

4341 SPYRES WAY, MODESTO



MAY 2022



BIOSPORT'S NEWSLETTER



The One on One Approach!

WHAT'S INSIDE?

IN THE SPOTLIGHT:

-JUMP INTO SPRING!

~ TORTICOLLIS

~ VERTIGO

TIP OF THE MONTH:

-BACK PACK TIPS

RECIPE OF THE MONTH:

CHICKEN AND BACON PASTA

WHAT'S NEW AT BIOSPORT?

TESTIMONIALS



CALL TODAY AT

209-524-7488!

BIOSPORTPHYSICALTHERAPY.COM

JUMP INTO SPRING!



Call
BioSport Physical
Therapy today at
209-524-7488!
We can help you
get that
SPRING
in your step!



- ☀️ Improve balance!
- ☀️ Increase speed/agility!
- ☀️ Improve your posture!
- ☀️ Strengthen muscles!
- ☀️ Build endurance!
- ☀️ Increase flexibility!
- ☀️ Reduce injury!
- ☀️ Avoid surgery!

BioSport Physical Therapy Treats Torticollis



For some children, torticollis happens before birth, where the head and neck are positioned at an odd angle. Other children are born with this condition because of difficulties during delivery, a decreased blood supply to the neck muscles, muscular fibrosis or congenital spine anomalies. Some develop issues over time during daily activities .



Early intervention for torticollis provides the best results.

Our Doctors of Physical Therapy will evaluate your child's range of motion and conditions that often accompany torticollis, such as plagiocephaly, spine problems or a misalignment of the hip joint.

We will develop an individualized plan of care to include soft tissue massage and stretching exercises. Our goal is to increase the range of motion, decrease muscle tightness and strengthen gross and fine motor skills. Our team will educate the family on how to support their child at home.



The One on One Approach!

VERTIGO?

Momentary impaired vision (tunnel vision)?

Feeling woozy or faint?

Loss of balance?

Lightheadedness or heavy-headedness?

Benign Paroxysmal Positional vertigo (BPPV)

This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear, where they are not supposed to be. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.

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At Biosport Physical Therapy, our advanced methods and diagnostic tools have earned us a reputation as being one of the best physical therapy practices for treating dizziness and vertigo.



Call us today at
209-524-7488.



The One on One Approach!

CLICK HERE to find out more about balance and vertigo issues:
<https://biosportphysicaltherapy.com/physical-therapy-services/dizziness-vertigo/>

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Back for Spring Semester

Our backs take a lot of abuse with heavy backpacks we lug around to school and work.

Here are some tips:

Picking Your Backpack:

- 1. Purchase a backpack that has sufficient padding in the back of the pack.**
- 2. Choose one with multiple compartments that are placed for balance.**
- 3. Pick one with wide, adjustable shoulder and waist straps.**
- 4. Purchase a good quality, yet light backpack.**
- 5. Keep the size no larger than your torso(shoulders to hips).**



Back, neck and shoulder pain could be caused by your backpack.

If you feel numbness, tingling or pain, consider these backpack tips.

If you have prolonged symptoms, call us at BioSport Physical Therapy for an evaluation. We are trained to treat your symptoms, prescribe exercises and educate on posture/ better health.

We are here for you!

Wearing Your Backpack:

- 1. Your backpack should weigh less than 10 % of your weight.**
- 2. Use both straps. Do not sling on one shoulder. Waist straps help too!**
- 3. It should not be above shoulders or hang 3 inches below waist.**
- 4. Place your heaviest books and devices closest to your back.**
- 5. Keep the pack firmly against your back.**



The One on One Approach!

Recipe of the Month: Chicken and Bacon Pasta

Total Time: 30 minutes

Ingredients:

- ~2 T olive oil
- ~1 lb boneless chicken breasts
- ~1 tsp paprika
- ~1 tsp Italian seasoning
- ~salt to taste
- ~1.5 C heavy cream
- ~½ C shredded Parmesan cheese(for sauce)
- ~5 tomatoes (chopped)
- ~3 C fresh spinach
- ~5 minced garlic cloves
- ~¼ tsp crushed, red pepper flakes
- ~6 bacon strips(cooked/chopped)
- ~10 oz penne pasta
- ~½ C Parmesan cheese(shredded, for serving)



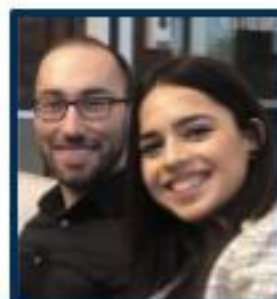
juliasalbum.com

Directions:

1. Heat 2 T olive oil in a large skillet, on medium-high heat. Add chicken and cook on one side for 4 minutes. While it cooks, sprinkle the uncooked sides with paprika, Italian seasoning and salt. Flip the chicken and cook the other side for 3 minutes. Reduce heat to low-medium, flip chicken over again and cook, covered, for several minutes until no longer pink in the center. Remove chicken and keep warm.
2. In the same pan, add heavy cream and bring to a boil. Only after the cream starts boiling, add shredded Parmesan cheese. Immediately reduce to simmer (low-medium) and stir, while simmering, until cheese melts and the sauce is creamy (1-3 minutes).
3. Add chopped tomatoes, fresh spinach, garlic, crushed red pepper. Stir in the sauce on medium heat just until the spinach starts to wilt. Add ⅓ of the cooked chicken (cut into strips) and half the bacon. Mix everything. Remove from heat.
4. Meanwhile, bring a large pot of water to boil, add pasta and cook according to instructions. Drain.
5. Add cooked pasta to the skillet with the sauce and reheat on low heat. When ready to serve, top with the remaining chicken strips and bacon.

Before serving, top the pasta with ½ C shredded Parmesan cheese.

Let me know if you
Have a recipe to share!
Suzette@biosportphysicaltherapy.com



Thank you Monica for sharing this recipe. Dr. Alex is lucky to have such an amazing cook in his family!

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Work is Fun at BioSport!



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





BIOSPORT CELEBRATES RAVINDRA SHARMA "RAVI"

EMPLOYEE OF THE MONTH-APRIL



RAVINDRA IS CURRENTLY WORKING ON HIS BACHELOR'S DEGREE IN EXERCISE SCIENCE AT CALIFORNIA STATE UNIVERSITY, STANISLAUS. HE WAS INSPIRED TO WORK IN PHYSICAL THERAPY DUE TO HIS INTEREST IN HELPING PEOPLE LEARN HOW TO TAKE CARE OF THEIR BODIES AND REACHING THEIR FITNESS AND REHABILITATION GOALS. HE PLANS ON PURSUING A PHYSICAL THERAPY ASSISTANT CAREER AFTER GRADUATING. RAVINDRA RECENTLY JOINED THE BIOSPORT TEAM AS A PHYSICAL THERAPY TECHNICIAN AND IS THRILLED TO BE WORKING IN AN ENVIRONMENT WHERE HE CAN EXPAND HIS KNOWLEDGE. IN HIS FREE TIME HE ENJOYS HANGING OUT WITH FRIENDS AND FAMILY, GOING ON BIKE RIDES WITH HIS DOG ROCKY, AND WORKING OUT.

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



Odesh



Michaela



Timothy



Gina

Happy Birthday!



Welcome ○ ● ●
GILBERTO
ARANDA

.....
Gilbert is our new intern from South College. We are excited to have him on our team at BioSport Physical Therapy.



The One on One Approach!

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Thank you!!



We love you!

Barbara is the winner of our monthly raffle! We appreciate you!

Thank you for choosing BioSport!



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

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