

BioSport
PHYSICAL THERAPY
The Love Language

4341

4341 Spyres Way, Modesto

209-524-7488

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BIOSPORT BULLETIN

biosportphysicaltherapy.com



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AND RELIEVE PAIN**

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TURKEY PESTO QUESADILLAS**

**WHAT'S NEW AT
BIOSPORT?**

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EVENT PICS!**

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

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.



Some of the most common pelvic conditions that physical therapy treatments include:

Postpartum pelvic pain

Pain following abdominal surgery

Endometriosis

Urinary incontinence

Constipation



Painful Intercourse

Infertility Problems

Pelvic Organ Prolapse

Dyspareunia

Diastasis Recti

How will I benefit?

The muscles, tendons, and ligaments that comprise the pelvic floor all serve an extremely important purpose, as they support the core of your body. 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 our qualified physical therapists will create 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.

BioSport is equipped with the resources necessary for treating all forms of pelvic pain. In many cases, our treatment methods can help provide relief and recovery for problems that patients have been facing for years. If your pelvic pain is limiting you, contact us today to begin your path toward long-lasting relief!

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

5 Tips to Boost Energy and Relieve Pain

Simple Things You Can Do Each Day For Better Health!



If you've been struggling with pain and are looking for lasting relief, our physical therapists can help you out. With a customized physical therapy treatment plan, you will learn highly effective ways to manage your pain and boost your overall energy levels. Our team is equipped with the skills to help you live a pain-free life at last.

Contact Biosport Physical Therapy today at 209-524-7488 to learn more and schedule your visit with us!

Below we've listed 5 helpful tips you can implement to gain more energy and relieve acute or chronic pain:

- 1. Take Time Breathe** Obviously, you're breathing all the time, however, it's not focused breathing! Your physical therapist will show you how practicing focused breathing techniques can help relieve your pain and give you an energy boost during the day. Every few hours, make sure you take a moment to yourself to stop, shut your eyes, and breathe. Breathe in deeply through your nose. Make sure your lungs are as full as possible, and then breathe out through your mouth. Let a bit of air out through your lips by keeping them lightly pursed, and focus on nothing but your breathing for a few minutes. You'll be shocked at how much of a difference it can make with your energy and stress levels!
- 2. Change How You're Sitting** The way you sit can have a massive impact on your pain and energy levels. Your physical therapist might recommend that you change the way you're sitting to relieve pain. A lumbar cushion behind your back can help relieve pressure in your lower back region. By avoiding pain, you'll feel less zapped of energy at the end of the day. Your physical therapist will be able to offer a specialized treatment plan full of tips and exercises to help you adjust your sitting habits at home and in your work environment. It's also important to make sure you're not sitting for prolonged periods without breaks. According to the Mayo Clinic, "Research has linked sitting for long periods of time with a number of health concerns. They include obesity and a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels — that make up metabolic syndrome." This goes hand in hand with #2! Be sure to take breaks at work and get up to move around!
- 3. Moving and Grooving** Most of us underestimate how critical it is to move around a lot every day. This is something physical therapy will make very clear to you! When you are in pain, it might be instinct to curl up in the fetal position on your side, but that's the worst option you can choose. Forcing yourself to get up and walk around a bit every hour is a better choice, even if you just take a simple walk around the room. This can help relieve your pain immensely, and give you an extra boost of energy.
- 4. Good Posture Is Key** If you make improvements with your posture it can make a massive difference with your overall health. A physical therapy program can help you improve your posture, and this is something you can also carry out long term. Sitting and standing with your shoulders back, chest out, and a straight spine is a good start. Avoid sitting slumped over a book, desk, or your computer at work! Your physical therapist can guide you towards proper posture habits that will help relieve pain and pressure.
- 5. Drink More Water** It is recommended that we drink about an ounce of water for each pound we weigh each day! That seems like a lot, but it normally averages out to be around 7-8 glasses. Drinking enough water will prevent you from dehydrating, and this will allow you to avoid muscle cramps, headaches, fatigue, and constipation. Water is always the healthiest drink option, so make sure you keep a full bottle or thermos near you at all times during the day. You will notice that the more water you drink, the less pain you feel, and the more energy you have. The added bonus is that it can help you keep your appetite under control so you're less likely to gain unnecessary weight.



Call us today at 209-524-7488!



Healthy Recipe of the Month:

Italian Turkey Meatballs

Ingredients:

- $\frac{3}{4}$ pound ground turkey
- $\frac{3}{4}$ pound ground Italian sausage
- 2 eggs
- 2 T Parmesan grated cheese (locatelli*)
- $\frac{2}{3}$ C bread crumbs
- $\frac{1}{2}$ tsp powdered garlic
- $\frac{1}{4}$ C finely chopped onion or $\frac{3}{4}$ tsp onion powder

Thank you Diane for your recipe! We can use this one after Thanksgiving!



Directions:

- ~Mix and make your meatballs
- ~Do not pack them tightly
- ~Fry them in olive oil until deep golden brown.
- ~Cook the meatballs in Mezzetta Sauce (spaghetti sauce of choice) for at least 45 minutes on simmer.

*Diane's Tip:

Best parmesan cheese is Locatelli from Sciabica's

Prep Time: 15 minutes

Cook Time: 45 minutes

Stove Temp: simmer

Makes:



Let me know if you have a recipe to share!

Suzette@biosportphysicaltherapy.com

www.biosportphysicaltherapy.com

Healthy Recipe of the Month: Turkey Pesto Toaster Quesadilla

Ingredients:

- 1 large tortilla
- 1 T pesto, plus 1 teaspoon
- 1 mozzarella string cheese or sprinkle $\frac{1}{4}$ C mozzarella
- 1 T roasted red pepper (chopped)
- 2 thin slices of turkey

*Tasty Recipe sent in by a client for after Thanksgiving



Directions:

1. Spread the pesto evenly over the tortillas with a butter knife.
2. Peel the mozzarella string cheese into strips. Place the cheese and roasted red peppers over the top half of the tortilla. Top with the turkey.
3. Fold the tortilla in half from the bottom, then fold in the sides, being careful not to tear the tortilla
4. Toast on medium high , until golden brown. Watch to make sure it doesn't burn. Let cool for 1-2 minutes before removing from the toaster.

Prep Time: 10 min

Cook Time: 1-2 min

Toaster or toaster oven

Makes: 1



Let me know if you have
a recipe to share!

Suzette@biosportphysicaltherapy.com

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What's New At BioSport?

*Meet our
new
receptionist,
Alyssa!*



**Make sure you
say hello during
your next visit!**

Alyssa is a recent graduate of Beyer High School here in Modesto and is a future student of Stanislaus State University. She has played softball since she was 10 and loved playing for the Patriots. She was often around physical therapists due to her and her mother's injuries. She was impacted by how much they wanted to help heal her and cure her injuries. At college, she plans to major in Psychology or begin Stan's wonderful nursing program! Before working at BioSport, she worked as a server in her hometown of San Francisco during her last year of school and hoped for a change in career paths. That is when she was introduced to the BioSport team and has felt at home ever since! In her free time, she loves to paint anything a paintbrush can touch and play music. She can currently play the piano and has been learning how to play guitar and bass guitar. One of her many goals for the next few years would be to have an opportunity to create a mural that expresses the love and admiration she has for her culture. She loves helping patients experience a great environment here at BioSport and looks forward to helping in any way she can.

www.biosportphysicaltherapy.com

**Call us
today at
209-524-7488!**

BioSport's Employee of the Month

Congrats Ricki!!

Make sure you
congratulate him next
time you come in!



BIOSPORT CELEBRATES RICARDO MARIN

EMPLOYEE OF THE MONTH-OCTOBER



RICARDO MARIN, PHYSICAL THERAPY TECHNICIAN
RICARDO GRADUATED FROM MANTECA HIGH SCHOOL AND IS CURRENTLY ATTENDING DELTA COLLEGE. DURING HIS TIME IN SCHOOL, HE WAS DEDICATED TO SOCCER. HE WAS INSPIRED TO WORK IN THE FIELD OF PHYSICAL THERAPY AFTER SUSTAINING INJURIES AND HAVING THERAPY TREATMENTS TO HELP WITH HIS HEALING. HE IS INTRIGUED BY THE WAY THE BODY FUNCTIONS AND THE HEALING PROCESS WITH TREATMENT. HE ALSO LOVES WORKING WITH PEOPLE. HIS EXPERIENCE IN CUSTOMER SERVICE AS A SERVER AND HIS TIME AT BIOSPORT HAVE GIVEN HIM A LOT OF EXPERIENCE WITH PERSONAL INTERACTIONS AND CUSTOMER CARE. HE HOPES TO PURSUE HIS DREAM OF BECOMING A PHYSICAL THERAPIST ONE DAY, HELPING OTHERS MEET THEIR THERAPY GOALS. HIS LIFE GOALS ALSO INCLUDE ENJOYING FAMILY, AND LIVING A LIFE FULL OF JOY AND HAPPINESS.

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

I had knee pain for years not realizing that physical therapy could help relieve my pain. Bio Sport Physical Therapy has been great they are so professional in manner as well as appearance. I love that they'll explain how and why when doing certain exercises so that you have a full understanding. I highly recommend Bio Sport Physical Therapy! Alex and his team are amazing!

~Jan Wilson

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



At BioSport, we FIGHT together!



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!



Halloween 2021!
Thanks everyone for participating
in our costume contest!



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AND THE WINNERS ARE:



BioSport
PHYSICAL THERAPY



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