



4341 Spyres Way, Modesto

209-524-7488

JANUARY 2022

BIOSPORT BULLETIN

biosportphysicaltherapy.com



**BioSport
will be closed
Dec. 31st and Jan. 1st.
Happy New Year!**

What is Inside?

IN THE SPOTLIGHT:

- ~CERVICAL TRACTION
- ~SOLO STEP TRACK SYSTEM FOR BALANCE/GAIT ISSUES

TIP OF THE MONTH:

TIPS FOR A HEALTHIER YOU IN 2022

RECIPE OF THE MONTH:

ONE-POT LEMON GARLIC SHRIMP PASTA

WHAT'S NEW AT BIOSPORT?

**TESTIMONIALS
EMPLOYEES OF THE MONTH**

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

In The Spotlight:

solo-step
FALL PROTECTION FOR REHAB

BioSport Physical Therapy supports patients who are at risk of falling with Solo-Step. It is a high-performance overhead track system that attaches to a harness protecting the patient from falling. Solo-Step provides support and increases confidence for patients during all aspects of physical therapy, including sit-to-stand, walking therapy, balance training and climbing stairs.



Patients using the Solo-Step Fall Protection And Balance System during gait, balance or strength training are able to experience a level of independence they've never felt before!



Solo-Step can be used with all patients who are at risk of falling or just need some extra confidence to reach their next milestone.

Solo-Step supports clients with:

- ~Neurological Disorders
- ~Balance Disorders
- ~Geriatrics
- ~Bariatrics
- ~Pediatrics
- ~Amputees
- ~Adaptive Athletes
- ~High Performance Athletes



Benefits of BioSport's Solo-Step system:

- ~Eliminates the fear of falling down
- ~Gives patients a boost of confidence
- ~Allows patients to challenge themselves with advanced therapy
- ~Creates a safe environment for balance, strength, and gait training
- ~Builds confidence
- ~100% safety from any fall related injuries

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



SUFFERING WITH NECK PAIN?



CERVICAL TRACTION MAY BE FOR YOU!



Cervical traction is a technique we use at BioSport to help you find relief from neck pain!
Our devices work by stretching the spinal vertebrae and muscles to relieve pressure and pain.

DECREASED PAIN AND TENSION!

IMPROVED MOBILITY AND ALIGNMENT!

INCREASED RANGE OF MOTION!

BIOSPORTPHYSICALTHERAPY.COM

Call BioSport Physical Therapy today! Our Doctors of Physical Therapy will do a hands-on evaluation to see if this technique is right for you!



<https://biosportphysicaltherapy.com/physical-therapy-treatments/cervical-traction/>



Call today at 209-524-7488 for your FREE screen to see if cervical traction is right for you!





Tips for a Healthier You In 2022!



Have you suffered with pain and/or weakness this past year? Start the year off right with an evaluation at BioSport Physical Therapy! Most insurances renew in January. Start this year off with a plan for a pain-free year.



Stretch Daily!

By incorporating a stretching program into your daily routine, you can increase your flexibility and range of motion. You can also improve performance in sports and daily tasks. Stretching can help prevent injury and decrease pain associated with muscle tightness. Even simple, light stretches like neck rolls, shoulder shrugs and toe touches will do the trick!

Make time to exercise!
Exercise can prevent pain and help with stress. Exercise 3-4 times a week. Get moving whether it be gym time or a walk with a friend.

Get plenty of sleep!

Generally, adults over the age of 18 need seven to nine hours of sleep each night. Ensuring that you get the right amount of rest can help you avoid sleep deprivation effects that impact your immune system and the rest of your body.

Stick with a balanced diet and plenty of water!
Maximize physical performance and brain function, increase energy levels, keep your body healthy and running smoothly!

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

Our Doctors of Physical Therapy will do a hands-on assessment and create a plan to fit your specific needs. It will include treatment, exercises, modalities and education. Let us help you feel your best for 2022!

Recipe of the Month: One-Pot Lemon Garlic Shrimp Pasta

Ingredients:

- 8 oz linguine
- 2 tablespoons olive oil
- 8 tablespoons unsalted butter, 1 stick
- 4 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1 $\frac{1}{4}$ lb large shrimp
- salt, to taste
- pepper, to taste
- 1 teaspoon dried oregano
- 4 cups baby spinach
- $\frac{1}{4}$ cup parmesan cheese, grated
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon lemon juice



Directions:

- In a large pot, boil water and add pasta. Cook (stirring frequently) until al dente.
- Drain and set pasta aside.
- In the same pan, heat olive oil and 2 tablespoons of butter. Add garlic and crushed red pepper, cook until fragrant.
- Toss in shrimp, salt and pepper to taste, and stir until shrimp start to turn pink, but are not fully cooked.
- Add oregano and spinach, cook until wilted.
- Return cooked pasta to the pot, add remaining butter, parmesan, and parsley. Stir until well mixed and the butter is melted.
- When the shrimp are cooked, add lemon juice, mix once more, then serve while hot.

Prep Time: 15 minutes
Cook Time: 15 minutes
Serves: 4

Let me know if you have
a recipe to share!

Suzette@biosportphysicaltherapy.com

Thank you Robert for sharing
your recipe! TASTY has a lot of
tasty recipes to offer!

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!



Tamia

Knowledgeable!



Caring!

Kind!



Shivam

Smart!



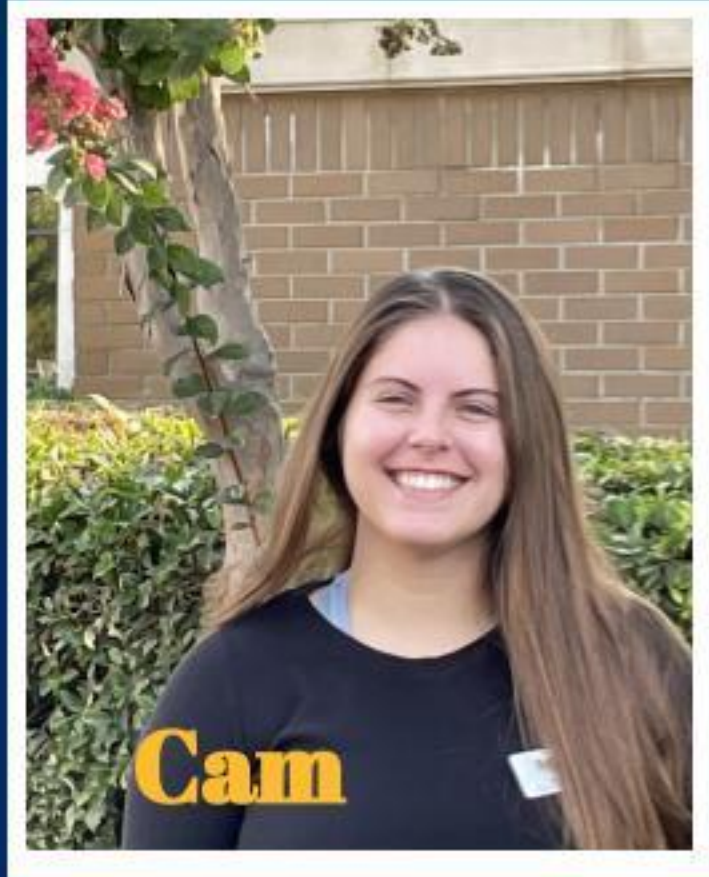
Friendly!



Caring!



Chantelle



Cam

www.biosportphysicaltherapy.com

Call us today at 209-524-7488!



★ ★ ★ Ann Marie is the winner of our monthly raffle! We appreciate you! Thank you ★ ★ ★

Since March 2021, I started treatment for Lymphedema due to breast cancer. From day one I was impressed with the cleanliness of the facility, the diligence of the office staff and the enjoyed my personalized workouts. I was always looking forward to my sessions, knowing I would have dedicated techs that were supervised by excellent professional and knowledgeable PT staff. Angie and Brittanie were amazing. Everyone was very friendly and vivacious. Thank you.

~Ann Marie Dido

www.biosportphysicaltherapy.com

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

BioSport's January Employee of the Month



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



BIOSPORT CELEBRATES JESSICA GARIBAY GUTIERREZ EMPLOYEE OF THE MONTH-JANUARY



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.

WWW.BIOSPORTPHYSICALTHERAPY.COM



BioSport's December Employee of the Month



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



BIOSPORT CELEBRATES STEFANY RUELAS

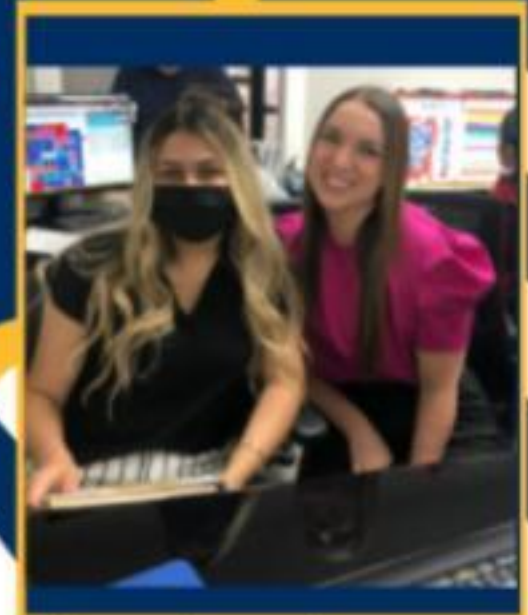
EMPLOYEE OF THE MONTH-DECEMBER



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.

WWW.BIOSPORTPHYSICALTHERAPY.COM





FSA

Flexible Spending Account

- Works with an employer health care plan
- Self-employed individuals are not eligible
- Lower contribution limits
- Tied to employment
- Unused funds are lost at the end of the year

DO YOU NEED TO USE YOUR FSA FUNDS BEFORE THE END OF THE YEAR?

YOU CAN USE FSA/HSA FUNDS ON LASER TREATMENTS AT BIOSPORT PHYSICAL THERAPY.
WE HAVE A BRAND NEW STATE OF THE ART ATTACHMENT THAT PROMOTES FASTER HEALING AND PAIN RELIEF!

1

CALL TODAY TO SCHEDULE YOUR APPOINTMENT BEFORE THE NEW YEAR!
209-524-7488

2

LET OUR FRONT OFFICE KNOW THAT YOU ARE USING FSA/HSA CARD.

3

COME IN AND TAKE ADVANTAGE OF OUR NEW EQUIPMENT!

NEW!



biosportphysicaltherapy.com



More Ways to Spend Your FSA/HSA Funds!
Visit our store at BioSport!



DOUBLE LACROSSE BALLS!



LARGE ICE PACKS!



RESISTANCE BANDS



STOPAIN LOTION

4341 Spyles Way, Modesto

biosportphysicaltherapy.com

Come visit our store or set up LASER treatments to spend your year end FSA funds. FSA/HSA funds can be used on home exercise equipment and pain relief products. Call us today at 209-524-7488.

*Our team wishes you a
Happy New Year!*

**BioSport Physical Therapy
will be closed**

Friday, December 31st and Saturday, January 1st.

**CAN'T WAIT TO SEE YOU
NEXT YEAR IN 2022!**



**Call us today at
209-524-7488 to schedule
your appointments for the
new year! Or use our
appointment link. Just
click on this page.**

