



**Are You Taking Care
of Your Heart?**

Love Your Heart, Love Your Life!

ALSO INSIDE:

February Virtual Workshop • Exercise Essentials • Patient Success Spotlight





Are You Taking Care of Your Heart?

Love Your Heart, Love Your Life!

February is American Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart!

The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it.

Physical therapy at TherapyWorks can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process!

Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

TIPS FOR BETTER HEART HEALTH

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is different! Plaque forming in your arteries is the cause of heart attacks and artery blockages.

Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape!

Continued inside.

Are You Taking Care of Your Heart?



Continued from outside

The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercise regularly can help you lose weight and enhance your attitude as well.
- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-training techniques.
- **Maintain mobility of the joints and muscles:** Stretching keeps you active and makes you feel better. Knowing the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.
- **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.
- **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

PHYSICAL THERAPY CAN HELP YOU TAKE CARE OF YOUR HEART

If you're looking for a safe way to improve your heart health, physical therapy is a great option.

Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and

chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

Every program TherapyWorks designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

LOVE YOUR HEART, LOVE YOUR LIFE

This month is all about loving and appreciating others, but don't forget to take care of yourself!

Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at TherapyWorks would love to help you live the highest quality of life possible. Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

**Call Today
(785) 749-1300**

www.therapyworkskansas.com



Patient Success Spotlight



"I came to TherapyWorks after having a less than successful experience with a different group. They were fabulous immediately and my progress healing took off. What a great team!!!!" – Karen

Runner's Clinic

**FEB.
26th
8 - 10 am**

1311 Wakarusa Dr.
Suite 1000
Lawrence, KS 66049

Join us for the Therapy Works Runner's Clinic on Saturday, February 26th from 8 - 10 am.

Visit a variety of stations set up to help runners and athletes reach their potential and avoid injury.

At the form analysis station you can be recorded running on a treadmill. Then a therapist will review the video with you, giving you a detailed form analysis.

For additional information, call
(785) 749-1300

*Run Smarter!
Run Safer!*

FEBRUARY VIRTUAL WORKSHOP



SCAN ME

SHOULDER PAIN

With Cynthia "Cindy" Johnson, M.S., MCMT
Jan. 5th at 6:30 pm and Jan. 19th at 6:30 pm

Scan the QR code or call us today to register for this free workshop.



GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Scan the QR code to go to our Google Review page.

FACEBOOK LIVE INTERVIEW EVENTS



Wed., Feb. 9th at 4:30 pm Topic: Foot Pain with Britani Baxter

Wed., Feb. 23rd at 4:30 pm Topic: Pediatric Physical Therapy with James Quinn



Checkout our Facebook page for more details
www.facebook.com/TherapyWorksKS/



Start Feeling Better Today! Call Us At (785) 749-1300 Or Visit Us Online At www.therapyworkskansas.com