



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



**DON'T LET
MOBILITY
LIMITATIONS
HOLD YOU
BACK**

INSIDE: [Success Spotlight](#)

[Healthy Recipe:
Cauliflower Steaks](#)

[Workouts To Do
From Home](#)



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DON'T LET MOBILITY LIMITATIONS HOLD YOU BACK

Mobility limitations increase as we age and our bodies change in different ways. Some of us may lose muscle mass and strength. Others may experience joint aches and pains or balance and gait problems.

Living with these kinds of physical restrictions can cause an individual to feel as if they're losing their sense of independence, which can also take a toll on their mental and emotional health as well.

If you're experiencing an issue with your mobility, or have noticed that many things are difficult for you to do on your own, know that there is help available.

At First Colony Aquatic and Rehabilitation Center our physical therapists are dedicated to helping you maintain as much independence as possible through our customized treatment plans.

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain, discomfort or movement restrictions.

How First Colony Aquatic and Rehabilitation Center can help you maintain your independence

We understand that many of our patients live with mobility and strength deficits, and want to lessen the load as much as possible when it comes to searching for specialists to treat different limitations. We also acknowledge the importance of maintaining as much independence as possible regardless of your age or condition.

The purpose of therapy at First Colony Aquatic and Rehabilitation Center is to help relieve your pain and reach your peak level of physical health. Perhaps you are still suffering from the lingering pain of an injury.

You might be recovering from a surgery and trying to get your range of motion back. Maybe your joints simply aren't what they used to be, and you are looking for relief.

Our skilled team of therapists provides one-on-one treatment for each of our patients and will work with you to improve your strength, muscle tone, balancing abilities, gait, range of motion, and more through several different treatment techniques.



First Colony Aquatic
and Rehabilitation Center

Article Continues
Inside >>

WHAT KINDS OF TREATMENTS CAN HELP ME MAINTAIN MOBILITY?

Some of the physical therapy techniques our therapists may use for your treatment to help you improve your mobility are:

- **RICE:** RICE stands for "Rest," "Ice," "Compression" and "Elevation." Your physical therapist may recommend RICE to you to reduce pain and inflammation.
- **Joint mobilization techniques:** Have you ever heard of a "wobble board?" They're also known as balance boards. Working with these tools can help you improve your joint mobility, especially in your foot or ankle joints. You might also benefit from techniques that work to loosen and break up internal scar tissue, which can form over old injuries and cause chronic soreness and stiffness.
- **Stretching exercises:** Did you know that injured muscles and connective tissues are capable of healing and returning to their previous length and range of motion? It's possible with the help of stretching exercises. These exercises are also excellent for preventing arthritic joints from becoming more stiff over time. Workouts and on a bicycle or treadmill may be suggestions our physical therapists propose to you.

First Colony Aquatic and Rehabilitation Center is here to help you live your life comfortably.

No matter what your day to day activities may be, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at First Colony Aquatic and Rehabilitation Center assess your condition and physical goals, so that we can provide you with the best care possible using the most successful treatment techniques available.

Call our clinic today to schedule your appointment, and rest assured that your independence and wellbeing are our top priority!

SUGAR LAND
281.325.0188

ROSENBERG
281.239.3838



FirstColonyAquatic
and Rehabilitation Center

HEALTHY RECIPE

Cauliflower Steaks with Roasted Red Pepper & Olive Salsa



- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds

Instructions: Heat oven to 425F and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through. **Meanwhile, make the salsa:** Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon the salsa over them and top with flaked almonds to serve.

SUCCESS SPOTLIGHT



I'm 78, and confident I've found the best of the best."

"Giving a review for First Colony Aquatic and Rehabilitation Center is both the easiest and hardest thing I've done in years. It is easy because I have superior instruction from my extraordinary physical therapist, Jackie Allen, as well as complete confidence she has my regimen of work mapped out for me. Her words are spoken with energy and confidence, with the right amount of compassion. The staff is kind and helpful, and always greets me with a smile. They are professional and courteous and willing to go the extra mile. Thank you for all you do!

Writing this review is hard because there are not enough words to express my gratitude to the therapists who help me exit the world of pain and into a better place. Having had multiple instances requiring physical therapy since 2016, First Colony has remained my first choice. I'm 78, and confident I've found the best of the best, and I highly recommend them". - H.R.

WORKOUTS TO DO FROM HOME



CAT-COW

Begin on your back. Bend your knees and keep your back flat on the ground. Gently, contract your abdominals and hold to keep your back flat as you move up into the bridge position. Remember to breathe. Gently, squeeze your butt muscles and lift your hips off the ground. The goal is to have your hips aligned with your knees and shoulders. Repeat as instructed.



BRIDGES

Begin on all fours. Place your hands below your shoulders and your knees below your hips. Arch your back towards the sky and bring your face towards your chest. Return to starting position. Now arch your back toward the ground and raise your face toward the sky. Alternate and repeat as instructed.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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Big Thank You To Everyone Who Came Out For Sean's Birthday Cookout Celebration!



MEET KAELYNN!

Kaelynn was born in Pennsylvania and moved to Texas when she was just about two years old. She attended George Ranch High School and graduated in 2019. Kaelynn is currently in school working on getting her degree in teaching. Her passion for teaching came from taking care of her younger cousins and she wants to make a difference in the life of the children of the future. In her free time, she enjoys spending time with her cats and her best friend. Fun fact: she is the biggest Justin Bieber fan you can find!

Sign up for our **FREE** in-person Rotator Cuff and Shoulder Pain Workshop!

July 1st 6pm

Call (281) 239-3838

