

BioSport
PHYSICAL THERAPY

The One on One Approach!

4341

4341 Spyres Way, Modesto

209-524-7488

OCTOBER 2021

BIOSPORT BULLETIN

biosportphysicaltherapy.com



What is Inside?

**IN THE SPOTLIGHT:
TMJ DYSFUNCTION**

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OF PHYSICAL THERAPY**

**RECIPE OF THE MONTH:
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**WHAT'S NEW AT
BIOSPORT?**

TESTIMONIALS

SAVE THE DATES!

Open M-F 7-7 and Saturdays 7-1!

In the Spotlight: TMJ DYSFUNCTION

DO YOU HAVE DIFFICULTY CHEWING OR SWALLOWING?

DO YOU HAVE PAIN IN THE TEMPLES OR AN EARACHE?

You may be experiencing TMJ Dysfunction.



DO YOU HEAR CLICKING NOISES WHEN YOU OPEN OR CLOSE YOUR MOUTH?

DO YOU HAVE PAIN AND STIFFNESS IN THE JAW AREA?

Temporomandibular joint dysfunction, also known as TMJ dysfunction, is a condition that causes pain and stiffness of the jaw joint and its surrounding muscles.

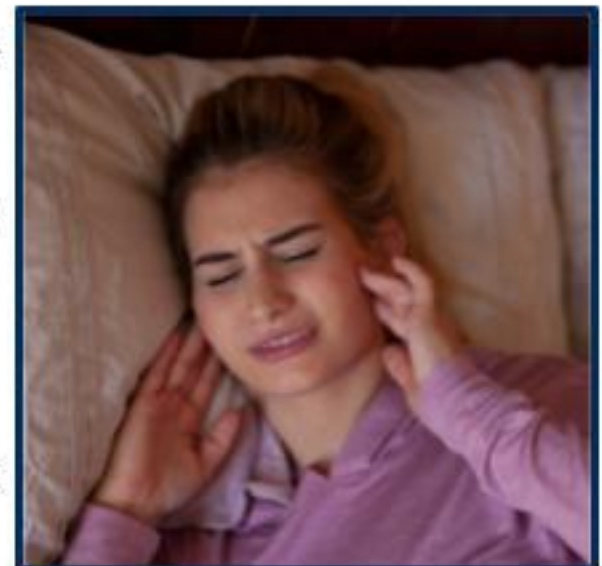
The temporomandibular joint connects your jaw to your skull. If there is an injury to this joint or it becomes damaged in any way, TMJ dysfunction may develop.

The temporomandibular joint is a complex and important structure composed of bones, tendons, and muscles that may cause you to feel pain on one or both sides of the jaw. This can make it very difficult to open your mouth, talk, yawn, and chew.

If you want to avoid taking pain-relieving medication and use a more holistic approach, physical therapy is perhaps one of the most effective treatments for TMJ dysfunction.

At your initial appointment with Biosport Physical Therapy, a comprehensive evaluation will be done on your neck, shoulder girdle, and thoracic spine in order to determine if those structures are causing your symptoms. Your physical therapist will analyze your jaw mobility and release muscle tension in the areas surrounding your neck and head.

Afterward, your physical therapist will create a treatment plan based on the nature of your symptoms and your specific needs. The goal of physical therapy is to restore your normal function and the interaction of the jaw muscles and joints. Your treatment plan may consist of any combination of methods and modalities, including jaw exercises, soft tissue massage, joint mobilization, myofascial techniques, electrical stimulation, or ultrasound.



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



Ten Tips

To Get the Most Out of Physical Therapy

1. **On your intake form and/or at your initial evaluation, share your history of pain, medication, surgeries and past care. Your PT can use this information to diagnose and create a plan of care.**
2. **Set big and small goals for yourself. Use the PT's suggestions and exercise plan to set goals. Your goals may include sports activity levels or being able to do activities needed to get through your day.**
3. **Be open to suggestions, new exercises and treatment options. There are so many amazing exercises, treatments and modalities that could be just right for you!**
4. **Attend all of your PT appointments and try everything suggested. Each time you come your PT will assess, treat and adjust according to your needs. Your appointment includes exercises, time with your PT/PTA and modalities.**
5. **Do all of your home exercises to continue gaining muscle strength and joint mobility. Repetition and consistency will help with your healing and progress with your goals.**
6. **Set up a time and space for your home exercises. If the exercises become a normal part of your daily activities, they will become habitual and uninterrupted. Setting a space will get you in the right mindset for a workout.**
7. **Speak up and share little details. Your PT/PTA will want to hear about your wins and losses. It will help them adjust your exercises and treatment plan.**
8. **Communicate if needed in between visits. Email is the best way to contact your PT/PTA. Our emails:**

alex@biosportphysicaltherapy.com
karandeep@biosportphysicaltherapy.com
brittanie@biosportphysicaltherapy.com
angie@biosportphysicaltherapy.com
kenneth@biosportphysicaltherapy.com
alan@biosportphysicaltherapy.com

9. **With online exercises provided by your PT/PTA and education by our staff, continue efforts after released to prevent future issues.**
10. **Call us if you have future issues so that we can reassess and continue efforts with your past care .**



Call us today at 209-524-7488!

Healthy Recipe of the Month:

Persimmon Cookies

Ingredients:

$\frac{3}{4}$ C unsalted butter
1 $\frac{1}{2}$ C sugar
2 eggs
1 tsp. baking soda
1 C persimmon pulp*
1 tsp. Vanilla
2 C flour
2 tsp. baking powder

$\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. cloves
1 tsp. cinnamon
 $\frac{1}{2}$ C coconut flakes
 $\frac{1}{2}$ C chopped walnuts
 $\frac{1}{2}$ C chocolate chips(MORE if you want!)
 $\frac{1}{2}$ C dried cranberries or raisins



**Thank you
Janice Hammond!
We love your cookies!!**

Directions:

Cream together unsalted butter and sugar. Add eggs, persimmon pulp, soda and vanilla. Continue mixing. Add flour, baking powder, salt, nutmeg, cloves, cinnamon, and then mix. Add coconut, chocolate chips, cranberries, nuts and then mix.

Drop by teaspoon onto greased cookie sheet. Bake at 375 degrees for 11-12 minutes depending on your oven's temperature setting.

Prep Time: 10 minutes
Cook Time: 11-12 minutes
Oven Temp: 375 degrees
Makes: 4 dozen

*Janice's Tips:

You can replace persimmon pulp with pumpkin.
You can freeze pulp from this fall's persimmon harvest for future treats!



Let me know if you have
a recipe to share!

Suzette@biosportphysicaltherapy.com

www.biosportphysicaltherapy.com

What's New At BioSport?

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

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



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

Call us today at 209-524-7488!

www.biosportphysicaltherapy.com

BioSport's Employee of the Month



**Make sure you
congratulate him next
time you come in!**



BIOSPORT CELEBRATES ODESCH BEHADO EMPLOYEE OF THE MONTH-SEPTEMBER



ODESCH BEHADO, PHYSICAL THERAPY TECHNICIAN

ODESCH BEHADO JUST GRADUATED FROM MJC WITH AN ASSOCIATE DEGREE IN NATURAL SCIENCE AND TRANSFERRED TO STANISLAUS STATE TO PURSUE HIS BACHELOR'S DEGREE IN EXERCISE SCIENCE. HELPING PEOPLE AND BECOMING A WITNESS OF THE CHANGE THAT HAPPENS TO THEIR LIVES, ESPECIALLY PAIN RELIEF ARE THE BIGGEST MOTIVATIONS THAT MADE HIM CHOOSE THIS FIELD.

IN ADDITION, ODESCH ENJOYS THE TYPE OF WORK THAT HE DOES, ESPECIALLY LEARNING AND TEACHING EXERCISES TO PATIENTS, SHARING NEW INFORMATION WITH PATIENTS, AND THE MOST IMPORTANT POINT IS THAT HE WORKS WITH PEOPLE THAT SHARE THE SAME PASSION AND INTEREST. IN HIS FREE TIME, ODESCH LIKES TO LEARN NEW EXERCISES AND INFORMATION TO SHARE LATER WITH PATIENTS, SHARE HIS TIME WITH FAMILY AND FRIENDS, PLAY ON THE PIANO, WATCH COOKING VIDEOS BECAUSE FOOD MAKES HIM HAPPY.

 Thank you to Odesch for donating his bonus to our Breast Cancer Awareness Fundraiser!



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



What a friendly place! Such a nice change for a Doctor's office. On time, they acknowledge you when entering and spent quality time in diagnosing and treatment. Thank you Dr. Allen, Christian and Suzette!

~Judy Stephens

www.biosportphysicaltherapy.com

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



CONGRATULATIONS GUS!



WE WISH YOU ALL THE BEST AT BOOTCAMP!



WE LOVE YOU AND WILL MISS YOU VERY MUCH!



Congrats to Tierra Caliente soccer team of Modesto! They won the Friday Night Men's Championship 2021! Our BioSport team was proud and honored to sponsor you this year!

AT BIOSPORT,



Saturday
October 23rd!

9:00
MJC
2201 Blue Gum



WE FIGHT TOGETHER!

Join us on Oct. 23rd at 9:00 at MJC (2201 Blue Gum) for
'MAKING STRIDES Against Breast Cancer' Walk!

BioSport Staff and Clients are teaming up for a fundraiser walk!

If you are interested in joining us or giving a donation-
call Suzette at BioSport--209-524-7488 Ext. 4!



To join us, call Suzette at 209-524-7488.

To make a donation:

Use the donation link: <https://tinyurl.com/3kk8cpx4>

Type 'Suzette Stavrianoudakis' to find our team, click our team and donation page will be available. Thank you for your support!





BIOSPORT'S HALLOWEEN COSTUME CONTEST

OCTOBER 28TH AND 29TH

**EVERYONE WEAR
YOUR BEST
COSTUME TO YOUR
APPOINTMENT!**



**STARBUCKS PRIZES
FOR FIRST,
SECOND AND
THIRD PLACE!**



The One on One Approach!

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