



# BioSport Bulletin



## July Newsletter

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

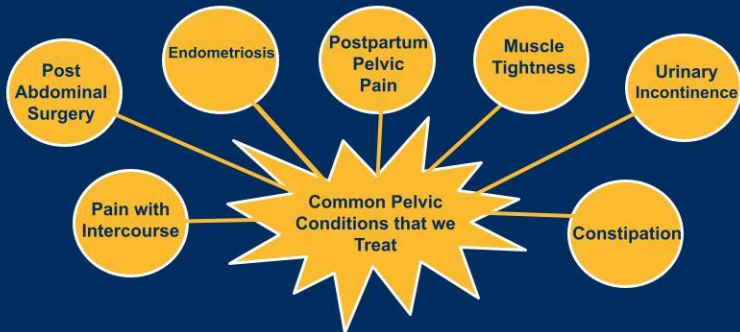
[www.biosportphysicaltherapy.com](http://www.biosportphysicaltherapy.com)

4341 Spyres Way, Modesto

# In the Spotlight: PELVIC PAIN

Pelvic pain can occur for a number of reasons. This type of pain can be limiting and, for some people, even a bit embarrassing. It can hinder your daily life and prevent you from doing some of your daily tasks or activities you love. Fortunately, pelvic floor rehabilitation can help ease your symptoms of pelvic dysfunction and strengthen your pelvic floor muscles so you don't experience additional problems in the future. If you are experiencing pelvic pain, contact us today to find relief!

Call for your  
evaluation  
today!



The treatments involved in your pelvic floor rehabilitation plan will be dependent upon the results of your initial assessment. Your injury or condition will be evaluated during a physical examination, and then a qualified physical therapist will develop a treatment plan that will address your specific needs. This will typically include several forms of exercise and massage to reduce pain, lessen symptoms, and potentially heal your condition.



Internal Pelvic Floor  
and Surrounding Musculature,  
Trigger Point Release  
and Manual Therapy

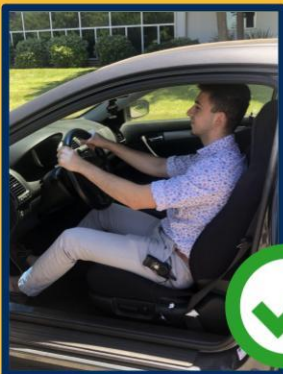
Call us at 209-524-7488!

# Tip of the Month:

## Posture in the Driver's Seat

Keep your arms slightly bent.

Keep your knees slightly bent.



Keep your head straight.

Keep Your back straight.



- slouched forward
  - arms bent too much
- It will cause discomfort in neck and back.



- arms too straight
- seat reclined back too far
- not ideal for car control

# Healthy Recipe of the Month: **SUMMER ZUCCHINI LASAGNA**

Here is a Allrecipe delight that will help you use ALL that ZUCCHINI!!



## Ingredients:

- 1 pound ground beef
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ¼ cup finely chopped carrots
- 2 cloves garlic, minced
- 1 (15 ounce) can tomato sauce
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- salt and pepper to taste
- 5 medium **zucchini**, sliced lengthwise into 1/4-inch thick strips
- 1 cup cottage cheese
- 1 egg, beaten
- ¾ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese

**Total Time: 1 hour 25 minutes**

**Makes 8 servings.**

<https://www.allrecipes.com/recipe/73964/summer-lasagna>



## Directions:

- **Step 1**  
Preheat oven to 350 degrees. Lightly grease a medium baking dish.
- **Step 2**  
In a skillet over medium heat, cook the ground beef until evenly brown. Drain juices. Mix the onion, green bell pepper, carrots, garlic, and tomato sauce into the skillet. Season with oregano, basil, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer 10 minutes, until vegetables are tender.
- **Step 3**  
In the bottom of the prepared baking dish, layer 1/2 the **zucchini** strips. In a bowl, beat together the cottage cheese and egg, and spread over the **zucchini**. Scoop 1/2 the beef mixture over the cottage cheese and egg mixture, and sprinkle with 1/2 the mozzarella cheese. Layer with remaining **zucchini**, beef mixture, and mozzarella. Top with Parmesan cheese.
- **Step 4**  
Bake 45 minutes in the preheated oven. Allow to sit 10 minutes before slicing to serve.

# What's New At BioSport?

We have new interns that have joined our team! They are assisting our PTs/PTAs as they gain experience for their PT programs. They are all interested in learning more about physical therapy and patient care.

We want to thank all of our college interns for their time, passion and giving spirits!

Make sure you say hello during your next visit!



Mj Solis  
UC San Francisco



Yaudi Flores  
Institute of Technology



Desiree Torrecampo  
UC San Francisco



Meet our newest technician! Recent graduate of Chico State  
Connor can't wait to get to know you!

Call us  
today at  
209-524-7488!

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CONGRATS TO STRAT AND SHAUNA!  
WE WANT TO WELCOME OUR NEWEST  
MEMBER OF THE BIOSPORT FAMILY!

It's a Little Ladybug!



Call us today for a free evaluation at 209-524-7488!  
We are open M-F 7-7 and on Saturdays 7-2!

# BioSport's Employee of the Month

Make sure you  
congratulate her next  
time you come in!

## BIOSPORT CELEBRATES SYDNEY BRANSON EMPLOYEE OF THE MONTH



[WWW.BIOSPORTPHYSICALTHERAPY.COM](http://WWW.BIOSPORTPHYSICALTHERAPY.COM)

**SYDNEY IS A SACRAMENTO STATE GRADUATE WITH HER BA IN LIBERAL STUDIES. SHE HAS A STRONG LOVE FOR KIDS AND IS PLANNING TO COMPLETE HER CREDENTIAL PROGRAM AT STANISLAUS STATE TO BECOME AN ELEMENTARY SCHOOL TEACHER. IN HER FREE TIME, SHE LOVES TO SPEND TIME WITH FAMILY AND FRIENDS AND TRAVEL AS MUCH AS POSSIBLE!**

**SYDNEY JOINED THE BIOSPORT TEAM AS A FULL-TIME RECEPTIONIST. SHE IS ALWAYS EXCITED TO GET TO SEE NEW FACES AND BUILD RELATIONSHIPS WITH ALL BIOSPORT TEAM MEMBERS. HER FAVORITE PART ABOUT WORKING AT BIOSPORT IS THE HIGH ENERGY AND POSITIVITY SHE IS SURROUNDED BY AS WELL AS WORKING WITH SOME OF HER LONG-TIME CLOSE FRIENDS.**



★ ★ ★ Kim is the winner of our monthly raffle! We appreciate you! Thank you for your amazing GOOGLE REVIEW! ★ ★ ★

Wowzies!! I absolutely love BioSport. From the wonderful staff at the front desk (shout-out Ladonna) to the hardworking physical therapists (Alex and Brittanie) and not to forget the aids. This whole team and atmosphere is so welcoming and positive. I suffered from pain due to a surgery that went wrong. My shoulder, arm, and back on my left side was completely immobile. I thought I was going to be broken forever. They gave me hope when I thought there was none. Since I started physical therapy at BioSport I feel more confident and stronger than ever before. I haven't been able to do kickboxing in over 5 years and I am now on the floor sparring with Strat (who is amazing and personable). The team at BioSport are no longer just a place I go to feel better, they are part of my family who I look forward to seeing every week. Thank you everyone!! ❤️

~Kim Brown

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Thank you for such a wonderful review! We are thrilled you are part of our BioSport family! We appreciate you!



# IT'S SUMMERTIME!

**WEAR YOUR BIOSPORT SHIRT AT  
YOUR FAVORITE SUMMER  
VACATION SPOT AND TAKE A  
PICTURE.**

**YOU WILL BE ENTERED INTO  
OUR RAFFLE TO WIN A  
BUNDLE OF LASER TREATMENTS.**

★ ADD ★  
YOUR NAME  
AND LOCATION  
FOR POSTING/  
ENTERING OUR  
RAFFLE!



**TO ENTER, SEND YOUR PICTURE (BY AUGUST 31ST) TO:  
SUZETTE@BIOSPORTPHYSICALTHERAPY.COM**



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