



**We are a VA
Participating Provider**

**WE ARE PROUD TO BE
A VETERAN OWNED
BUSINESS**

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

INSIDE: • 7 Tips You Can Do On Your Own • We're Still Serving You!
• New Year, Healthier You! • Exercise & Pain Relief



7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Garber Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your health and you:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It

doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. 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.

Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

Call Garber Physical Therapy to talk with your physical therapist today!

7 Tips You Can Do On Your Own

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Garber Physical Therapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and at home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

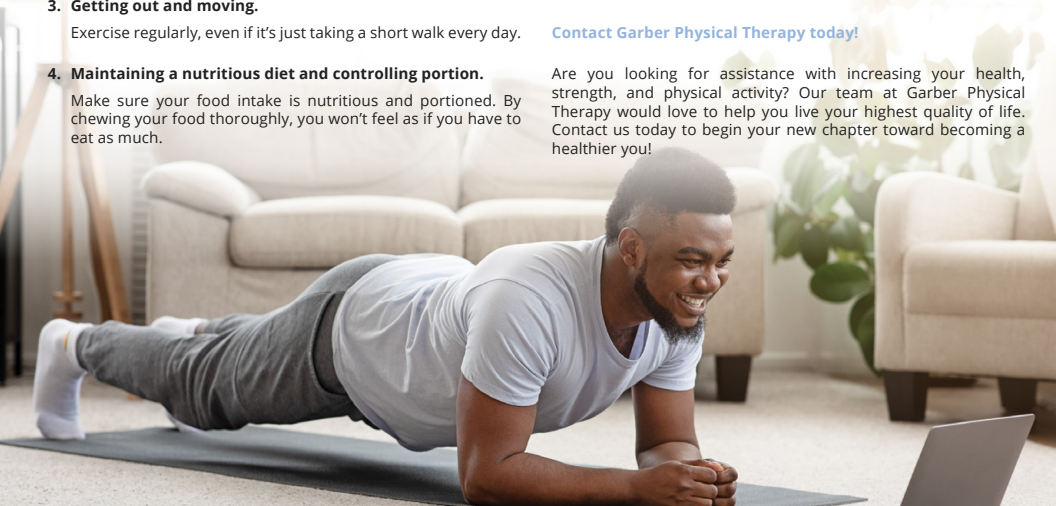
Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Garber Physical Therapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Garber Physical Therapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!



We're Still Serving You!



In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Because of this, Garber Physical Therapy will remain open and seeing patients during this time, while taking the necessary precautions to make sure everything is sanitary, and everyone is safe.

Your cooperation in this tough time is what makes us able to continue to provide valuable services to you and your family. We appreciate your ongoing support.

Challenge Your Mind



Start your New Year's goals by challenging your mind! Try looking for three hidden images placed in this newsletter. Circle the hidden images in the newsletter and bring it to one of our front desks to claim a PRIZE!

New Year, Healthier You!

Let Garber Physical Therapy help you reach your health goals this year!



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. **Let Garber Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021.**

Call us today to schedule your appointment!

Mind Exercise: *Sudoku*

	5							
		4	5		2	7		
2	3	8		6			4	
		2		1				7
	9	5	7		3	2	1	
4				5		8		
	2			9		4	7	8
			9	8		6	5	
								9

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

Leave A Review! *We Make It Easy!*



GREER
LOCATION



SPARTANBURG
LOCATION

INSTRUCTIONS

1. Open your smart phone to the camera app.
2. Center the QR code above in the frame (this will take you directly to our Google Review Page).
3. Let us know how we did!

Did You Know?

We Can Also Treat:

- Arthritis
- Auto Accidents
- Back Pain
- Chronic Pain
- Hand Pain
- Headaches
- Neck Pain
- Personnel Injuries
- Post-Surgical Rehab
- Sports Injuries
- Vestibular Pain
- Work Injuries

Exercise & Pain Relief

If you have back or joint pain, there are probably some times when all you want to do is lie in bed all day. It's tempting, but it might make the problem worse. Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional; a physical therapist show you what is appropriate to do given your condition.

Here are 7 exercises/activities you should do to alleviate pain:

1. Walking
2. Swimming
3. Yoga
4. Tai Chi
5. Pilates
6. Stretching
7. Aerobics