

BioSport
PHYSICAL THERAPY

The Good Life Starts Here

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4341 Spyres Way, Modesto

209-524-7488

DECEMBER 2021

BIOSPORT BULLETIN

biosportphysicaltherapy.com

Happy Holidays!

We will be closed

Christmas Eve and Christmas Day

(December 24th-25th).

What is Inside?

**IN THE SPOTLIGHT:
POST COVID RECOVERY
TENSION HEADACHES**

**TIP OF THE MONTH:
EXERCISES YOU CAN DO AT
THE OFFICE**

**RECIPES OF THE MONTH:
GREEK CAULIFLOWER DELIGHT
HOLIDAY CROCKPOT CANDY**

**WHAT'S NEW AT BIOSPORT?
TESTIMONIALS
PICS!**

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

In the Spotlight: POST COVID RECOVERY

Patients with post COVID symptoms experience decreased strength and aerobic capacity. Others may experience increased symptoms due to stress and inactivity, thus putting them at a higher risk for falls, pain, depression and decreased quality of life. Our Doctors of Physical Therapy can address the needs of patients with long-lingering effects of COVID. BioSport Physical Therapy will help you get back to your normal work, social and recreational activities as well as prevent long term consequences.



**BioSport Physical Therapy
is here for you!
Our Doctors of
Physical Therapy will
develop a comprehensive
plan to get you on the road
to recovery!**

- ✓ Knowledge and Expertise/
Licensed Doctors
of PT
- ✓ Team Support
- ✓ Heart Rate Monitoring
- ✓ One on One Approach



- ✓ Strengthening,
Conditioning
Endurance,
Cardiovascular
- ✓ Safety Protocols
- ✓ Fall Prevention
- ✓ Proper Equipment/
State of the Art Gym

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

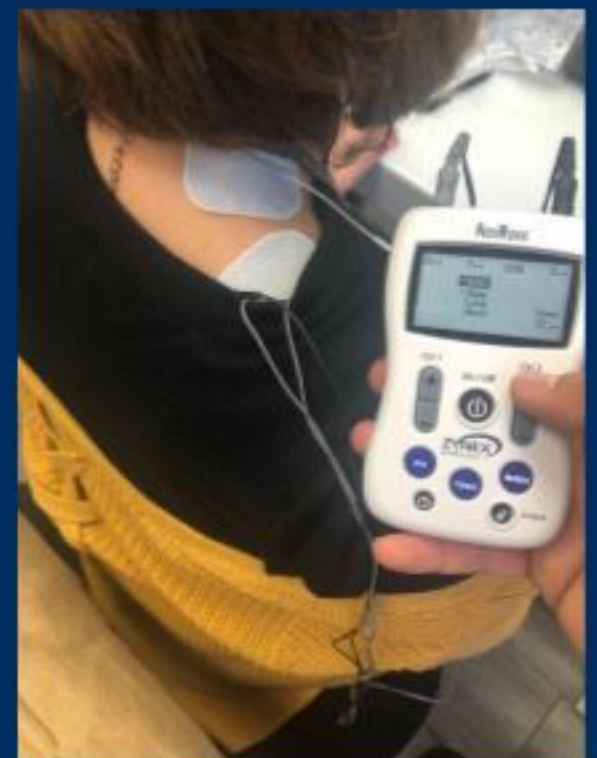


THERE'S NO TIME FOR TENSION HEADACHES!

ARE YOU EXPERIENCING A DULL, ACHY PAIN ALONG YOUR FOREHEAD, IN THE BACK OF YOUR NECK OR IN JAW AREA? YOU MAY HAVE A TENSION HEADACHE.

Tension headaches are caused by stressful situations (fight or flight mode), where chemicals are released that cause a variety of changes in the body that can lead to pain!

Our team at BioSport Physical Therapy can help with manual therapy, an individualized exercise plan and education on lifestyle changes/posture. Your plan may also include neck adjustments, muscle strength activities, traction and ice/heat therapy. We offer LASER too!



Exercises and Stretches You Can Do at Home or the Office!



Glutes and Abductors



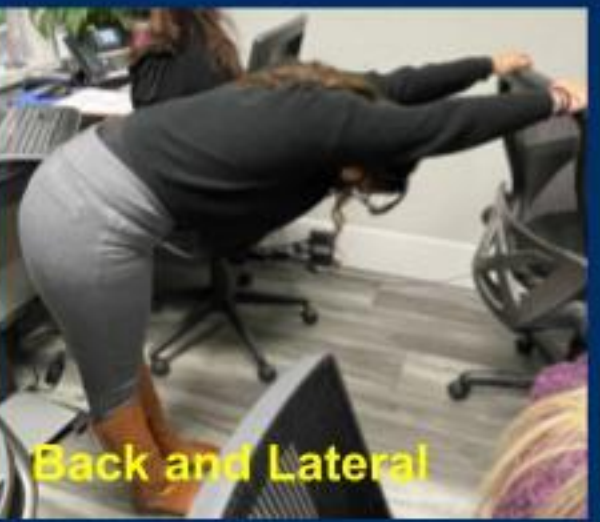
Tricep Dip



Back



Calves Stretch



Back and Lateral



Shoulder and Upper Back



Oblique



Back and Shoulder



Glutes and Abductors



Shoulder Shrug



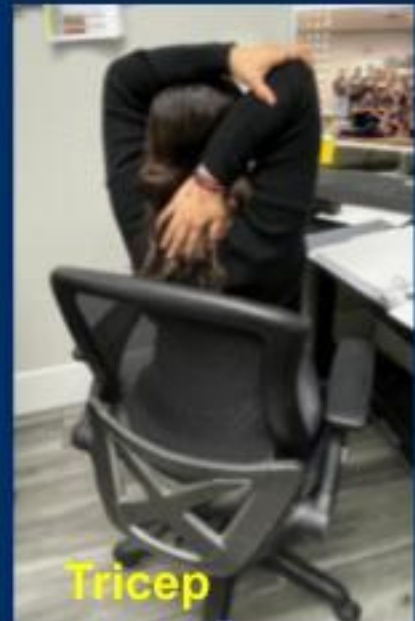
Neck



Chest Expansion



Legs



Tricep



Thank you to the BioSport front office for demonstrating!



Healthy Recipe of the Month: Greek Cauliflower Delight

Ingredients:

- ~1 large head of cauliflower
- ~4 cloves of garlic, cut into slivers
- ~½ cup bold extra virgin Greek olive oil
- ~4 tablespoons Grey Poupon mixed with sun dried tomatoes
- ~2 teaspoons Greek honey
- ~1 tablespoon balsamic
- ~salt and freshly ground pepper
- ~½ cup fresh chopped flat-leaf parsley leaves
- ~½ cup crumbled feta cheese
- ~lemon wedges for serving

**Thank you to
Liz Angelo for
sharing
Diane's recipe!
Perfect
addition to
your holiday
meal!**



Directions:

1. Preheat to 450 F. Line a baking sheet with parchment paper.
2. Remove the leaves from the cauliflower and cut off enough of the stem so that it is level with the bottom of the head, enabling the cauliflower to stand upright on the baking sheet.
3. Take a few slivers of garlic at a time and gently push them in between the florets, essentially stuffing the cauliflower all around with garlic.
4. Whisk together the olive oil, 2 tablespoons of mustard, the honey and vinegar and season with salt and pepper to taste.
5. Put the cauliflower on the prepared baking sheet and brush the entire outside and inside with the olive oil mixture. Roast the cauliflower until beautifully browned and tender, about 50 minutes to one hour. You can insert a long skewer inside the cauliflower to see if it is done. It should pass through smoothly.
6. Meanwhile, combine the parsley and feta in a small bowl. Brush the remaining mustard/sun dried tomatoes all over the surface of the roasted cauliflower and rub with the parsley-feta mixture. Roast another 5 minutes, or until the feta melts. Remove and serve with lemon wedges.

Recipe from: Diane Kochilas

Prep Time: 10 min

Cook Time: 55 min

Stove Temp: 450 F

Serves: 6



Let me know if you have
a recipe to share!

Suzette@biosportphysicaltherapy.com

www.biosportphysicaltherapy.com

'Stress Free' Recipe of the Month:

Crockpot Candy for the Holidays!

Ingredients:

- 24 oz. white almond bark chocolate or vanilla candy coating, broken into pieces
- 12 oz. bag of semi-sweet chocolate chips
- 12 oz. chocolate bark, broken into pieces
- 5 cups salted dry roasted peanuts
- sprinkles, optional

Directions:

Prep Time: 10 min
Cook Time: 1 hour
CROCKPOT: LOW

- Spray inside of a large crockpot or insert of a crockpot liner for easy cleanup.
- Line 2 baking sheets with silpat liners or wax paper, and set aside.
- Place almond bark pieces on bottom of the crockpot.
- Add peanuts, white bark, chocolate bark and chocolate chips.
- Place lid on crockpot and set on low heat for one hour.
- Remove lid and stir mixture to cover peanuts with chocolate mixture. If there are still chocolate pieces that haven't melted, place lid back on and continue to cook. Stir every 10 minutes until all the chocolate is melted and you can cover the peanuts. Once everything has melted, turn crockpot off.
- Using a cookie scoop or two tablespoons, spoon mixture onto the lined baking sheets into individual size portions.
- Immediately add holiday sprinkles and let set out until completely cooled and chocolate is set.
- Store in airtight container.

You can experiment with different flavored chips (Butterscotch chips are yummy!), different nuts and toppings!!

Let me know if you have
a recipe to share!

Suzette@biosportphysicaltherapy.com



*Shared by a client who found recipe on Alicia's BLOG, 'Balancing Motherhood: Making Time for Sweet Life'



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What's New At BioSport?

Meet Kody Runyan,
our new PTA!



Make sure you say
hello when you come
in on Fridays or
Saturdays!!

PTA

Kody was first introduced to the world of physical therapy after he sustained multiple injuries playing high school sports. Kody believes these injuries were a blessing in disguise because they sparked his interest in the medical field. After high school, he went on to obtain an Associate of Science in Athletic Training/Sports Medicine and an Associate of Arts in Physical Education at Modesto Junior College. During this time, he met his fiancé Ashlee and they both worked as physical therapy aides for many years. While working as a physical therapy aide, Kody went on to further his education by achieving his Bachelor of Arts in Kinesiology with a concentration in Health Promotion from California State University Stanislaus. After he graduated, he decided to continue his education and pursue his goal of becoming a Physical Therapist Assistant. Kody graduated from Carrington College in Pleasant Hill and received his PTA license in 2019. Throughout the two years that he has been practicing as a licensed PTA, he has further obtained the title of H.M.S (Human Movement Specialist) and C.P.T (Certified Personal Trainer) through the Brookbush Institute, as well as becoming certified for The Otago Exercise Program: Fall prevention Training. In addition, Kody is currently working to become certified as an I.M.T (Integrated Manual Therapist). He now lives and works in Merced, (full-time) for Park Avenue Physical Therapy. Kody is honored to be joining the Biosport family part-time and is looking forward to this new journey.

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Call us
today at
209-524-7488!



What's New At BioSport?



Kari Baier, **Bill**er

Kari graduated from San Joaquin Valley College. She joined BioSport Physical Therapy's Billing Department in October 2021, but has been working as a Medical Biller since 2010. When she is not working, she enjoys spending time with her husband and three kids. She enjoys watching movies, playing games, doing puzzles, going camping, and traveling. She loves anything Disney and her favorite place to be is Disneyland.



**Make sure you say
hello when you
come in!**

Dante Galindo, **Physical Therapy Technician**

Dante has been with BioSport since 2021 working as a Physical Therapy Technician specializing in patient care by aiding in exercises and modalities. He is trained and experienced at his job and provides exceptional aid, under the supervision of a physical therapist, to the patients at BioSport. Dante is a dad and a United States Marine Corps Veteran. He has many years of Physical Therapy experience (on the patient side of things) while in the service. After a cervical fracture and 400+ hours of PT, is when his passion for the career field really started to blossom. He's always had a knack for helping those in need, physical therapy is just another way for him to help and serve his community. He is currently enrolled in the PTA program in Modesto to further his career and experience. In his free time he enjoys spending quality time with his family, adventuring and being outdoors, traveling, boating, and relaxing.



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209-524-7488!**

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What's New At BioSport?



Valeria and Magali have joined us as externs from San Joaquin Valley College. They will be with us until December 10th. They have been with us this past month, gaining experience for their future careers in the medical field. We want to thank them for all of their work at the clinic.



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



Alex and his staff members take a personal interest in your recovery. They are aggressive in your treatment and push you to be better and do better. My injuries were full body but I went to therapy for my legs. They also identify areas that I was unaware that needed work until they pointed it out, I was so focused on walking I didn't focus on any other part of my body. Once they brought it to my attention, I was able to start therapy on that area. The whole team is friendly, helpful, knowledgeable and very professional.

~Kathy Lee

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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 RAIN TAGANAS

EMPLOYEE OF THE MONTH-NOVEMBER



RAIN GRADUATED FROM THE UNIVERSITY OF CALIFORNIA, LOS ANGELES IN MARCH 2021 WITH A BACHELOR OF SCIENCE IN PHYSIOLOGICAL SCIENCE. AFTER TAKING A CLASS ON THE BIOMECHANICS OF MUSCULOSKELETAL INJURIES, RAIN WAS INSPIRED TO PURSUE A CAREER IN PHYSICAL THERAPY. IN BIOSPORT, HE APPRECIATES SEEING HOW CERTAIN MOVEMENTS AND ADJUSTMENTS CAN HELP PATIENTS PROGRESS FROM THEIR INJURIES AND IMPROVE THEIR MENTAL HEALTH. RAIN PLANS TO GAIN MORE EXPERIENCE IN THE FIELD BY VOLUNTEERING IN DIFFERENT SETTINGS BEFORE APPLYING TO DOCTORAL PROGRAMS IN PHYSICAL THERAPY TO BECOME A DOCTOR IN PHYSICAL THERAPY. OUTSIDE OF WORK, RAIN ENJOYS STRENGTH TRAINING, PLAYING ACOUSTIC GUITAR, WATCHING SPORTS, COOKING WITH HIS MOM, AND TRYING OUT NEW FOODS WITH FRIENDS/FAMILY.

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OUR BIOSPORT
TEAM WISHES YOU
ALL
THE BEST DURING
THIS
BEAUTIFUL SEASON!



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