



♥ FEBRUARY 2022 ♥

BIOSPORT'S NEWSLETTER

4341 SPYRES WAY, MODESTO



♥ WHAT'S INSIDE?

IN THE SPOTLIGHT:

- ARE YOU LIVING WITH A NEUROLOGICAL CONDITION?
- LINGERING COVID 19 EFFECTS?

TIP OF THE MONTH:

TIPS FOR A HEALTHIER YOU IN 2022

RECIPE OF THE MONTH:

3 INGREDIENT COOKIES

WHAT'S NEW AT BIOSPORT?

TESTIMONIALS


FEBRUARY LASER SALE



The One on One Approach!

BIOSPORTPHYSICALTHERAPY.COM

ARE YOU LIVING WITH A NEUROLOGICAL CONDITION?

BioSport Physical Therapy is  here for you. Our goal is to help you regain as much independence as possible. We will support you as you relearn, recover and reclaim your life. We will assess your needs and develop a 'one on one' plan of care for your needs.

▶ NEUROLOGICAL CONDITIONS:

STROKE

PARKINSON'S DISEASE

ALS

MULTIPLE SCLEROSIS

ALZHEIMER'S

BRAIN SURGERY

CEREBRAL ANEURYSM

BELL'S PALSY

EPILEPSY AND SEIZURES

SPINAL CORD INJURY



▶ INDIVIDUALIZED TREATMENT PLANS:

INCREASE STRENGTH

ALLEVIATE PAINFUL SYMPTOMS

IMPROVE BRAIN FUNCTIONALITY

REDUCE DISCOMFORT

EDUCATE FOR SAFETY AND USE OF EQUIPMENT

REGAIN SENSE OF BALANCE

DEVELOP MOTOR SKILLS

INCREASE MOVEMENT/COORDINATION

PROMOTE INDEPENDENCE



The One on One Approach!

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

Feeling wiped out from
the lingering effects of
COVID 19?
BioSport Physical Therapy
is  here for you.



Are you experiencing
these symptoms?

- *Soreness/Body Aches
- *Balance/Gait Issues/Vertigo
- *Fatigue/Exhaustion
- *Weakened Muscles
- *Decreased Heart/Lung Capacity
- *Difficulty Breathing



We Can Help!

- *Strengthening Exercise
- *Breathing Exercises
- *Balance and Gait Training
- *Aerobic Exercise
- *Stretching
- *Endurance Training
- *Manual Therapy



Call today at 209-524-7488 for your
hands-on evaluation for
COVID 19 recovery!



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



Call today at
209-524-7488. We are at
4341 Spyres Way,
Modesto. We are open
M-F 7-7 and Saturdays
7-1!



♥ **Tips for a Healthier You In 2022!** ♥

Need more energy to get you through your day? Try these tips to get you on the right track to a happier, healthier and more productive day.

**Start the year off right with a hands-on evaluation
at BioSport Physical Therapy!
Start this year off with a plan for a pain-free year!**

Eat nourishing food.

Eat a well balanced diet with foods from all the food groups. Focus on fruit and dark leafy greens, fish and lean protein, low fat dairy and whole grains.

Find uplifting music, news stories, movies and books.

Your spirits are uplifted when you recognize the good and surround yourself with good vibes.

**Sleep 7-8 hours a night.
Poor sleep negatively affects your mood, motivation and energy levels.**

**Hang out with positive people.
Positive vibes make for positive energy.**

**Exercise regularly.
Exercise relieves stress and tension, strengthens muscles, and boosts endurance.
Your energy increases!**

**Do something every day that brings you joy.
Hobbies and activities that make you happy will bring out the best in you!**

**Be kind to others.
Showing your love toward others actually makes for positive energy for you and them!**

**We are ♥ for you!
Call today at 209-524-7488!**



biosportphysicaltherapy.com

Recipe of the Month: **Healthy 3-Ingredient Banana Oatmeal Cookies**

Ingredients:

- 2 medium, ripe bananas (mashed)
- 1 cup uncooked quick oats
- $\frac{1}{4}$ cup crushed walnuts



Directions:

1. Preheat oven to 350 degrees. Spray a non-stick cookie sheet with cooking spray.
2. Combine the mashed bananas and oats in a bowl. Fold in the walnuts.
3. Place by tablespoon on the cookie sheet.
4. Bake 15 minutes. Makes 16 cookies. **EAT THEM HOT!**

Prep Time: 10 minutes
Cook Time: 15 minutes
Serves: 8

*You can add or substitute chocolate chips, peanut butter and jelly, almonds, raisins, cinnamon, pumpkin spice or craisins.

Go to:

<https://www.skinnytaste.com/pb-j-healthy-oatmeal-cookies/>

Let me know if you have
a recipe to share!

Suzette@biosportphysicaltherapy.com

**Thank you Karol for sharing your
recipe! Skinnytaste has a lot of
tasty recipes to offer!**



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What's New At BioSport?

We have a new PTA at BioSport! Tony Robles has officially become a PTA!! We all know him and love him from his 3 years as a technician at BioSport! He has now graduated and passed his PTA exams! We are so happy that he chose BioSport to begin his career! We are extremely proud of all of his efforts to make this dream come true! Make sure you congratulate him when you come to the clinic!



MEET OUR NEW
PHYSICAL
THERAPY
ASSISTANT!



 TONY ROBLES, PTA

- GRADUATE OF IOT, CLOVIS
- GRADUATE OF CSU, STANISLAUS
- LOVES WORKING WITH PEOPLE
- FRIENDLY, CARING, GREAT LISTENER
- KNOWLEDGEABLE
- ATHLETIC
- TEAM PLAYER



The One on One Approach!



www.biosportphysicaltherapy.com

Call us
today at
209-524-7488!



What's New At BioSport?



Off to School They Go!



We are sad to see them leave,
but so proud of both girls
for pursuing their dreams!
We will miss you!
Thank you for all that you
have done for BioSport!

Love you!



www.biosportphysicaltherapy.com

Call us
today at
209-524-7488!



BioSport
PHYSICAL THERAPY

The One & Only Approach!



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



Since coming to BioSport, I have been able to use my arms and legs more efficiently in daily practices. The training has helped with my endurance and I do not get as tired from errands I run throughout the day. Things I have greatly noticed are an increase in my balance and confidence with activities. The clinic has been very professional, kind, and extraordinary. Great work BioSport!

-Barbara Wesson



www.biosportphysicaltherapy.com

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



WHAT'S NEW AT BIOSPORT PHYSICAL THERAPY?

OUR PT/PTA'S HOSTED AND PARTICIPATED IN AAMT'S
'SPINAL MANIPULATION THERAPY INSTITUTE!'



**ALWAYS
LEARNING!**



**Latest Technology
for our clients!**



BioSport will host more clinician trainings in 2022!

biosportphysicaltherapy.com



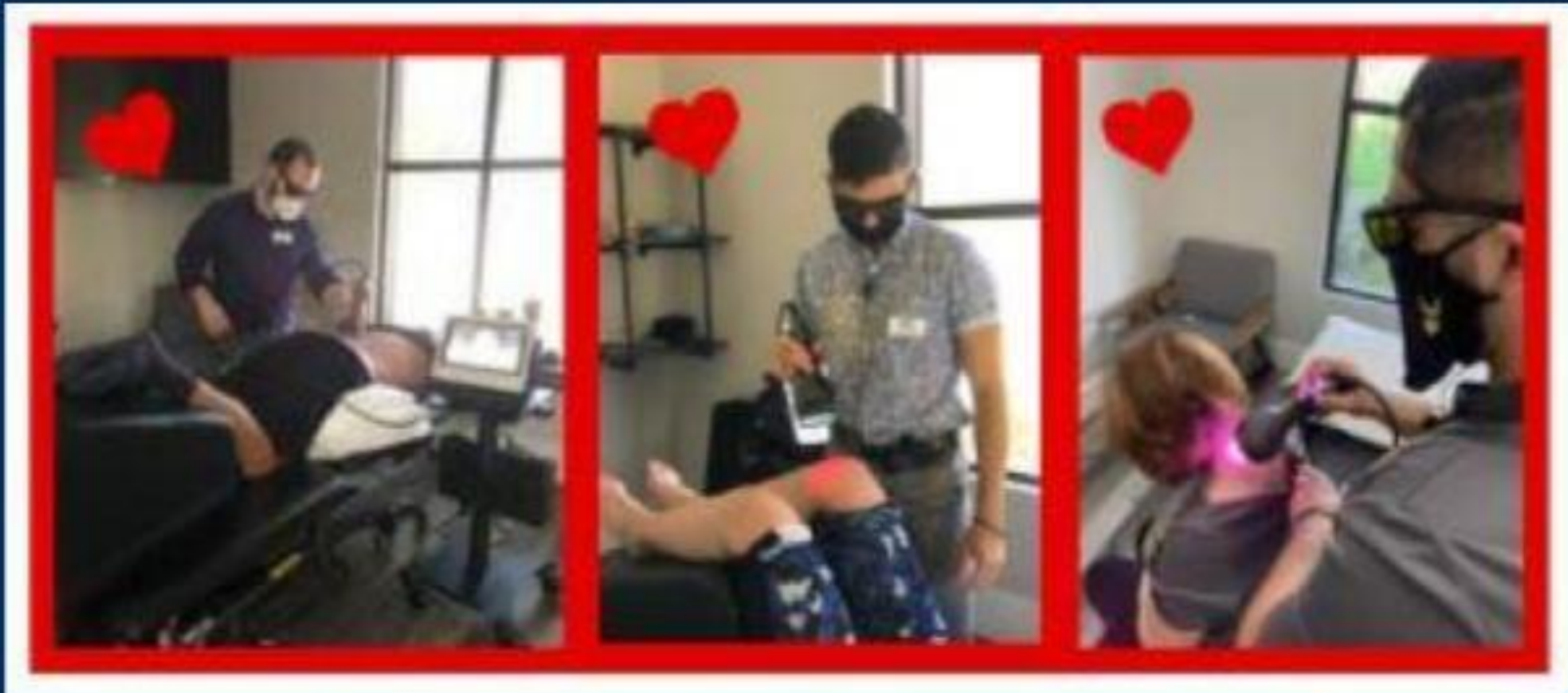
**Learning the latest
technology for our clients!**



KEEP LEARNING!

**Our BioSport team
hosted our first
institute on
Spinal Manipulation!
Our team learned
with other colleagues
from around the state!
More trainings to come!**

BioSport's Valentines Day SALE



\$10.00 off
LASER treatments
this month!



♥ LASER treatments are great for:

Lower Back

Bursitis

Migraines

Arthritis

Plantar

TMJ

Sports Injuries

Fasciitis

Sprains

Neck pain

Carpal Tunnel

Shoulder pain

Rotator Cuff

Tennis Elbow

Acute/Chronic Conditions

Sciatica

Soft Tissue Injuries

AND MORE!

biosportphysicaltherapy.com



CALL US
TODAY
AT
209-524-7488!