



BioSport Bulletin



August Newsletter

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WE ARE **HERE** FOR YOU.



Call us
today:
(209)
524-7488

4341 Spyres Way, Modesto

In the Spotlight: Fibromyalgia

If you are suffering from chronic pain that is accompanied by fatigue, changes in mood, or irregular sleep patterns, you may be dealing with a more serious physiological condition, known as fibromyalgia.



The exact causes of fibromyalgia are still unclear, although some medical experts believe it may be caused by an overactive sympathetic nervous system – the part of your body that elicits “fight or flight” responses. This theory makes sense, as people tend to develop their first symptoms of fibromyalgia after experiencing a physically or emotionally traumatic event, though it has never been scientifically proven.

Fibromyalgia is somewhat of an umbrella term used to describe someone who is experiencing a certain combination of symptoms. Some people who develop fibromyalgia begin with chronic bouts of stress or depression, while other symptoms build over time. Fibromyalgia also tends to affect more women than men, and your likelihood of developing it increases if you have a family member with the same condition.

Range-of-Motion
Activities

Electrical
Stimulation

Trigger
Point
Therapy

Pain
Management
Education

Stretching
Exercises

Our BioSport team will examine your physical abilities, analyze your medical history, and discuss your current symptoms, in order to design a treatment plan that will fit your unique needs.

Muscle
Strengthening

Massage

Cardiovascular
Exercises

Breathing
Exercises

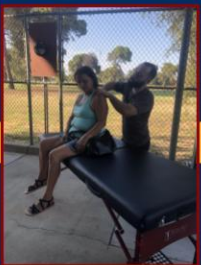
Call for your
FREE evaluation
today!

Call us at 209-524-7488!

Fun Times at the NUTS game!



Community Partners!



Tip of the Month: Standing Posture



Pain is often caused by extended hours of poor posture. Many of us have more device time for work and leisure. Slouching can lead to neck and back issues.



Practicing good posture engages your core, opens up your diaphragm to help you breathe better. It gives organs room they need for digestion.

Straightening and maintaining good posture can help increase energy, productivity and even reduce stress.



What's New At BioSport?

We have new volunteers that have joined our team! They are assisting our technicians. They are all interested in learning more about physical therapy and patient care. They help keep our clinic clean!

Make sure you say hello during your next visit!



Meet Daisy!



Meet Jose!



Meet Andrew!

We want to thank all of our volunteers for their time and talent!

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 our college interns for their time, passion and giving spirits!



Meet Joseph! U.O.P!

Call us today at
209-524-7488!



Meet Saray! U.O.P!

Healthy Recipe of the Month: **Chicken Street Tacos**

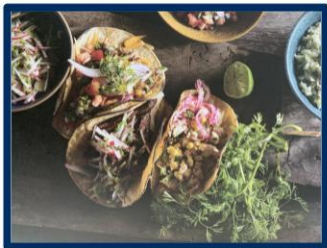
Ingredients:

Shredded chicken:

- ~1 tsp chili powder
- ~1 tsp ground cumin
- ~1 tsp kosher salt
- ~½ tsp garlic powder
- ~½ tsp freshly ground
- ~black pepper
- ~½ tsp smoked paprika
- ~6 boneless, skinless chicken breasts (6 to 8 ounces each)
- ~½ cup chicken broth

Tacos:

- ~One 15.25 ounce can corn kernels, drained
- ~½ cup crumbled Cotija cheese
- ~½ cup pickled red onion
- ~¼ cup chopped fresh cilantro
- ~Juice of 2 small limes
- ~1 tsp chili powder
- ~1 tsp kosher salt
- ~½ tsp freshly ground pepper
- ~8 to 10 corn tortillas



Directions:

Step 1: For shredded chicken: Preheat oven to 375 degrees.

Step 2: In a small bowl, mix together the chili powder, cumin, salt, garlic powder, pepper and smoked paprika.

Step 3: Place the chicken breasts in a 9 X 13 inch baking dish and season them thoroughly with the spice mixture. Slowly pour the chicken broth onto the bottom of the dish (so as not to disturb the spices) and cover with foil.

Step 4: Bake until cooked through, 35-40 minutes. Set aside to cool for 5 minutes, then shred the chicken with forks and return to the juices in the baking dish until ready to serve.

Step 5: To make the tacos: In a medium bowl, stir together the corn, Cotija, pickled red onion, cilantro, lime juice, chili powder, salt and pepper.

Step 6: In a medium skillet over medium-high heat, char the tortillas for 1 minute on each side, until browning begins. You want the tortillas to still be pliable, not hard or crispy.

Step 7: Layer the chicken and corn mixture in the tortillas and serve.



Thank you to
Monica
for sharing a recipe
that she loves!!!!



Prep Time: 15 minutes
Cook Time: 35-40 minutes
Cool Time: 5 minutes
Makes 4-5 servings!

www.biosportphysicaltherapy.com



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

**BioSport is partnering with the Modesto NUTS baseball team this year!
Go NUTS!!**



NIGHT AT THE NUTS GAME!



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



This place is amazing! Everyone is dressed very professional. The building and the client rooms are exceptionally clean. The employees know to work with all types of patients. I have been to almost every therapy place in Modesto over the last five years. There's is no comparison. Angie is an exceptionable physical therapist.



~Shelia Hines

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

BioSport's Employee of the Month

Make sure you
congratulate him next
time you come in!



BIOSPORT CELEBRATES GUSTAVO HERNANDEZ EMPLOYEE OF THE MONTH-JULY



GUSTAVO (GUS) IS AN ALUMNI FROM CREIGHTON UNIVERSITY, WHERE HE OBTAINED A DEGREE IN MATHEMATICS. SOME AREAS OF RESEARCH INCLUDE ATOMIC PHYSICS AS WELL AS ALGEBRAIC GEOMETRY. YOU'RE PROBABLY ASKING, "WHAT ARE YOU DOING IN PHYSICAL THERAPY?!" AS A COMPETITIVE OLYMPIC WEIGHTLIFTER, GUS HAS SUSTAINED A FEW INJURIES THAT HAVE KEPT HIM OFF THE COMPETITION PLATFORM, SO HE IS AWARE OF THE STRUGGLES AND FRUSTRATIONS THAT INJURY CAN BRING TO EVERYDAY LIFE. THIS IS WHAT DRIVES GUS' PASSION FOR HELPING THOSE THAT ALSO HAVE SUSTAINED CHRONIC INJURIES. WITHIN THE NEAR FUTURE, GUS HOPES TO COMPETE AT THE US NATIONALS OLYMPIC WEIGHTLIFTING COMPETITION AS WELL AS BE ON HIS WAY TO A DOCTORATE DEGREE IN PHYSICAL THERAPY.

WWW.BIOSPORTPHYSICALTHERAPY.COM

BioSport
PHYSICAL THERAPY
The One on One Approach!



More details
to come!



SAVE THE DATE:
OCT. 24th

SUPPORTING SURVIVORS, THRIVERS, AND CAREGIVERS

BioSport Physical Therapy staff and interested clients are invited to walk/run in the *Making Strides* Event on Oct. 24th. We have a team and will be taking donations for the event. You can donate even if you are not planning on joining us. Start saving your coins now for the big day on Oct. 24th!

It will be fun!

Let me know if you are interested!
suzette@biosportphysicaltherapy.com



SUNDAY, OCTOBER
24, 2021

Registration: 9:00 am
Walk: 10:00 am



MODESTO JUNIOR
COLLEGE-WEST
CAMPUS

Modesto, CA



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