

4341 SPYRES WAY, MODESTO



JULY 2022

BIOSPORT'S NEWSLETTER

WHAT'S INSIDE?

IN THE SPOTLIGHT:

- PELVIC FLOOR
- LYMPHEDEMA

TIP OF THE MONTH:

- TIPS TO BEAT THE HEAT

RECIPE OF THE MONTH:

- 4TH OF JULY SALAD

WHAT'S NEW AT BIOSPORT?

TESTIMONIALS

BIOSPORTPHYSICALTHERAPY.COM



The One on One Approach!



CALL TODAY AT

209-524-7488!

BIOSPORT PHYSICAL THERAPY OFFERS PELVIC FLOOR THERAPY

The muscles, tendons and ligaments that comprise the pelvic floor all serve an extremely important purpose, as they support the core of your body. Our therapists can help with relieving your pelvic pain, improving your flexibility and increasing overall functionality.



- ~Urinary incontinence?
- ~Constipation?
- ~Postpartum pelvic pain?
- ~Endometriosis?
- ~Pain after abdominal surgery?

FOR MORE INFORMATION VISIT:
BIOSPORTPHYSICALTHERAPY.COM



**We are here
for you.
Call BioSport
today at
209-524-7488.**



Lymphedema? Circulation Issues?

BIOSPORT HAS LYMPHATIC PUMPS!

Lymphedema is a swelling condition that typically occurs in upper and lower extremities, due to excessive build up of lymph fluid. Pumps are compression sleeves that gently squeeze and vibrate to recirculate lymphatic fluids. They help regain motion and decrease swelling. With our pumps, pain is reduced, the lymphatic process can continue, circulation is healthy and antibody responses are boosted.



"I was not able to walk across the room on my own. My friend said I had a 'penguin walk'. I am able to walk independent and I have less pain. No more penguin walk! I love everything at BioSport! The lymphatic pumps here are amazing! ~Susan Broadwell



Call BioSport Physical Therapy for your evaluation at 209-524-7488. We offer arm and leg pumps as as part of your plan of care.

biosportphysicaltherapy.com

TIPS TO BEAT THE HEAT



Dress in light, loose fitting clothes.

Take water wherever you go! Avoid alcohol and hot drinks.



Keep out of sun. Use a hat or umbrella for shade.



Eat more cold foods to stay cool. Avoid salty and spicy foods.



Shower, take a cool bath or jump in the pool to cool down.

Stay cool with fans or



airconditioning!

Get plenty of rest.



Recipe of the Month: 4th of July Salad



Ingredients:

For Dressing:

- *1/2 C olive oil
- *1/4 C balsamic vinegar
- *1 clove garlic (crushed)
- * 2 tbsp pure maple syrup
- *1/2 tsp dried thyme
- *pinch of salt and pepper

For Salad:

- *8 C of lettuce, mix of spinach and butter lettuce
- *1 C blueberries
- *1 C fresh strawberries (quartered)
- * 8 oz fresh mozzarella, sliced and cut into 1 inch pieces or mini mozzarella balls
- *4 tbsp pine nuts
- *1/4 C fresh basil, thinly sliced



Directions:

1. Toast the pine nuts. Heat over medium heat with no oil. Lightly toast. Cook for 2-3 minutes (shaking constantly). Burned pine nuts are not good. Let cool.
2. Make the dressing in a jar with a lid. Shake well.
3. Put lettuce in a bowl. Arrange strawberries, blueberries and cheese. Sprinkle with pine nuts and basil.
4. Serve with the vinaigrette dressing or your favorite dressing.
5. Enjoy! Happy 4th of July!



If you have a recipe to share,
email me at:

suzette@biosportphysicaltherapy.com

**Thank you to Kathy
for recommending
this recipe from The
Jam Jar Kitchen.
Awesome site!**

biosportphysicaltherapy.com



What's New At BioSport?



**Congrats to our Bhavik!
He graduated from
CSU, Stanislaus and is
preparing for studies at
PTA School in
Carrington!**



**Congrats to our Gina!
She graduated from
CSU, Stanislaus ! She is
preparing for her next
steps toward becoming a
Doctor of Physical
Therapy.**

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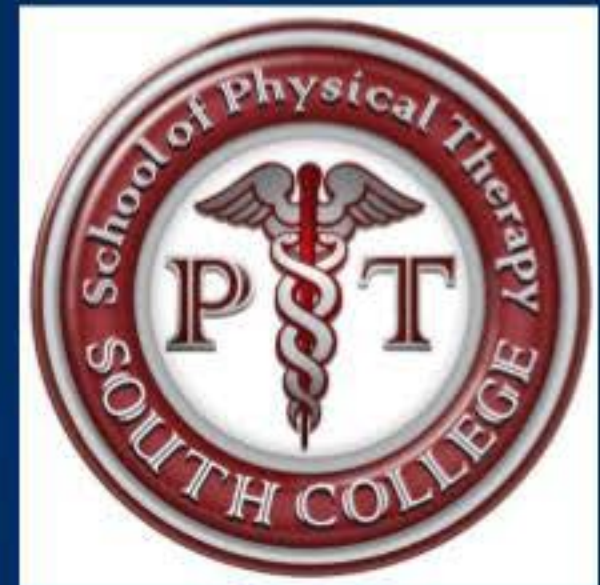
**Call us
today at
209-524-7488!**



Congratulations to Brittanie!

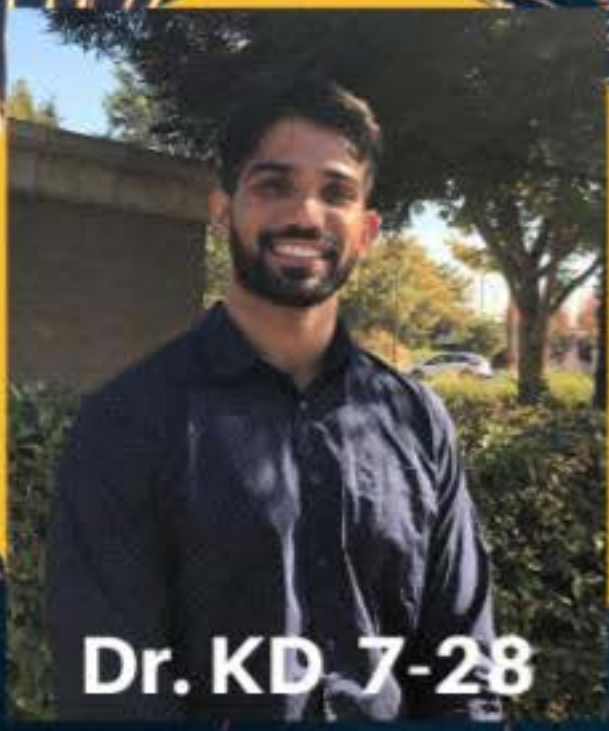


Congratulations to our Brittanie for being accepted into PT school! We are so proud of her! She is amazing at what she does! Her patients and the BioSport team love her dearly and are so excited about the news! We can't wait to support her through her doctoral journey!



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Call us today at 209-524-7488!



Dr. KD 7-28



Strat 7-22

Happy
BIRTHDAY



Cam 7-31



Connor 7-15



Call us today at
209-524-7488.
We look forward
to
working with you!

4TH OF JULY
Happy
INDEPENDENCE
Day!

**BioSport
Physical
Therapy
will be closed
on
July 4th .**

BioSport
PHYSICAL THERAPY

The One in One Approach!



Have a fun, safe 4th of July! We will be back in the office on Tuesday, July 5th! See you soon!



Thank you!

We love you!



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



BioSport Physical Therapy does an outstanding job of keeping my lymphedema under control. I can tell when I miss an appointment. The staff is very knowledgeable and will answer all of my questions. Since I have been seeing them a while, they are like family. The facility can accommodate any type of therapy. They put their patients first. I highly recommend BioSport Physical Therapy to anyone that needs physical therapy!

~Trina Zarzana

www.biosportphysicaltherapy.com

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