



**THE PHYSICAL
THERAPY INSTITUTE™**
ORTHOPEDICS AND SPORTS MEDICINE

NEWSLETTER

Helping You Move Through Life
Pain-Free!



LIVE A HEALTHIER LIFE WITH **PHYSICAL THERAPY**

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at The Physical Therapy Institute are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact The Physical Therapy Institute today!

How physical therapy can help you to be healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Physical therapy treatments target your needs & goals!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future. Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

Visit Us Online www.physicaltherapyinstitute.com or Call [724-503-6993](tel:724-503-6993) Today!

PHYSICAL THERAPY TREATMENTS TARGET YOUR NEEDS & GOALS!



The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What to expect from your physical therapy sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

Contact us today!

If you want to improve your health, strength, and physical activity, The Physical Therapy Institute is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: <https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

Washington	724.527.4264
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Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
Moon Township	412.725.0193
Mount Lebanon	412.923.0923
Murrysville	724.948.1202
Robinson Physical Therapy	412.866.2764
Derry Clinic	724.948.0901
Greensburg	724.402.5770
Harrison City	724.923.4053
Jeannette	724.558.8009
Lower Burrell	724.558.8013
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Morningside	412.324.4967
Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

NO DOCTOR'S PRESCRIPTION NEEDED!
In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online www.physicaltherapyinstitute.com or Call **724-503-6993** Today!

FREE IN-PERSON WORKSHOPS

www.physicaltherapyinstitute.com/workshops/

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the Physical Therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email jwatkins@pt-institute.com.

RSVP TODAY!
FREE KNEE, LOW BACK, &
SHOULDER PAIN WORKSHOPS

EXERCISE ESSENTIALS

STANDING MARCH

Try this movement to relieve your ankles.

Start by standing up straight (place both hands on the back of a chair for support if needed). Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Repeat exercise 10 times.



 PT WIRED
www.ptwired.com

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

PATIENT SUCCESS SPOTLIGHT



"It is very friendly here and helped the swelling in my foot go down so I could get regular shoes on and walk more in shoes! Thank you!"

— Hope S.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

www.physicaltherapyinstitute.com



HEALTHY RECIPE

SWEET POTATO & BLACK BEAN CHILI

Ingredients

- Scones
- 2 ½ cups whole-wheat pastry flour
 - 1 tbsp baking powder
 - 1 tsp baking soda
 - ½ tsp salt
 - 5 tbsp cold unsalted butter, cubed
 - ⅓ cup dried currants
 - ¼ cup low-fat buttermilk
 - ¼ cup pure maple syrup
 - 1 large egg



Glaze

- ½ cup confectioners' sugar
- 1 tbsp orange juice

Directions

Preheat oven to 400° F. Line a baking sheet with parchment paper. Whisk flour, baking powder, baking soda and salt in a large bowl. Using a pastry cutter, work butter into the flour mixture until it resembles small pebbles. Add currants and toss to coat. Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix. Transfer the dough to a clean surface and, using floured hands, press into a 6-inch circle. Cut into 10 wedges. Place the wedges in a single layer on the prepared baking sheet. Bake the scones for 16-18 minutes. Let cool completely for 30 minutes. Prepare the glaze: Combine confectioners' sugar and orange juice in a small bowl. Spoon the glaze onto the cooled scones and serve.

<https://www.eatingwell.com/recipe/270913/irish-soda-bread-scones/>



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