com/science/article/abs/pii/S0003999318302120>; <https://www.tandfonline.com/doi/abs/10.3109/09593985.2010.544052>

Biking

Biking is a fun activity people enjoy doing as it warms up outside, similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

WHAT TO EXPECT FROM CAROLINA PRIME PHYSICAL THERAPY

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that

include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

REQUEST AN APPOINTMENT TO GET STARTED TODAY

Carolina Prime offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most.

Request an appointment today if you're interested in reinvigorating your energy this spring!



SPRING ASPARAGUS RISOTTO *Celebrate the Season!*

- 4 cups (1-inch) sliced asparagus (about 1 1/2 pounds), divided
- 3 cups fat-free, low-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio or other medium-grain rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese, divided
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

<https://korr.com/for-your-clients/spring-asparagus-risotto-recipe/>

STAFF SPOTLIGHT

JENNIFER SINK

OT & OUR NEW THERAPIST SPECIALIZING
IN PELVIC FLOOR REHABILITATION



Jennifer has been a licensed Occupational Therapist for ten years and specialized in Women's Pelvic Health five years ago. She has always had a strong desire to help people live a life that they enjoy and find fulfilling no matter what they set out to do and accomplish. **She has become especially passionate about empowering women to be in charge of their health through education and a variety of exercise and manual therapy techniques. She believes strongly in integrating a whole-person approach to treatment addressing stress reduction, musculo-skeletal dysfunction, diet and lifestyle modifications, and mindfulness.** She enjoys building rapport and trust with her patients by allowing them to tell their story and share their experiences in order to put them on a path toward healing.

Jennifer is a lifelong learner and has completed extensive post-graduate education in Women's health and a variety of manual techniques. She treats a variety of diagnoses including chronic pelvic pain, gastro-intestinal dysfunction, pelvic organ prolapse, postpartum healing and urinary incontinence. She looks forward to becoming part of your healthcare team to improve your quality of life.

Announcing Our Third Location! *Dedicated to...*

Pelvic Health and Wellness

Carolina Prime Physical Therapy now has a third location dedicated to our Pelvic Health and Wellness patients, located at **1902 West Park Circle, North Wilkesboro, NC 28659**. Receive individualized care focusing on all aspects of wellness and progression with rehabilitation goals in a relaxed atmosphere. **We now offer one-on-one patient care and a private gym dedicated to those patients seeking pelvic health rehab or our women's health fitness programs.** Our new clinic is accommodating to the needs of mothers and their children/babies who may need to come to our sessions. Exercise sessions are one-on-one treatment sessions. We have a team of two therapists specializing in pelvic health rehabilitation. Treatments we offer include but are not limited to: soft wave treatment sessions, biofeedback treatment/training sessions, exercise sessions, manual techniques, myofascial release, and tremendous amounts of patient education tools, breathwork, and yoga. Please visit our website at www.carolinaprimept.com to see a complete list of conditions we treat. Depending upon your insurance, a doctor's order may not be necessary! Feel free to call our office or email to inquire about our services or schedule your evaluation.



Helping You Live Your Best Life!

Patient Success Story



I have been suffering with lower back pain for years. At times I have had difficulty standing for long periods and more recently began having numbness in one leg. My doctor recommended Carolina Prime over a year ago and **now my quality of life has been greatly improved.** Scott, Heather, Elizabeth and the others have been wonderful. If you're unsure about getting help, don't hesitate to give Carolina Prime a try." — C.R.

REVIEW US!

Your success story could be the inspiration someone else needs to improve their life by seeking PT!

Google
Reviews ★★★★★



Scan the QR code to go to our Google review page!

Don't let pain keep you from what you love doing!

Come Back to PT!
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