



HOW TO...

**boost
your
immune
system**

TherapyWorks can help you with strategies that not only help you heal better but protect you from future health issues!

CHECK OUT OUR FREE

VIRTUAL WORKSHOPS

ALSO INSIDE:

• Exercise Essentials • Patient Success Spotlight • Give Us a Shoutout!



HOW TO BOOST YOUR IMMUNE SYSTEM

Are you interested in doing what you can to improve your immune system and overall health? Do you wonder why everyone seems to recommend diet and exercise for your well-being?

At TherapyWorks, our physical therapy team can help you implement strategies that not only help you heal better but protect you from future health issues!

Making healthy choices, such as eating right and staying active, will help you recover from injury and protect your body from illness. In the ongoing struggle against Covid-19, immune system health has taken center stage, and more people prioritize their overall well-being.

HOW DOES THE IMMUNE SYSTEM WORK?

Our immune system defends against disease and foreign substances (i.e., germs, bacteria, and viruses). The immune system is our body's defense against infections and helps keep us healthy.

The three primary functions of the immune system include:

Fighting disease-causing germs (pathogens) like bacteria, viruses, parasites, or fungi and removing them from the body.

Recognizing and neutralizing harmful substances from the environment.

Fight disease-causing changes in the body, such as cancer cells.

Our body depends on a combination of many lifestyle factors to fight off infection and disease. These factors include:

- Nutrition
- Exercise
- Sleep habits
- Stress levels
- Whether you smoke and/or drink alcohol

If you're interested in strengthening your immune system, request an appointment at TherapyWorks today. We will provide you with individualized exercise programs and relevant nutritional advice based on your specific needs.

Continued inside.

HOW TO BOOST YOUR IMMUNE SYSTEM

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WHAT DOES PROPER NUTRITION MEAN?

All the cells in your body require certain nutrients to function correctly. These nutrients are found in the foods we eat. The foods we eat contain the vitamins that improve immune health by working as antioxidants and protecting healthy cells to ward off diseases and illness.

Our physical therapists can help you craft a diet that is rich in vitamins and nutrients that supports your health. One of the most researched diets that support our immune system is the Mediterranean Diet.

The emphasis of the Mediterranean Diet is plant-based. Whole grains and lean meats are also important attributes of this diet, and fish are rich in Omega-3 fatty acids. Healthy fats like olive oils and nuts are also emphasized.

We recommend avoiding foods that interfere with your health, like processed foods, sugary food, and fried foods. These types of foods can result in chronic inflammation and take an overwhelming toll on your immune system and its ability to function correctly.

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain while improving your immune system function.

HOW DOES EXERCISING HELP THE IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to care for your immune system proactively. Your entire body, including your immune system, functions better when supported with regular physical activity/exercise.

Anti-inflammatory cells are released during and after physical exercise, and cell recruitment to defend the body is activated.

This results in a lower incidence and intensity of symptoms for infections. It also leads to improved response and repair of damaged tissues.

Physical exercise is also essential for preventing and protecting us from several diseases, including:

- Heart disease (i.e., high blood pressure, high cholesterol, etc.)
- Diabetes
- Cancer
- Alzheimer's and other dementias
- Joint degeneration and arthritis
- Auto-immune disorders

Physical activity is vital for lifelong health and immune system function. It is increasingly clear that combining nutrition and physical activity has significant positive health consequences and boosts the immune system. Our team can help guide you through rehabilitation and improve overall health and well-being.

REQUEST AN APPOINTMENT AT THERAPYWORKS TODAY!

Our physical therapists will perform a comprehensive evaluation to determine your current health and fitness level during your first appointment. This first appointment can also alert your therapist to any weakened areas of your body that may be causing you pain and dysfunction.

You will then be prescribed a personalized exercise routine that aligns with your body and fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life.

Don't hesitate to change your health for the better; contact TherapyWorks today!

**Are You in Pain?
Have You Suffered an Injury?
Come Back to PT!**

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.



**Call us at
(785) 367-3395
to schedule your
appointment today!**

Sources: www.ncbi.nlm.nih.gov/pmc/articles/PMC7387807/, www.frontiersin.org/articles/10.3389/fpsyg.2020.593903/full, www.sciencedirect.com/science/article/pii/S2095254618301005, www.ncbi.nlm.nih.gov/pmc/articles/PMC6723551/, www.frontiersin.org/articles/10.3389/fpsyg.2021.751374/full

Exercise Essentials

This exercise helps strengthen your hips and knees.

SEATED PIRIFORMIS STRETCH

Start by sitting up straight with your knees bent and feet flat. Bend your leg and place your ankle across the top of your other knee. Rotate your trunk toward your bent knee and gently pull your knee toward your chest until you feel a stretch in your hip. Hold for 30 seconds.



Patient Success Spotlight



"Everyone was always very patient, clear, supportive & encouraging. I am much better now thanks to everyone's help." - Pamela

JANUARY VIRTUAL WORKSHOPS

BACK PAIN & SCIATICA

With Cindy Johnson, M.S., MCMT
January 11th at 6:30 pm



SHOULDER PAIN & ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
January 25th at 6:30 pm

FACEBOOK LIVE INTERVIEW EVENTS

January 4th at 4:30 pm
Topic: Laser Therapy FAQ with
Britani Baxter, PTA

January 18th at 4:30 pm
Topic: Back Pain and Injury
FAQ with Rachel Barron, PTA

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more details [www.facebook.com/
TherapyWorksKS/](https://www.facebook.com/TherapyWorksKS/)



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!



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QR code
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