



**Call us today:  
(209) 524-7488**



**BioSport  
Physical  
Therapy**



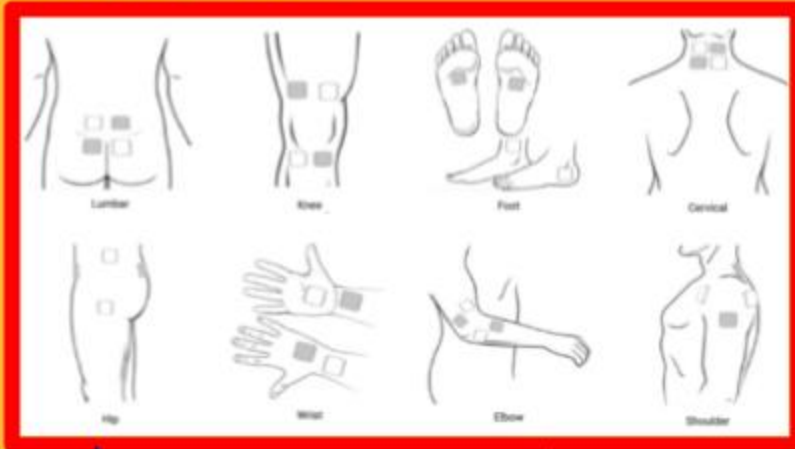
**December  
Newsletter**

**INSIDE:**

- Let's Talk Techniques: TENS UNITS
- In The Spotlight: KNEE PAIN
- Healthy Recipe of the Month
- What's New at BioSport?
- Testimonials

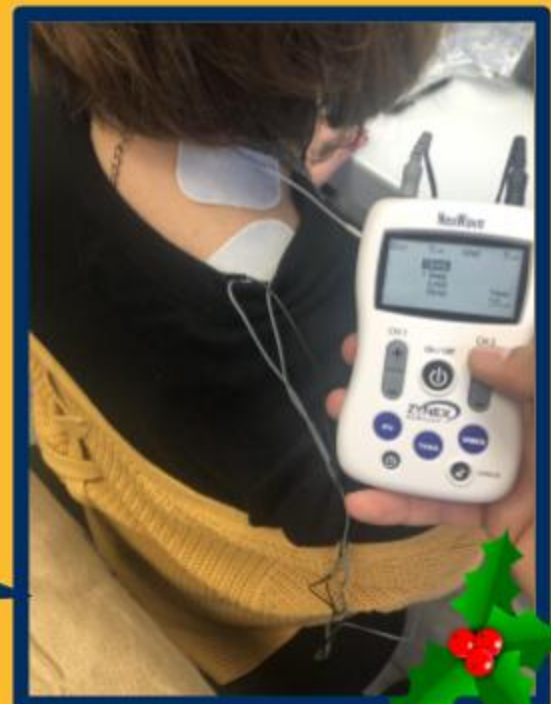
**How can the use of the TENS unit help me?**

A Transcutaneous Electrical Nerve Stimulator (TENS) sends electrical pulses through the skin to start your body's own pain stoppers. The electrical pulses can release endorphins and other substances to stop pain signals in the brain. TENS can reduce pain. Since TENS ease pain and create endorphin flow, it can switch this response off, reducing muscle tightness and knots. The pain blocking effect help loosen the muscle knot and curtail the "guarding" reaction that causes tightness.



**TENS are used on many muscle areas.**

**Our patients give TENS UNIT a 10!**



# Are you KNEE-Deep in Pain?



Your knees are one of the largest joints in your body, connecting a large number of muscles, bones and ligaments. That means that much of the daily abuse that your body takes can ultimately impact your knees. Problems with hips and ankles can ultimately lead to knee pain too. When the knee joints begin to show strain, it can become difficult to move much at all---at least, without pain. For that reason, it's important to seek medical attention for knee pain as soon as possible. Often, physical therapy can be the key to avoiding surgery or prescription medication altogether, or rebounding quickly from those less conservative treatments. Many patients come to us after their knee surgery, a sports injury or with common knee pain from misuse/repetitive use. Our physical therapists will evaluate your knee issues, including location and level of pain and how far you can bend and move your knees/ legs in various positions. In all likelihood, your physical therapy (to decrease knee pain) will consist of strength-building movements, as well as, stretches and other flexibility-enhancing techniques. Please call us today if you are having knee pain. Refer a friend who is suffering with knee issues. You can receive a free laser treatment for your referral.



**VALGUS**



**NEUTRAL**



**VARUS**



**# 2nd TOE Rule**

KEEP YOUR KNEES  
IN-LINE  
WITH YOUR 2ND TOE

**Poor knee alignment wears down the kneecap leading to arthritis**

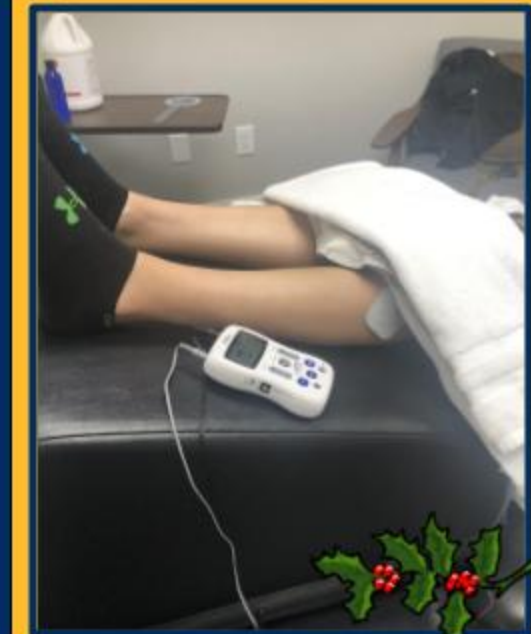
**Accident**



**Post Surgery**

**Sports Injury**

**Repetitive Use**



Healthy Recipe of the Month:

# Cranberry Bars

## Ingredients:

### BARS:

- 1 3/4 C Gluten Free Flour
- 1/2 tsp Kosher salt
- 1/8 tsp baking soda
- 1 tsp. white chocolate chips
- 1/2 C dried cranberries, coarsely chopped
- 10 tbsp unsalted butter
- 1 1/4 C light brown sugar
- 3 eggs beaten/room temp.
- 1 tbsp. vanilla

### FROSTING:

- 4 oz cream cheese
- 1 3/4 C confectioner's sugar
- 1/8 tsp kosher salt
- 4 oz white choc/chopped
- 1/2 C dried cranberries/roughly chopped

### Directions for Bars:

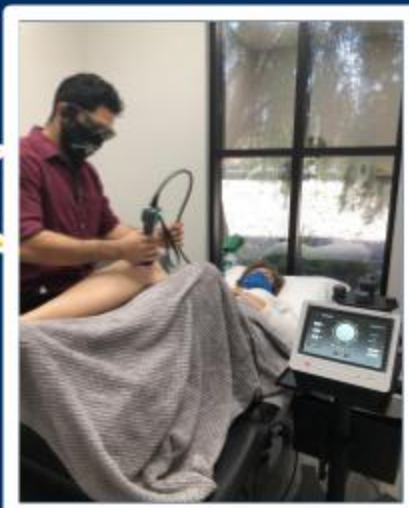
Preheat oven to 350 degrees. Grease 9 inch pan and crisscrossing parchment paper, overhanging the edges. Mix dry ingredients, except brown sugar. Sprinkle a tsp of dry mix with cranberries and chips and put aside. Mix other ingredients with a mixer until light and fluffy. Add dry ingredients, then berries/chips. The batter should be thick and pourable. Bake on the middle rack until the center is firm to the touch. Toothpick should come out clean. Let cool completely.

**Directions for Frosting:** Beat the cream cheese and then add the sugar and salt. Beat until creamy. Melt 2 oz of white choc. and drizzle onto mixture. Spread onto cooled bars. Sprinkle the cranberries on top of the frosting. Melt the remainder of the choc. and drizzle it over the top of the cranberries. Let bars set.. When ready, lift the parchment paper to remove the bars. Cut into pieces and serve! Yummy!



**Gluten Free  
Cranberry  
Bliss Bars**

We can't wait  
for your call!  
(209) 524-7488



Get a free LASER treatment when you refer a friend to our clinic or bring/refer someone to one of our workshops!

[www.biosportphysicaltherapy.com](http://www.biosportphysicaltherapy.com)

# What's New At BioSport?



## Meet our new Physical Therapist!!!

Karandeep Gil, DPT (KD) recently graduated from the Doctor of Physical Therapy program at University of the Pacific in September of 2020. He was introduced to physical therapy in high school when he observed therapists working with patients while volunteering at the nursing home his mom worked at. He was inspired by the quality of care and genuine interactions with patients. In addition to this, KD has always enjoyed sports and being active so the career called out to him. Prior to attending PT school, KD graduated from San Francisco State University in 2017 with a Bachelor's Degree in Kinesiology. His favorite part of working at BioSport is being able to spend adequate time with patients as well as the fun and welcoming environment. In his free time, KD enjoys being in nature, working out and being around his loved ones.



**Karandeep Gil, DPT  
KD**

# Happy Holidays!



We will be closed Dec. 24th, 25th  
and Dec. 26th. We will also be  
closed Dec. 31st and Jan. 1st.

**Upcoming Workshops:**  
DECEMBER 9th-Back Pain  
DECEMBER 16th-Shoulder

Look for new  
workshops  
after the holidays!



**FREE! INFORMATIVE!**  
6:00-7:00 P.M. OPEN TO  
COMMUNITY!  
CALL TO REGISTER: (209) 524-7488  
Bring a friend for a **FREE LASER!**



Biosport is amazing! Before Biosport I had never been to physical therapy and had no idea what to expect. The staff at Biosport makes me feel very comfortable and important. Everybody has made me feel that I belong and that I am truly valued. They have eased my worries about my injury and assured me that they would make me stronger. It's awesome that the PT's have enough time to work individually with their patients every single visit. My knee pain has reduced significantly since I've started my therapy. I am able to live my life and engage in activities with very minimal pain. Koree is an exceptional therapist who keeps all of her patients entertained while she works with them. She has an amazing sense of humor which makes me look forward to my visits every week.  
~Chris Mariscal



**Call Today:  
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**Thank you for such an amazing review! We are thrilled you are part of our BioSport family! We appreciate you!**

[www.biosportphysicaltherapy.com](http://www.biosportphysicaltherapy.com)



At the beginning of the year I got a snowboarding injury and I have had low back pain ever since. It wasn't until recently I went to my doctor and he referred me to BioSport. On my first visit I received laser therapy and the pain in my back immediately felt better. I have been continuing to go to BioSport to receive physical therapy and the atmosphere there is amazing. Everyone is so nice and personable. I highly recommend going to BioSport. Before, I had trouble getting comfortable in bed and I would shift a lot, I was also hesitant on doing any strenuous activities, but now I can rest easy and I am more comfortable pushing myself to do things I would be hesitant to do before thanks to Biosport.

~Jarod Laroco



**Jarod Laroco is the winner of our monthly raffle! We appreciate you! Thank you for your sweet GOOGLE REVIEW!**