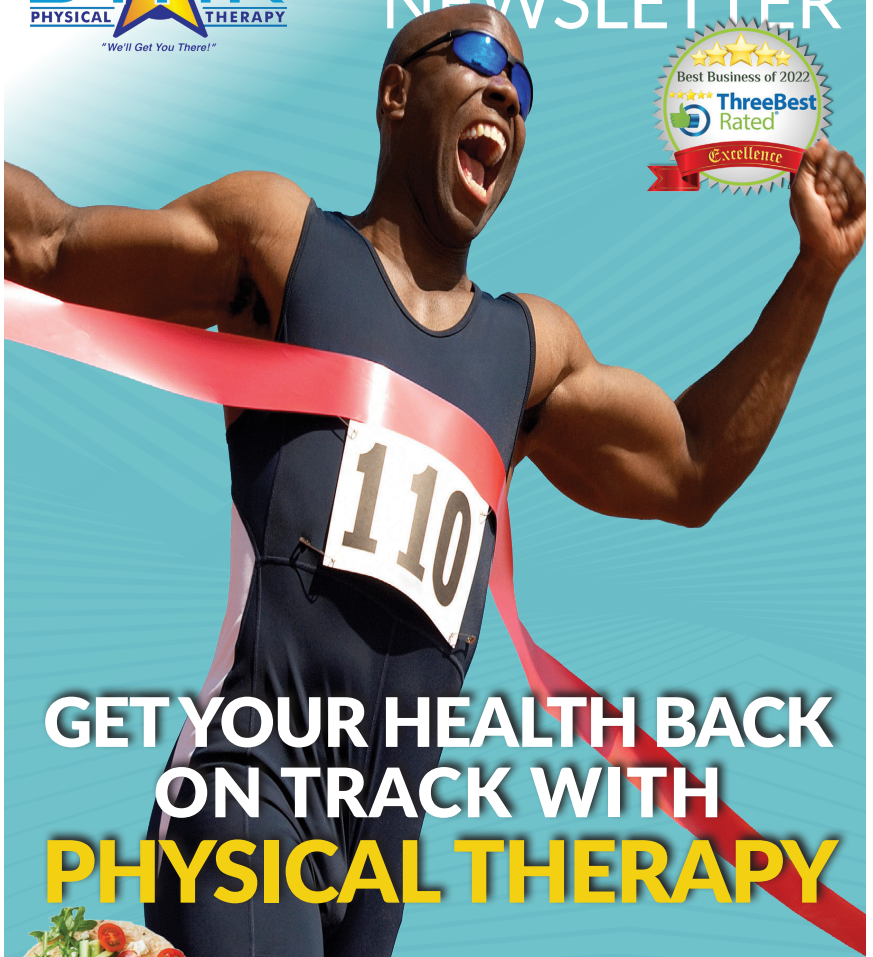




NEWSLETTER



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY



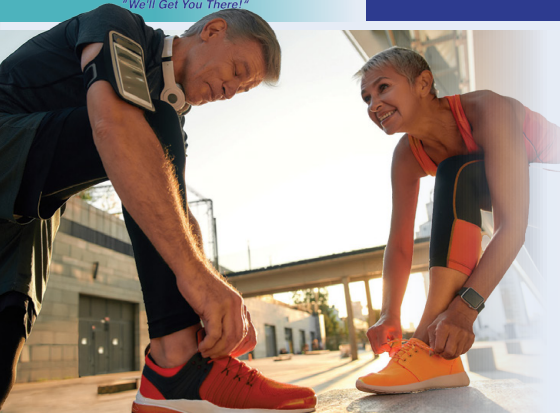
**TRY THE HEALTHY RECIPE:
5-MINUTE EGG AND
HUMMUS FLATBREAD**



INSIDE
**Exercise
Essentials**

starptclinics.com

Covington • Slidell • Mandeville • Folsom
New Orleans East • Gentilly/Lakefront • Algiers



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY



JEFF REEVES
Clinic Director,
Covington

by Jeff Reeves, Clinic Director, Covington

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love! Whether you have recently had surgery or are recovering from a new injury, physical therapy at STAR Physical Therapy can help.

October is National Physical Therapy Month. STAR Physical Therapy wants to make sure that

you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with STAR Physical Therapy today, so we can help you get back to the life you deserve!

Why Should I Choose Physical Therapy?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not

only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.)

Benefits of Physical Therapy

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

Continued inside.



CALL A CLINIC NEAREST YOU TODAY!

startptclinics.com



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Continued from previous page.

This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical

therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

Call Us Today To Request An Appointment

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact STAR Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!



Healthy Recipe

5-MINUTE EGG AND HUMMUS FLATBREAD



INGREDIENTS

- 1 tbsp hummus
- 1 whole grain wrap
- ¼ cup baby arugula
- ½ English cucumber, cut into matchsticks
- ½ cup cherry tomatoes, halved
- ¼ cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

INSTRUCTIONS: Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

Source: www.taste.com.au/recipes/5-minute-egg-hummus-flatbread-recipe/gbvlm06

startptclinics.com

Exercise Essentials

SIDE PLANKS WITH HIP ABDUCTION

Begin lying on your side with your elbow under your shoulder. Engage your core and lift your hips and knees off the ground. Once in the side plank, lift your top leg toward the ceiling. Slowly lower your leg back down. Hold for 30 seconds and repeat.

This exercise helps strengthen your core.



A Reminder To...

USE IT
OR
LOSE IT



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or COMPLETELY COVERED by your insurance plan.

Let us help you get a head start going into 2024, before your deductible renews again! GO ONLINE OR CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

Staff Spotlight



NATOCHIA SHELTON

PT Tech in our Algiers location.

What do you enjoy about working at STAR? *"I enjoy working with my coworkers. It is a very friendly, motivated and collaborative atmosphere."*

What is something about you that people may be surprised to learn? *"People tend to be surprised about my age (50) because they say I don't look my age."*

CALL A CLINIC NEAREST YOU TODAY!

FOLSOM
985.888.0845

COVINGTON
985.718.4625

MANDEVILLE
985.247.8379

SLIDELL
985.612.7915

**NEW ORLEANS
EAST**
504.383.9983

**NEW ORLEANS
LAKEFRONT/
GENTILLY**
504.264.6258

ALGIERS
504.267.2337

Patient Success Spotlight



**"...THE THERAPY IS AIMED
AT HELPING REACH YOUR
GOALS IN RECOVERY."**

"Really nice place paired with a professional and caring staff. Front desk receptionists provide an inviting environment and the therapy is aimed at helping reach your goals in recovery. Highly recommend." — **Peter A.**

STAR PT Workshops!



LEARN MORE ABOUT ANY UPCOMING WORKSHOPS ON OUR WEBSITE!

Be sure to stay up to date on new Star PT Clinics workshops by visiting our website! Just look for the "Workshops" tab or scroll down to find the section pictured above!

COME BACK TO STAR PT!



- Has an old pain flared up?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to STAR Physical Therapy. Call us today!