

Newsletter

Bristow is now offering dry needling! Call 571.832.2342 to get started.

Improve Your Spine Health This Fall

HAYMARKET
PHYSICAL THERAPY, LLC

Results you can feel, from a team you can trust.



Bealeton: 540.952.0138

Bristow: 571.832.2342

Gainesville: 703.570.1633

HAYMARKETPT.COM

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.

Beaeton: 540.952.0138

Bristow: 571.832.2342

Gainesville: 703.570.1633

HAYMARKETPT.COM

Tips to Alleviate Your Pain & Improve Your Spine Health

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At Haymarket Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love! The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body — it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy. When we think of health, we typically focus on nutrition, exercise, and heart health — but spine health is also essential. At Haymarket Physical Therapy, our therapists can help you resolve your pain and get your spine healthy again! Call today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

THE IMPORTANCE OF GOOD SPINE HEALTH

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Good joint and muscle mobility
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

How We Can Improve The Health Of Your Spine

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

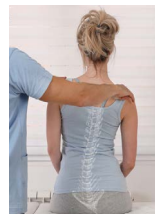
WHAT TO EXPECT AT YOUR VISITS

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. Our supervised programs will likely include:

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.



Healthy lifestyle choices are also crucial for a healthy spine. The following are all examples of healthy changes and habits you can do in your life to improve your spine health:

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

CALL TODAY FOR AN APPOINTMENT

If you have been living with back pain, or you'd like to avoid potential back pain, contact us today. Don't live with the limits of back pain – improve your spine health with us.

Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlight=Abstract=back%7Cexercise%7Cpain%7Cexercise> <https://bjsm.bmj.com/content/55/9/468> <https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896>

Pumpkin Cream Cheese Doughnuts

INGREDIENTS:

- 3 cup almond flour, sifted
- 3 tbsp of cinnamon
- 3 tsp of ground ginger
- ½ tsp of ground nutmeg
- ¼ tsp of ground clove
- 3 tsp baking powder
- 1/2 tsp of sea salt
- 1 cup unsalted butter, softened
- 8 ounces of full-fat cream cheese, softened
- 1 1/2 cup granulated sugar substitute
- ½ cup choice of brown sugar substitute
- 2 tsp of vanilla extract
- 1 cup pumpkin puree (unsweetened)
- 6 large eggs

KETO MAPLE ICING

- 1 cup powdered sugar-free (confectioners sugar substitute)
- 1 tsp cinnamon powder
- 8 tbsp heavy whipping cream
- 2 tbsp of sugar-free syrup

INSTRUCTIONS: Preheat the oven to 350°F and grease donut molds. Sift together almond flour, cinnamon powder, ground ginger, ground nutmeg, ground clove, baking powder, and salt and set aside. Beat together the softened butter, cream cheese, both sugar substitutes, and vanilla extract until light and creamy. Mix in the pumpkin puree. Add eggs one at a time alternating with the dry ingredients, mixing thoroughly after each addition. Using a pastry bag, pipe the cake batter evenly into the prepared donut pan(s). Bake about 15- 20 min or until an inserted toothpick comes out clean. Allow donuts to cool in molds for 10 min. To make icing, mix the powdered sugar substitute and cinnamon powder in a small bowl. Whisk in the 8 tbsp of heavy whipping cream making sure to fully incorporate the mixture. Lastly, add 2 tbsp of lakanto sugar-free maple syrup and mix well. If icing is too thick, add another tbsp of heavy whipping cream until softened.

Staff Spotlight: Caitlyn Maat

"Cupcakes Are Just Muffins That Believed In Miracles."



Caitlyn Maat, LPTA is passionate about helping patients participate in their hobbies or activities that make them happy. Whether their hobby is a sport, walking, reading, or playing with their children, she works hard to help people do the things that bring them joy.

Her interest in physical therapy was sparked by playing soccer as a child and taking an athletic training elective course in high school where she learned about the treatment of athletic injuries. Caitlyn loves seeing how exercise plays a role in the body's healing process and seeing the improvements that people experience during physical therapy. She went on to graduate from James Madison University in 2012 with a Bachelor's degree in kinesiology and then worked as a physical therapy technician for a year where she helped patients perform their exercises and stretches correctly to facilitate recovery from injuries or surgeries. She then attended Blue Ridge Community Technical College's PTA program, where she completed multiple clinical rotations and gained experience in a variety of settings from a skilled nursing facility where she worked primarily with elderly patients struggling with balance and weakness, to a home health setting where she gained experience working with post-operative patients recovering from knee replacements, hip replacements, and lower extremity amputations.

Here at Haymarket PT, she works with the physical therapists to treat patients' conditions by assisting with manual therapy, teaching exercises and stretches and giving an exercise program for patients to do on their own at home. She loves that every day she comes to work and sees patients get better and succeed at doing things that they couldn't do yesterday, last week, or months ago.

In her free time, she enjoys spending time with her family including her two dogs. She likes outdoor activities such as kayaking, camping, and gardening in her vegetable garden, and would never pass up a relaxing trip to the beach where she can read books on her kindle all day. Being that she was born and raised in Virginia, she's a loyal fan who roots for the Redskins and Capitals.



Results you can feel, from a team you can trust.

Patient Success

"If you are seeking top notch physical therapy do not look any further. From the time you walk in the door and meet Laricka, her smile and friendly approach until you leave while working with Kena, Sam or Nikki they are amazing. **They work with you, converse with you, care about you, make you want to get better, install drive in you, correct you to make sure you are doing exercises properly so you heal quicker and respond.** The office vibe is amazing from light music playing, National Billboard Day and weekly surveys to vote on. They offer weight machines, strengthening bands, variety of exercises, stretch tables, interview room and more. We cannot forget about the Assistant Director Beasley, he walks around and greets you so bring a treat. I have been to other therapy places in the area and none compare. Others you sit in a waiting room all quiet like with outdated magazines waiting to be called for 15-20 mins or more. Haymarket -Bealton Laricka will talk with you while waiting, music is on and your wait time is never long, minutes. Haymarket-Bealton is top notch and is my top of the list by far. I wouldn't go back to anyone else. These ladies rock and are the Bomb of healing and are a hidden gem in what they do." — T.K.



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

GET STARTED AT [HAYMARKETPT.COM](https://www.haymarketpt.com)