



MARCH 2022



BIOSPORT'S NEWSLETTER

4341 SPYRES WAY, MODESTO

BIOSPORTPHYSICALTHERAPY.COM



♥ WHAT'S INSIDE?

IN THE SPOTLIGHT:

-ARE YOU LIVING WITH A NEUROLOGICAL CONDITION?

-NEED PELVIC FLOOR REHAB?

TIP OF THE MONTH:

-SPINE HEALTH: SLEEPING POSTURE

RECIPE OF THE MONTH:

TURKEY SAUSAGE TORTELLINI SOUP

WHAT'S NEW AT BIOSPORT?


TESTIMONIALS

EVENTS



CALL TODAY AT 209-524-7488!

Do You Suffer From Lymphedema?

BioSport Physical Therapy is  here for you! Our team treats patients with primary and secondary lymphedema. We offer pumps, manual lymph drainage, manual therapy and individualized exercise programs. Come in for a comprehensive evaluation, so we can get you on a consistent, 'one on one' plan of care.



I was referred to BioSport by my surgeon after having breast cancer surgery back in Dec. 2019. I have to admit that I was terrified during my first visit, but Dr. Koree quickly made me feel at ease. She diagnosed me with Lymphedema and immediately got me started on a treatment plan. She also worked on my scars, frozen shoulder and cording issues after having multiple surgeries over a six month period. The entire staff at BioSport is super friendly and make you feel so comfortable while you are there. Since Dr. Koree moved, Dr. Angie Wei took over my MLD (manual Lymphatic drainage) Lymphedema treatment. Angie is caring & funny, she is very knowledgeable about Lymphedema & I love going there. I've been treated twice a week for the last several years & I have been able to maintain my Lymphedema at stage zero. I have to say that living with Lymphedema is tough, but the BioSport staff have made it a little easier to deal with.

~Sandra Keys

Need pelvic floor rehab? BioSport is here for you!



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 support:

- *Postpartum pelvic pain
- *Endometriosis
- *Urinary incontinence
- *Constipation
- *Pain from abdominal surgery
- *Painful Intercourse
- *Pelvic Organ Prolapse
- *Dyspareunia
- *Diastasis Recti
- *Tightness



BioSport has the expertise and resources necessary for treating all forms of pelvic pain.

Call today to begin your path toward long-lasting relief!

biosportphysicaltherapy.com



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

Spine Health: Sleeping Posture

Neck Alignment In Back Sleeping



Neck in neutral alignment
Neck Supported with normal cervical Curvature

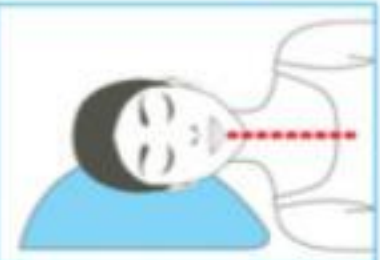


Pillow too high
Loss of normal Cervical Curvature



Pillow too low
Exaggerates Cervical Curvature

Neck Alignment In Side Sleeping



Neck in neutral alignment



Pillow too high
angles neck upward



Pillow too low
angles neck downward

Poor Sleep Posture



Good Sleep Posture through Spinal Support



ups & downs
of being a ...

Back sleeper



PROS:

- fewer facial wrinkles
- fewer back problems
- less heartburn

CONS:

- makes sleep apnea and snoring worse
- facial cream stays on face

Side sleeper



PROS:

- less heartburn (on left side)
- better brain health
- better blood flow
- reduces constipation

CONS:

- shoulder damage

Stomach sleeper



CONS:

- wake up feeling anxious
- spine strained
- pressure on joints in back and neck
- numbness
- stiffness

It is important to keep the spine straight and aligned while sleeping. Strategically placed pillows, as shown in the illustrations, are used to keep the spine aligned.



Shoulder Pain

Avoid sleeping on the side with the painful shoulder. Sleep on your back. Or, if you sleep on the other side, place a big pillow at chest height and rest your arm on it.



Obstructive Sleep Apnea/Snoring
Sleep on your side or stomach to avoid the collapse of the tongue or tissues in the throat, which impairs breathing. One way to keep from rolling onto your back is to sew a tennis ball to the back of your pajama top.

Back pain



Back Pain

On your back, place a pillow under your knees or a rolled towel under the small of your back to maintain the body's natural curve. In general, experts say sleeping on the back is best for this condition.



On your side, put a pillow between your knees for extra support. This is also good for people with hip and knee issues. A fetal-like position can help with lumbar spinal stenosis.



Sleeping on your stomach can be hard on your back and neck. But if you must, put a pillow under your pelvis and lower abdomen to help relieve strain.



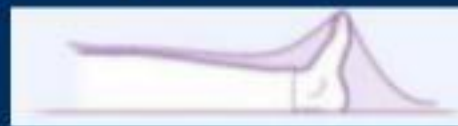
Neck Pain

Try to keep the neck in a neutral position. Avoid sleeping on the stomach. Too many pillows can put your neck in a bent position. And keep the pillow above your shoulders. Some experts suggest using a rolled-up hand towel to support the neck.



Acid Reflux

Experts recommend elevating the head with pillows or raising the head off of the bed. Otherwise, sleep on your side.



Plantar Fasciitis

It's important to keep your feet and ankles in a relaxed position with plantar fasciitis, an inflammation of the tissue on the bottom of the foot often caused by running or poor arch support. Avoid tucking in the sheets too tightly.

The most common sleeping position is on the side: 57% of people at least start the night in that position, 17% lie on their back and 11% on their stomach. Most other people vary the position they start out with each night.



Recipe of the Month: Turkey Sausage Tortellini Soup

Ingredients:

1 pound sweet Italian turkey sausage (ground sausage, or take meat out of casing)
1 cup onion, chopped
2 cloves garlic, minced
5 cups beef broth
1/2 cup water
1/2 cup dry red wine (we used cabernet sauvignon)
2 cups peeled fire roasted tomatoes (we used a small can)
1 tsp. sugar
1 cup carrots, thinly sliced
1/2 tsp dried basil (add more if desired or use fresh)
1/2 tsp oregano (add more if desired)
8 oz can of tomato sauce
1/4 cup chopped sun dried tomatoes in oil
1/2 cup sliced zucchini
8 oz good cheese tortellini - I used 4 cheese ravioli LIGHT
Grated Parmesan cheese for topping



Directions:

In Dutch Oven or Soup Pot brown the turkey sausage.
Add the rest of the ingredients except for the zucchini and tortellini.

Cook 30 minutes on medium heat.

Add 1/2 cup sliced zucchini
8 oz good cheese tortellini - I used 4 cheese ravioli LIGHT.
Cook until tortellini is ready.

Serve with grated Parmesan cheese.

Prep Time: 15 minutes
Cook Time: 30 minutes
Serves: 5

Thank you to Kristy for sharing her recipe!!

Tip: If I'm limiting carbs, I leave tortellini out and it's still delicious!

Let me know if you have
a recipe to share!

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biosportphysicaltherapy.com



What's New At BioSport?

**We have 2 new technicians that have joined our team!
They are assisting our PTs and PTAs.
They are all interested in learning more about
physical therapy and patient care.
They assist with exercises, modalities
and keeping the clinic clean! We want to thank all of our
technicians for their time,
passion and giving spirits!**



Michaela



Timothy

biosportphysicaltherapy.com

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

MARCH BIRTHDAYS!



Dr. Leo



Dr. Alex



Kenny

**HAPPY
BIRTHDAY**
to our staff!



Tamia



Stefany



Dante



Ravi



It's Your Lucky Day!

We will offer a FREE screen to new clients in March!

Call us today at 209-524-7488!



blosportphysicaltherapy.com



BIOSPORT CELEBRATES CONNOR FLYNN WESSON

EMPLOYEE OF THE MONTH-FEBRUARY



CONNOR FLYNN IS A GRADUATE OF CALIFORNIA STATE UNIVERSITY, CHICO WITH A DEGREE IN PUBLIC HEALTH ADMINISTRATION AND HEALTH EDUCATION. HE IS CURRENTLY IN THE APPLICATION PROCESS FOR DENTAL SCHOOL WHERE HE HOPES TO PURSUE HIS CAREER AS A GENERAL DENTIST.

CONNOR FLYNN'S PASSION FOR PHYSICAL THERAPY CAME FROM HIS OWN PERSONAL EXPERIENCE GOING THROUGH THERAPY FOR HIS ARM. HIS GOAL IS THAT HE PLANS TO IMPLEMENT POSITIVITY AND TEAMWORK WITH THE PATIENTS TO ENSURE THE RECOVERY PROCESS IS MOVING FORWARD. IN HIS FREE TIME, YOU CAN FIND CONNOR FLYNN BEHIND THE DRUM SET OR OUT ON THE MOUNTAIN HIKING OR SKIING.

WWW.BIOSPORTPHYSICALTHERAPY.COM



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



Planning for a walk/run event can be motivating! Planning and preparing for the future date can get you seriously psyched in anticipation for your event day. Exercise and a daily walk/run can make every day go better as you build strength and relieve stress. Planning for an event is exciting! You can keep a calendar of your efforts, counting down the days for the event. Many events are put together as community events and are philanthropic in nature. It's a WIN-WIN situation.

Finding a partner to exercise with is a plus. You can team up and join the event together. Exercise comes easier if you have a buddy! Having a reason is also important-focus on the WHY.

Getting yourself conditioned and being part of your future event is a motivator for sure!

One of our clients shared this event in Newman in June. That gives you 3 months to prepare! What a great way to build endurance and strength, support your community and support our first responders and military heroes.

At BioSport we can help you condition and strengthen for your event. COVID took a toll on a lot of us-our team can support you with your efforts to get back on track. Call today for your evaluation at 209-524-7488.



RUN WALK HONOR ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TUNNEL TO TOWERS 5K RUN & WALK NEWMAN

FOLLOW THE FOOTSTEPS OF 9/11 HERO, NEW YORK CITY FIREFIGHTER STEPHEN SILLER, TO ENSURE THAT WE NEVER FORGET AND HONOR THE SACRIFICES OF OUR NATION'S FIRST RESPONDERS AND MILITARY HEROES.



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

STAY INFORMED!

Facebook Instagram Twitter #T2TRUN

SATURDAY
JUNE 11, 2022 8AM

CPL. RONIL SINGH MEMORIAL
309 MERCED STREET
NEWMAN, CA 95360

FOR MORE INFO & REGISTRATION,
VISIT US AT T2T.ORG
NEWMAN@T2T.ORG




SCAN ME

biosportphysicaltherapy.com



Barbara and Bill are the winners of our monthly raffle! We appreciate you! Thank you for your amazing GOOGLE REVIEW!



BioSport is awesome! When I came in I could hardly walk, but with treatment I can walk much, much better without pain. Everyone is very positive, welcoming and uplifting! 
~Barbara and Bill Damewood

www.biosportphysicaltherapy.com

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