

BioSport
PHYSICAL THERAPY

The One on One Approach!

4341



SEPTEMBER 2021

BIOSPORT BULLETIN

biosportphysicaltherapy.com

What is Inside?

IN THE SPOTLIGHT:
CRYOCUP ICE MASSAGE

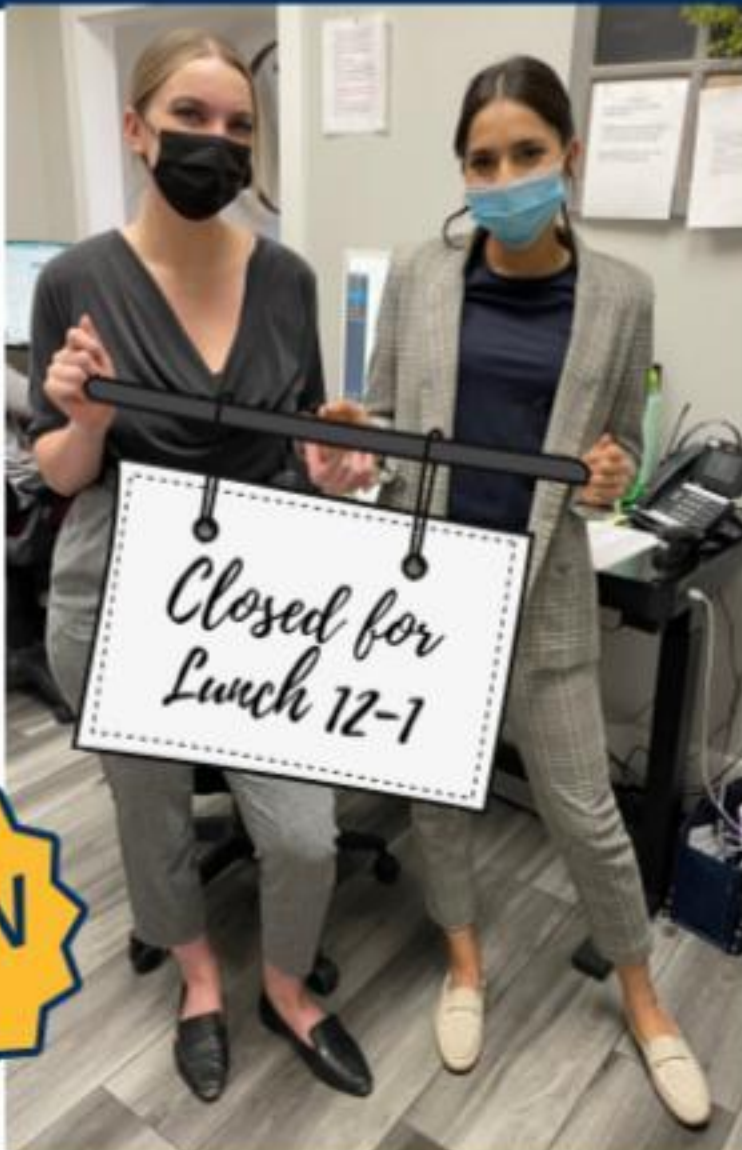
TIP OF THE MONTH:
ICE VS. **HEAT**

RECIPE OF THE MONTH:
KETO ALMOND FLOUR BREAD

WHAT'S NEW AT
BIOSPORT?

TESTIMONIALS

SAVE THE DATE!



4341 Spyres Way, Modesto

209-524-7488

In the Spotlight: Cryocup Ice Massage



Treats acute injuries-strains, sprains and muscle spasms!



Treats pain and inflammation due to osteoarthritis and other musculoskeletal conditions.



Minimizes joint stiffness and muscle weakness.

Ice Cupping can be one of the most important immediate treatment steps. Applying ice to a soft tissue injury can help reduce swelling and inflammation by reducing blood flow to the injured area. It stimulates oxygenation and detoxification of blood while promoting a feeling of lightness and relief of pressure. It detoxifies metabolic debris in muscle tissue, fascia and skin.



Reduces swelling and inflammation.

5 minutes to PAIN relief!



Treats contusions and bruises.

Call for your evaluation today at 209-524-7488!

What's New At BioSport?

Stefany Ruelas, Receptionist

Stefany graduated high school the year of 2019. She attended MJC right after high school to do her GED. Stefany's goal is to one day return to college and find something she is really passionate about. Stefany is also bilingual in Spanish and English.

Stefany is a really caring person who loves to spend time with her friends and family, she is very organized and willing to help others. She enjoys art and playing volleyball in her free time.

Make sure you say hello during your next visit!



Call us today at 
209-524-7488!

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Tip of the Month:

ICE VS. HEAT



ICE



HEAT

These are general suggestions. You may have issues that require specific use. We can help you with specifics at your visit with us.

Use ice to reduce inflammation, pain and blood loss. Ice reduces blood flow to area of injury by constricting blood vessels. You can use a cold pack or bag of vegetables in a towel (10-15 min every hour). Remove if skin appears white or frost bitten.

At onset of injury, apply ice for 15 to 20 minute sessions several times a day. Use in early days/weeks of injury.

Use ice for:

- ~ inflamed, hot, red or swollen tissue
- ~ after exercise
- ~ overexertion
- ~ muscle knots
- ~ acute injuries
- ~ fibromyalgia
- ~ relaxation
- ~ sprains
- ~ whiplash
- ~ recent surgery
- ~ muscle strains/tears

Avoid:

- ~ on areas of reduced sensation or blood flow
- ~ prior to tasks requiring balance or coordination

Use heat to relax muscles, reduce tension and pain. Heat increases blood flow to area of injury/pain by dilating blood vessels (improving flexibility of tight tissues). You can use heat pads or hot water bottles (15-30 minutes). Warm baths or showers can also help.

After swelling subsides, use heat to soothe tight muscles and relief pain.

Use heat for:

- ~ long standing conditions
- ~ warming up muscles before exercise
- ~ spasms
- ~ tight, stiff or torn (pulled) muscles
- ~ work out recovery (several hours later)
- ~ low back pain
- ~ neck tension
- ~ arthritis in hands/fingers
- ~ cramps (including menstrual)
- ~ arthritis-related discomfort
- ~ relaxation

Avoid:

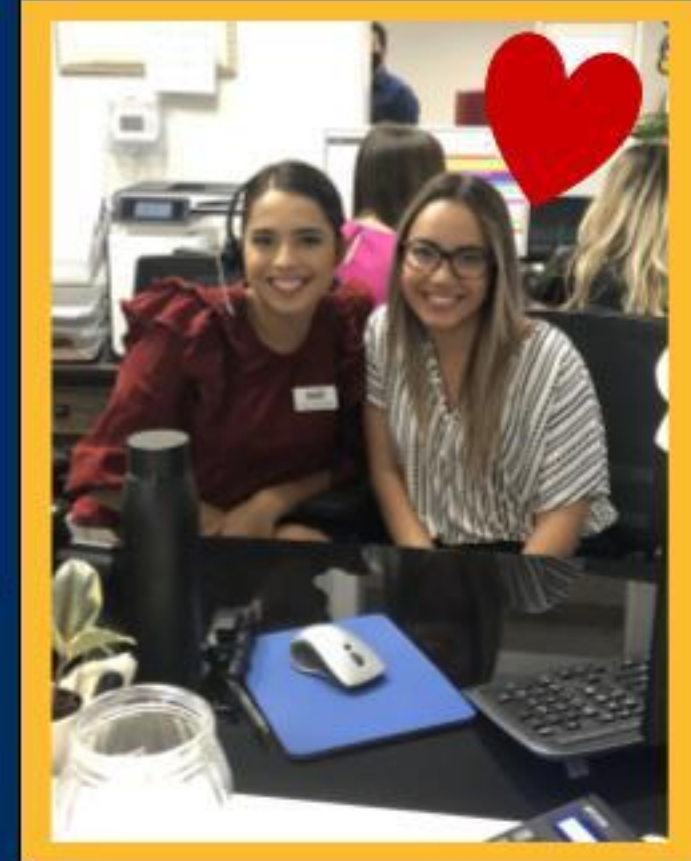
- ~ after recent injury
- ~ on open wounds
- ~ on areas that are reddened, bruised or swollen
- ~ on areas of reduced sensation

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your next visit!

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Jessica Garibay, Receptionist



Jessica graduated from California State University, Stanislaus and received her Bachelor of Arts in Criminal Justice with a concentration in Juvenile Justice. Jessica's career goal in the future is to one day work with at-risk youth to mentor and provide a support system for those in danger of becoming part of the juvenile system. Along with that, Jessica plans on returning to Stan State to receive her Master's Degree in the near future.

Jessica is bilingual in both English and Spanish, is goal-oriented, and loves to stay organized. Jessica's friendly, outgoing, and kind personality along with her desire to help others drove her to become a full-time receptionist at BioSport Physical Therapy. Jessica loves assisting those in need and working alongside others who do as well.

In her free time, Jessica loves working out, spending time with her family and friends, and creating new memories.

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Healthy Recipe of the Month:

KETO ALMOND FLOUR BREAD

Ingredients:

- 2 cups almond flour (not almond meal)
- ¼ cup Psyllium husk powder
- 1 T Aluminum-free baking powder
- ½ tsp salt
- ½ tsp garlic powder
- 1 tsp dry rosemary, slightly crushed
- 4 large eggs (beaten)
- ¼ cup olive oil
- ½ cup warm water

Thank you to
a sweet client for
sharing her recipe!



Directions:

1. Mix dry ingredients and set aside.
2. Beat eggs well and spoon stir into dry mixture.
3. Put water and oil into the measuring cup you had eggs in. Beat slightly with hand mixer on low, and pour into batter.
4. Using hand mixer on low, beat batter until well mixed.
5. Pour batter into a 7 ½ X 3 ¼ foil loaf pan, having lined just the bottom with a small strip of parchment paper.
6. Bake batter for 55 minutes, cover it with small strip of foil, then for 8 more minutes. If top crust is not hard, give it 5 more minutes.
7. Toothpick test will show clean before bread is fully baked.
8. Remove pan to a cooling rack on your counter.
9. Cool completely before slicing. Enjoy!

Prep Time: 15 min

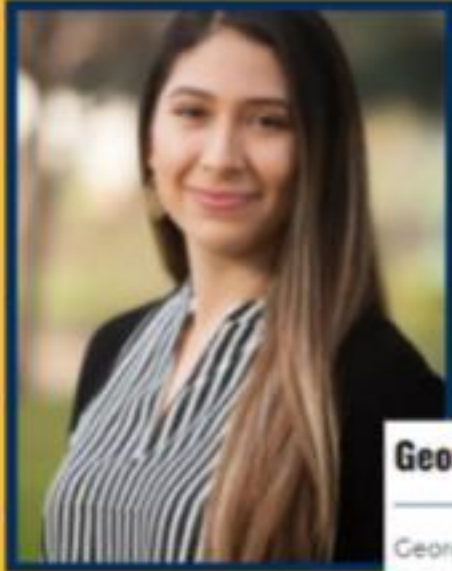
Cook Time: 1 hour and 10 minutes

Oven Temp: 350 Degrees

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BioSport's Employee of the Month

Make sure you
congratulate her next
time you come in!



BIOSPORT CELEBRATES GEORGINA OROZCO EMPLOYEE OF THE MONTH-AUGUST



Georgina Orozco, Physical Therapy Technician

Georgina Orozco is currently attending Stanislaus State University where she is working on completing her Bachelors of science in Exercise Science and a minor in Psychology. Georgina is part of the Tri-Alpha Honor Society as well as being a part of the Stanislaus State Honors Program. As a member of the Ronald E. McNair Program she is conducting research as an undergraduate along with a faculty member. Her current research entails a fine motor skill attentional focus study. She is also interested in research topics including bone degenerative chronic conditions.

Georgina was inspired to become a physical therapist due to the traumatic injury that her mother experienced when Georgina was four years old. The injury had an atrocious impact on her mother's vertebral column alongside other injuries. Georgina's mother is her hero and she is amazed everyday at how hardworking she is despite her physical limitations. Georgina saw the pain and suffering that the injury had on her mother and for that reason decided to pursue a career in physical therapy. Georgina is grateful for her current position as a physical therapist technician because it allows her to expand her pool of knowledge. Georgina enjoys working alongside goal driven people with fascinating personalities. She is very empathetic and appreciates the uniqueness of every patient.

Georgina enjoys working out and uses it as a way to release stress. Georgina is very competitive and is always willing to try new things. She enjoys spending time with her family, friends, and her three bull terriers. Georgina enjoys traveling and has had the opportunity to visit Mexico, Spain, England and Morocco. Georgina also enjoys listening to calming music and having deep thoughtful conversations.

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BOB IS THE WINNER OF OUR MONTHLY RAFFLE! WE APPRECIATE YOU! THANK YOU FOR YOUR AMAZING GOOGLE REVIEW!



**BOB WON
2 LASER
TREATMENTS!**

**WE ARE THRILLED
YOU ARE PART OF
OUR BIOSPORT
FAMILY!
WE APPRECIATE
YOU!**



I don't know where to start. Alex has put together the best team in the Physical Therapy business, all under one roof! I was having a lot of knee pain and my doctor referred me to BioSport. Alex evaluated me on my first visit and determined what the best course of action would be. I was so impressed with his knowledge and skill as he put together a plan to strengthen my knee. Each member of his team followed this plan and supported me throughout my recovery. They get to know you as a person and not just another client. Their end goal is for you to get stronger and get you back on your feet ASAP. I'll close by saying "YOU WILL NOT FIND A BETTER PHYSICAL THERAPY BUSINESS ANYWHERE!" Thanks to the entire staff for all you've done for me.



-Bob Shroyer

Summer Raffle Winners



**Thank you to Kristy, Stewart and Evelyn
for taking a fun summer picture
sporting their Biosport shirts!
They won a bundle of lasers!**



More details
to come!



SAVE THE DATE:
OCT. 24th

TEAM BIOSPORT!

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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