



BE ACTIVE AND STAY HEALTHY:

**MAKE PT
A PART
OF YOUR
SUMMER!**

DIRECT ACCESS

You no longer need a referral for physical therapy! Change your life today at Loudoun PT.

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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

• **Healthy Summer Recipe: Easy Pico De Gallo**

- **What Patients Are Saying**
- **At-Home Exercise**
- **What Is A Teletherapy Visit?**

THE IMPORTANCE OF CONTINUING YOUR PHYSICAL THERAPY SESSIONS, EVEN IN THE SUMMER MONTHS

With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At Loudoun Physical Therapy, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer

activities done while still taking care of yourself and continuing your physical therapy sessions!

I'm having trouble finding time for physical therapy – what should I do?

As the saying goes, “where there’s a will, there’s a way.” If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

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SERVING YOU WITH AWARD-WINNING CARE

Request your return appointment at:
loudounpt.com/newsletter-request-appointment



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In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

Physical therapy is still essential, no matter the time of year

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

Get started today

Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! Contact Loudoun Physical Therapy today to schedule an appointment.



**SCHEDULE YOUR APPOINTMENT:
[LOUDOUNPT.COM/NEWSLETTER-REQUEST-APPOINTMENT](https://www.loudounpt.com/newsletter-request-appointment)**

HEALTHY SUMMER RECIPE: EASY PICO DE GALLO

- 5 whole roma tomatoes, diced
- 1/4 large yellow onion, diced
- 1/4 cup cilantro, minced
- 1/2 large jalapeño pepper, minced (& seeded for milder taste)
- 2 tbsp freshly squeezed lime juice
- 2 cloves garlic, minced or pressed
- salt to taste




To make, place all ingredients into a large bowl. Mix and season with salt, to taste. Cover and place in the fridge until you are ready to serve! Try using as a topping for tacos or grilled dinners.



WHAT PATIENTS ARE SAYING

"I feel better after just 2 visits to Loudoun Physical Therapy than I did after 10 visits to one of the top rated PTs in the DC area. Janell and Shai are a dynamic duo. They have more than 30 years of experience between the 2 of them and truly have gifted, healing hands. Thank you for the excellent care." - M.S.

AT-HOME EXERCISE

Exercises copyright of
 SimoleSet Pro

INCREASE SHOULDER RANGE OF MOTION

Shoulder X Rotation Move through the following four shoulder positions slowly and one right after another, forming an X pattern. Repeat 10 times on each shoulder.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

WHAT IS A TELETHERAPY VISIT?

It is a remote, one-on-one Telehealth visit that is performed by our skilled physical therapists on a computer, connected to the Internet.

During your visit, you will receive:

- Movement Evaluation to determine your problem
- Education on why you are hurting and how to prevent it from reoccurring
- Exercise prescription to meet your specific needs

This physical therapy option is convenient and accessible from the comfort of your home!

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