

Newsletter

HAYMARKET
PHYSICAL THERAPY, LLC



*We help you achieve
the life you want without
medications, injections
or surgery.*



THANK YOU FOR VOTING!

Physical Therapy • Dry Needling • Manual Therapy
Blood Flow Restriction • Deep Tissue Laser Therapy
• Wellness • Cupping • IASTM Therapy

CALL TODAY! 703.753.0261

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**How We Can Help You
Get Healthier**

Learn more inside >>

Bealeton: 540.952.0138

Bristow: 571.832.2342

Gainesville: 703.570.1633

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Newsletter



Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.

Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

Contact Us

We are here for you. Give us a call today to start your healing journey.

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How Physical Therapy Can Help You Get Healthier

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Haymarket Physical Therapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education and prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact Haymarket Physical Therapy today to find out more about how our services can help you live a healthier, stronger, and more active life!

What Does it Mean to be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

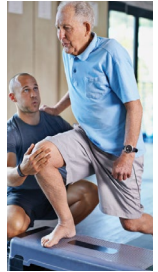
Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.
- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

How Physical Therapy Can Help You

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Every program is designed based on your individual needs. Learning how to safely 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. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.



Contact our clinic today

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Haymarket Physical Therapy would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/> • <https://academic.oup.com/ptj/article/95/10/1433/2686492>

Chipotle Shrimp Rice Bowls

INGREDIENTS:

- 1 lb medium raw shrimp deveined & tail off
- 2 to 3 tbsp chipotle adobo sauce, to taste
- 2 tbsp olive oil
- 2 tsp fresh garlic finely minced
- 1 tbsp chili powder
- 1 tsp cumin
- ¾ to 1 tsp salt, to taste
- 1 tsp oregano
- 1 tsp coriander
- ½ tsp black pepper
- 1 tbsp olive oil for drizzling on the skillet/pan
- 1 ½ c basmati rice rinsed & drained
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 2 tsp fresh garlic finely minced
- 2 1/2 c water

INSTRUCTIONS: Pat the shrimp dry with a paper towel. Transfer to a bowl and add the chipotle adobo sauce, olive oil, fresh garlic, chili powder, cumin, salt, oregano, coriander, and black pepper. Mix together to make sure all the shrimp is coated evenly. Heat a cast-iron skillet over high heat. Once hot, add a drizzle of olive oil and toss the shrimp in so they can get a nice sear. Cook for about 8 min, flipping over half way. Once the shrimp is cooked through, immediately take off the pan to prevent overcooking. Rinse the rice in a fine-mesh sieve with cool water until the water runs clear. Another option is to soak it in cool water for 30 min. Drain well. Bring 2 ½ c of water to a boil in a kettle. To a pot over medium heat, add the olive oil, butter, garlic, and rice. Stir to coat all the rice grains with the butter and oil. Toast the rice for 2 to 3 min. Add the hot water, salt, and bay leaf. Stir and then bring to a boil. Once boiling, drop the heat to low, cover, and simmer for 12 to 14 min. Leave it covered for 10 min until the rice is cooked. Fluff the rice with a fork. Transfer the rice to a bowl. Add the lime juice, lemon juice, and chopped cilantro and mix. Serve warm!

3 Tips To Improve Nutrition In The Fall

What do you think of when you hear the word fall? Crisp refreshing days? Bonfires and changing leaves? Pumpkin carving? What if you were to focus on your nutrition this fall?

The food we eat has a significant impact on several elements of our health, particularly our heart health. Obesity, weight gain, physical inactivity, stress, high blood pressure, high cholesterol, and obesity all increase the risk of heart disease and other cancers.

Considering the importance of nutrition, it's never the wrong time to think critically about your diet. At Haymarket Physical Therapy, we know that fall can be busy, which is why we want to give you a few simple tips on how to improve your nutrition this season.

1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients.

Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.

When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

3. Select leaner sources of protein

Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers?

So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact Haymarket Physical Therapy today. We can help you develop an exercise and nutrition plan that works for your needs.

At-Home Exercise Waiter's Bow



Instructions: Start by standing up straight with your arms hanging by your sides and a dumbbell in one hand. Place your other hand on your lower back to monitor your muscle activation. Slowly hinge forward at your hips keeping your back flat until you are at the point where your back will round if you go any further. Allow your weighted arm to hang forward as you hinge. Slowly hinge back up. 3 sets, 10 reps, hold.



Give us a call if you have any questions or concerns while performing this exercise.

Patient Success

“They are passionate about what they do and they care about each individual they work with.”

“HPT – Bealeton is the place to go! The staff here is amazing! The moment you walk in the door, to the time you leave is a positive experience. They are passionate about what they do and they care about each individual they work with. They make the experience enjoyable while keeping a professional environment. I was a patient for a few months, and I know that the success I had was because of them. If you are looking for a PT, look no further than Dr. Nikki Waters, you won't be disappointed.” — **Jessica N.**

We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better