

# Santa Ana Tustin Physical Therapy

SATPT NEWSLETTER

"Exercise is Medicine"



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November 2009



## PARDON US....

As we do a little bit of remodeling. Recently you may have seen some changes we have been making in our gym! Most recently a 4



stack universal multi-gym and upgraded reception seating. Be on the lookout for more changes to come. [Please click here for more information.](#)

## Product Spotlight:

You have all seen this product often used at SATPT. SATPT highly recommends the use of this product for your home exercise program. Please ask your PT about this product.



Thera-Band resistance exercise systems are used as tools for rehabilitating and restoring muscle and joint functions and for improving conditioning, balance and building strength.

## Did you know...

### Food for thought. Anti-inflammatory Foods in your diet:

*What is Inflammation?: "A basic way in which the body reacts to infection, irritation or other injury, the key feature being redness, warmth, swelling and pain."*

Foods you eat could make a difference. Everyone knows that medicines such as Advil are commonly used to control inflammation. However, there have been some studies that indicate that the addition of certain foods may decrease your risk for chronic pain. To learn more about the "anti-inflammatory diet", follow this link to our homepage for more information. [Please click here for more information.](#)

## Improve your Golf through conditioning

If you are an avid golfer, you are always looking to improve your Game! SATPT is taking names of those interested for a golf specific golf conditioning program. Our program will help you perk up your game by increasing your core strength as well as flexibility.



Take advantage of the off season and participate. Give us a call and be sure to ask for [Christina](#) or [Denny](#) for more info.

## Q and A: What to expect from your PT?

### THE OPTIMAL COMBINATION OF TREATMENTS...

Blending science with inspiration, your physical therapist will teach you how to prevent or manage a health condition and help motivate you during your treatment so you can function optimally. Your physical therapist will work with you to help you understand your body so you will achieve long-term health benefits.



A personal wellness plan tailored for YOU...

Your physical therapist will examine you and develop a plan of care using a variety of treatment techniques that help you move, reduce pain, restore function, and prevent disability. Your physical therapist can also help you prevent loss of mobility and motion by developing a fitness- and wellness-oriented program tailored to your specific needs.



### YOUR PARTNER IN HEALTH...

A physical therapist is your partner throughout your journey to restoring and maintaining motion so that you can function at your personal best.

(source: APTA 2009)

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