

NEWSLETTER



HOW PHYSICAL THERAPY CAN HELP DIAGNOSE PAIN

2023

How Physical
Therapy Can Help
You Find Relief

The Best Grilled
Chicken Breast Recipe

Healthy Grilling Tips
For Arthritis Pain



PINPOINTING THE CULPRIT: HOW PHYSICAL THERAPY CAN HELP DIAGNOSE PAIN

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for.

Call Albanese Physical Therapy today and set up an appointment with our highly trained physical therapists!

UNDERSTANDING YOUR PAIN

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist can help you.

When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

- How long you've been experiencing your symptoms
- Where it developed and where it is currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

CALL AND MAKE AN APPOINTMENT TODAY

Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call Albanese Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources:
<https://onlinelibrary.wiley.com/doi/10.1111/1475-4773.12984>
https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17

EXERCISE OF THE MONTH

STANDING MARCH

Start by standing up straight (place both hands on the back of a chair for support if needed). Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Repeat exercise 10 times.

Having trouble performing this or having discomfort? Call us at (724) 419-8927 for a free consult!



FREE SCREENING

Schedule your free screening today!

(724) 419-8927



FEEL BETTER BY EATING BETTER

THE BEST GRILLED CHICKEN BREAST RECIPE

- 2 pounds boneless skinless chicken breasts
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 2 tablespoons olive oil
- fresh lime juice
- chopped fresh cilantro

Heat the grill to medium-high heat. Combine the salt, pepper, cumin, chili powder, onion powder, and garlic powder in a small dish. Drizzle the olive oil and rub the seasoning over the chicken breasts, coating them entirely. Once heated, place the chicken on the grill and cook for about 15 minutes total, flipping halfway through. Before serving, squeeze fresh lime juice over the chicken and finish with a sprinkle of chopped cilantro.

Source: <https://easychickenrecipes.com/grilled-chicken-breast-recipe/#recipe>



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com



They take great care to improve your quality of life. They care. I went from a walker to walking on my own after my PT treatments. Thanks to Stephanie and Rich!

5-Star Google Review

HEALTHY GRILLING TIPS FOR ARTHRITIS PAIN

Have you been looking forward to summer cookouts and barbeques all year? The time has finally come to dust off your grill and pick up your apron from the shelf. However, in the midst of all of the excitement, it's important to remember to eat healthy.

This is especially true for individuals with arthritis. Eating too much of the wrong foods can trigger inflammatory responses, resulting in muscle, nerve, or joint pain.

Certain foods have been shown to reduce inflammation, while others have been shown to aggravate it.

This might sound intimidating, but it's good news! You have the power to lessen your pain and inflammation by making healthy food choices. Here are some examples of tasty foods you can prepare this summer while also being conscious of your health:

SWAP BURGERS FOR SALMON WITH LEMON AND SAVORY SUMMER HERBS

Studies have shown that eating red and processed meat on a regular basis increases the risk of type 2 diabetes, coronary heart disease, stroke, and certain cancers, particularly colorectal cancer.

Salmon, on the other hand, is high in omega-3 fatty acids and vitamin D—two elements that improve joint health, boost immunity, and protect against inflammation.

REPLACE KETCHUP AND MAYO WITH SALSA

Did you know that ketchup packs roughly 2 teaspoons of sugar per tablespoon? Or that mayo is high in unhealthy fats?

Instead of these common condiments, try something new this summer! Salsa is high in nutrients and low in calories, with only four to five calories per tablespoon and no fat. And it tastes great!



**Albanese
Physical
Therapy**

FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

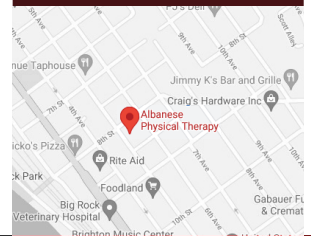
CONTACT US

(724) 419-8927

rich@albanesephysicaltherapy.com
albanesephysicaltherapy.com



@ALBANESEPHYSICALTHERAPY



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM