

4341 SPYRES WAY, MODESTO



APRIL 2022



# BIOSPORT'S NEWSLETTER

BIOSPORTPHYSICALTHERAPY.COM



## WHAT'S INSIDE?

### IN THE SPOTLIGHT:

- ~ CONQUER YOUR CHRONIC PAIN
- ~ TMJ
- ~ SPRING TRAINING STARTS TODAY

### TIP OF THE MONTH:

- ~ TEXTING POSTURE

### RECIPE OF THE MONTH:

- ~ AVGOLEMONO SOUP

WHAT'S NEW AT BIOSPORT?  
TESTIMONIALS



CALL TODAY AT 209-524-7488!



# CONQUER YOUR CHRONIC PAIN!

-  **Overuse Injuries?**
-  **Postsurgical pain?**
-  **Pain from an accident?**
-  **Pain caused by health issues/disease?**

**Our team at  
BioSport Physical Therapy  
is here for you!**

**We can help you reclaim your  
life once again!**



[biosportphysicaltherapy.com](http://biosportphysicaltherapy.com)

**Call or text us  
today for your  
comprehensive  
evaluation at  
209-524-7488!**



**BioSport**  
209-524-7488





Do you have jaw pain throughout the day or night?

Do you have headaches, earaches or locking of the jaw?

Do you have difficulty chewing or yawning?

Do you hear popping noises when you open and shut your mouth?

**You may have TMJ dysfunction, a condition that causes pain and stiffness of the jaw joint and surrounding muscles.**

Call BioSport Physical Therapy today. Our Doctors of Physical Therapy will do a complete evaluation. We will create an individualized treatment plan based on your evaluation, symptoms and needs. Our team will support you with your goals to restore normal function and eliminate jaw pain/symptoms.

*\*Click on this page to learn more about TMJ on our website.*

**[biosportphysicaltherapy.com](http://biosportphysicaltherapy.com)**



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



**Spring  
Training  
2022**



# SPRING TRAINING STARTS TODAY

Call us today for your evaluation.

We will create an individualized,  
sports

performance program for you that  
will encompass speed, agility,  
footwork, strength body awareness  
and injury prevention!



[BIOSPORTPHYSICALTHERAPY.COM](http://BIOSPORTPHYSICALTHERAPY.COM)

# Do You Have Neck Pain Due to Texting?

## Avoid Neck Issues When Using Mobile Devices

Try to look at your phone by casting your eyes down-without moving your head or neck. Keep your head up and your shoulders pulled back!

Texting with your neck down can cause pinched nerves, herniated discs, spine degeneration.



Your head weighs about 11 pounds. Tilting it forward by only 15 degrees can put 27 pounds of pressure on your spine.

Try these exercises if your neck is bothering you due to texting, working on your laptop or reading a book. Thank you to our front office girls for demonstrating!



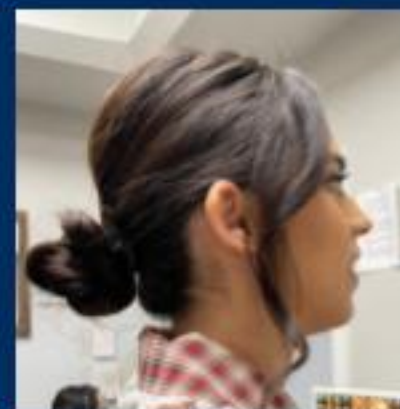
Guide ear to shoulder (5 on each side).



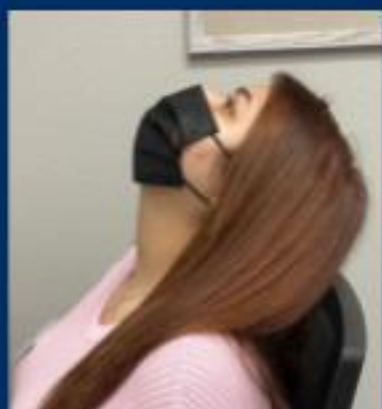
Bring chin toward chest (5 times).



Bring head straight back (5 times).



Turn your head diagonally so your nose is over your shoulder (5 times in both directions).



Move head up and back (10 times).



Bend raised arms and squeeze shoulder blades together (5 times).



Call us today at  
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# Recipe of the Month:

# Avgolemono Greek Lemon Chicken Soup

## Ingredients:

2 cups low-sodium chicken broth  
2 cups water  
1-1 1/2 C rice  
Salt and pepper  
2 cooked boneless chicken breast pieces, shredded  
1/4 cup freshly-squeezed lemon juice  
4 large eggs  
Fresh parsley for garnish (optional)

Total Time: 30 minutes  
Serves: 6



Greek avgolemono soup is a silky, rich, fragrant chicken soup. It is prepared Greek-style with avgolemono sauce, which is a Greek lemon-egg sauce with warm broth. YUM!!!

## Directions:

1. In a pot, heat water/chicken broth to a boil.
2. Add the chicken and boil for 30 minutes.
3. Remove cooked chicken and add the rice, salt and pepper. Cook rice.
4. Shred your chicken and set aside.
5. To prepare the egg-lemon mixture, mix the eggs in a blender. While blending add some of the broth from the cooking pot (this helps temper the eggs). Once fully blended, add the lemon juice.
6. Add mixture to the rice, stirring while you pour. Add shredded chicken.
7. Garnish with fresh parsley, if you like. Serve hot with your favorite bread. Enjoy!

Let me know if you have  
a recipe to share!

[Suzette@biosportphysicaltherapy.com](mailto:Suzette@biosportphysicaltherapy.com)

**Thank you Thea  
Olympia for sharing  
your recipe.  
Dr. Alex had this soup  
growing up!**

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# The One on One Approach



 Call us  
today at  
209-524-7488!



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# BIOSPORT CELEBRATES TAMIA CASTANEDA

## EMPLOYEE OF THE MONTH-MARCH



TAMIA RECENTLY GRADUATED FROM CALIFORNIA STATE UNIVERSITY, FRESNO IN MAY 2021 WHERE SHE RECEIVED HER BACHELORS OF SCIENCE IN KINESIOLOGY, EXERCISE SCIENCE. SHE GOT HER INSPIRATION FOR PHYSICAL THERAPY THROUGH BEING A MULTI-SPORT ATHLETE GROWING UP. IT OPENED HER EYES TO HOW MOVEMENT CAN TRULY BE MEDICINE. SHE LOVES HELPING OTHERS FEEL GOOD IN THEIR BODIES AND HER GOAL IS TO CONTINUE DOWN THE CAREER PATH OF HEALTH AND WELLNESS. TAMIA IS A PHYSICAL THERAPY TECHNICIAN AT BIOSPORT AND ENJOYS MAKING GENUINE CONNECTIONS WITH EACH PATIENT SHE HELPS. HER GOAL IS TO CONTINUE TO BE OPEN TO LEARNING FROM HER PEERS WHILE SERVING THE COMMUNITY SHE GREW UP IN. IN HER FREE TIME, TAMIA LOVES BEING IN NATURE, WORKING OUT, AND DOING YOGA. SHE ALSO ENJOYS SPENDING TIME WITH HER CLOSE FAMILY AND FRIENDS AND WATCHING UFC FIGHTS.

[WWW.BIOSPORTPHYSICALTHERAPY.COM](http://WWW.BIOSPORTPHYSICALTHERAPY.COM)



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

**We have new technicians that have joined our team!  
They are training to become technicians.  
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!**



**Bella**



**Jacky**



**Terran**



**Chantelle**

**APRIL BIRTHDAYS!**  
**HAPPY BIRTHDAY**  
**to our staff!**



**Dr. Angie**



Thank you!!



you rock!!



Curtis is the winner of our monthly raffle! We appreciate you!  
Thank you for choosing BioSport!



I enjoy the variety of gym apparatus available. Every technician seems well qualified. The boxing was a surprise to me. It really makes your brain work and attend to multiple movements. I look forward to even more progress.

~Curtis Green

[www.biosportphysicaltherapy.com](http://www.biosportphysicaltherapy.com)

We are thrilled you are part of our BioSport family!  
We appreciate you!