



BioSport Bulletin

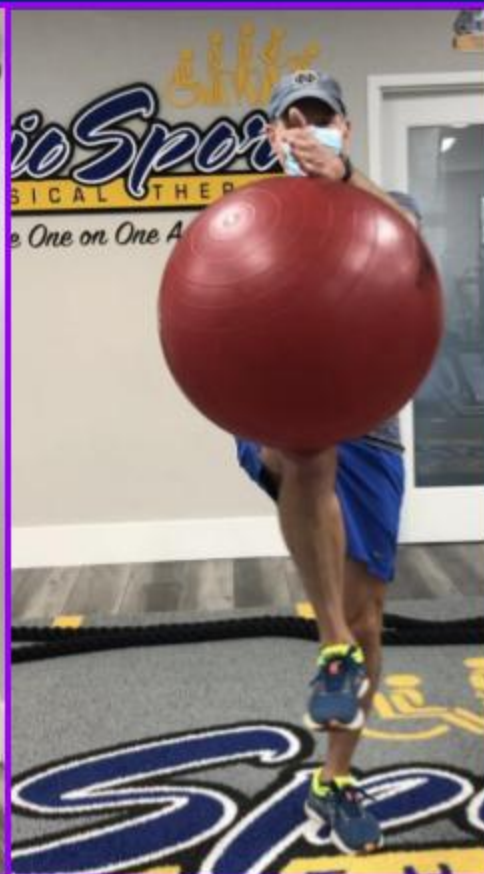
June Newsletter

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Call us
today:
(209)
524-7488

4341 Spyres Way, Modesto



www.biosportphysicaltherapy.com

In the Spotlight: Parkinson's Disease

Parkinson's Disease

What is Parkinson's Disease?

Parkinson's disease is a progressive, neurological disorder that affects the nerve cells in the brain. Common symptoms of Parkinson's disease include slurred speech, irregular facial expressions, and severe tremors.

Fortunately, physical therapy can help slow the progress of Parkinson's and provide relief for symptoms. It also helps to improve flexibility and strength by addressing several issues that Parkinson's disease may cause, including abnormal gait, freezing, and dystonia.

Are You Living with Parkinson's Disease?

The physical therapists at Biosport Physical Therapy are specialized in the treatment of patients who suffer from movement difficulties, either due to an injury or ailment surrounding the nervous system.

Our specialists will assess your situation and develop the best plan of care for your needs.

The goal of physical therapy for neurological disorders is to restore as much function as possible, in order to help you regain independence and move freely.

We can help you find comfort in the fact that you will be receiving treatment from experts in the field.

For more information on how our Modesto physical therapy services can benefit you and help you reclaim your life, **request an appointment today!**

The role of **physical therapy** is to **help** you keep moving, while enhancing the ability to move. Recent research suggests that **physical therapy** – including gait and balance training, resistance training and regular exercise – **helps** improve or hold the symptoms of PD at bay.



solo^{step}

Call us at 209-524-7488!

**Movement/
Mobility
Exercises**

BOXING

**BALANCE
EQUIPMENT**

**Cueing
Strategies**

**Body- Weight
Supported
Exercises**

**Stretching,
Flexibility,
Strengthening**

Tip of the Month:

Posture While Using Devices

"Text neck" is a term that has been coined to describe the posture formed by leaning forward for prolonged periods, for example when viewing a cellphone while reading and texting, reported to cause stress injuries. This posture often results in cervical and shoulder pain, headaches and thoracic hyperkyphosis.



Everyone is texting, working on their laptop or other devices these days. Be mindful of your neck. Using your device with poor posture can cause increased pressure on the spine which leads to stiffness, headaches and neck pain. Hold the screen at eye level to avoid putting your head and shoulders in a hunched position. Nobody wants "text neck"! Thank you Monica for demonstrating for us!

Call us today!
524-7488



Healthy Recipe of the Month: Barbecue Pork Cobb Salad

Thank you to Dr. Alex's grandma for sharing. She loves Taste of Home recipes and she says this one gets 5 stars!

Ingredients:

1 ¼ cups barbecue sauce
½ tsp garlic powder
¼ tsp paprika
1 ½ pounds pork tenderloin
12 cups chopped romaine
3 plum tomatoes, chopped

2 avocados, peeled and chopped
2 small carrots, thinly sliced
1 medium sweet red or green pepper, chopped
3 hard-boiled large eggs, chopped
1 ½ cups shredded cheddar cheese
Salad dressing of your choice

Directions:

1. In a greased 3 quart slow cooker, mix barbecue sauce, garlic powder and paprika. Add pork; turn to coat. Cook, covered, on low 4-5 hours or until pork is tender.
2. Remove pork from slow cooker; shred into bite-sized pieces. In a bowl, toss pork with 1 cup barbecue sauce mixture. Place romaine on a large serving platter; arrange pork, vegetables, advocado, eggs, bacon and cheese over romaine. Drizzle with dressing.

Total Time:

Prep: 30 min.

Cook: 3 hours

Makes 6 servings.



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What's New At BioSport?

Meet Tai Barcellos "Tie"

She is working in the front office as our new Co-Office Manager.

Tai Barcellos is a graduate of the University of the Pacific's Eberhardt School of Business. She continued her studies and earned her Master's in Human Resources and Management from American Intercontinental University.

Detail-oriented, and a lover of organization, she enjoys the fact that she is able to assist patients in understanding their insurance benefits and obtaining the information necessary for them to be utilized. In her free time she enjoys baking, music, and doing art projects with her daughter and son.



Make sure you say hello during your next visit!

Meet our newest technician! Recent graduate of UC, Los Angeles! Rain can't wait to get to know you!



Rain

We have new volunteers that have joined our team! They are all interested in learning more about physical therapy and patient care. They have been so helpful in assisting our technicians and keeping our clinic super clean. We want to thank all of our volunteers for their time, passion and giving spirits!



Diane



Conner

Meet BioSport's new Physical Therapist Assistant!



MEET OUR NEW PHYSICAL THERAPIST ASSISTANT!

Kenneth
Gimeno-Brown,
PTA



First Day
with the
team!!



- GRADUATE OF CARRINGTON COLLEGE
- GRADUATE OF CSUS
- KNOWLEDGEABLE
- LOVES WORKING WITH PEOPLE
- FRIENDLY, CARING
- ATHLETIC
- TEAM PLAYER

Make sure
you say hello
to Kenny!



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

BHAVIK



Make sure you
congratulate him next
time you come in!

**BIOSPORT CELEBRATES
BHAVIK DUTT
EMPLOYEE OF THE MONTH**



WWW.BIOSPORTPHYSICALTHERAPY.COM

BHAVIK DUTT-PHYSICAL THERAPY TECHNICIAN

BHAVIK IS CURRENTLY A SENIOR AT STANISLAUS STATE UNIVERSITY AND IS PURSUING A DEGREE IN KINESIOLOGY WITH A CONCENTRATION IN REHABILITATION SCIENCE. HE HAS PLANS TO APPLY FOR PHYSICAL THERAPY SCHOOL AFTER HE GRADUATES FROM STANISLAUS STATE. HIS FAVORITE PART ABOUT WORKING AT BIOSPORT IS THE INTERACTIONS HE HAS WITH THE PATIENTS AND HEARING THEM TALK ABOUT HOW PHYSICAL THERAPY HAS HELPED THEM. IN HIS FREE TIME, HE LIKES TO PLAY HIS KEYBOARD, WORK OUT AND TRY NEW ACTIVITIES.

Great place for therapy!



They have helped me so much!

~Deb Gusman

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

Call Today:
(209) 524-7488



4341 Spyres Way, Modesto

Or use our appointment link:
<https://keap.app/contact-us/4755100519461567>



I first want to thank this outstanding team of professionals for all that they do for this community and patients in general. The men and women at BioSport have really turned my life around. They brought me back from little to no maneuverability to full range of motion. I want to thank you all and I really appreciate the team for everything!

-Joshua

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



STUDIOFit
50+

Got Shoulder Pain?

We are partnering with **Studio Fit 50+** to present a free shoulder workshop to learn about the shoulder anatomy, symptoms and strategies for pain relief!

STUDIOFit
50+



STUDIO FIT 50+
937 Coffee Rd
MODESTO
(209) 499-3125



BioSport Physical Therapy
**IT'S FREE SHOULDER
WORKSHOP TIME!**

Thursday, June 16th
6:00 p.m. at
Fitness Studio 50+

**CALL TODAY TO
SAVE A SEAT!
STUDIO FIT 50+
209-499-3125**



www.biosportphysicaltherapy.com



<https://biosportphysicaltherapy.com/physical-therapy-services/shoulder-pain/>