



NEWSLETTER

Your #1 Resource for Greater Health and Wellness

REQUEST YOUR
APPOINTMENT TODAY!



*Strength Training Helps You Recover
From and Prevent Future Injuries*

INSIDE:

THE BENEFITS OF STRENGTH TRAINING
HEALTHY RECIPE | PATIENT SUCCESS STORY



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STRENGTH TRAINING HELPS YOU RECOVER FROM AND PREVENT FUTURE INJURIES

Are you dealing with an old injury? Do you find it difficult to get active or are worried you will hurt yourself if you try? At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we can help you resolve old injuries and teach you strengthening strategies to achieve your goals!

Most people want to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish due to pain, injuries, or poor lifestyle habits. Pain increases stress to the body; fortunately, strength training can help ease your discomfort while simultaneously improving your function and reducing the risk of future injuries.

Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the proper knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle.

Call the First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today to learn more and start a new chapter on a healthier you!

THE BENEFITS OF STRENGTH TRAINING

The body's muscles play an essential role in your health and well-being. Your muscles not only help you move, but they help reduce your risk of injury and support your joints to ensure you stay active.

A stronger you means a healthier you. Relieving joint or muscle pain, improving your balance and coordination, resolving injuries, and preventing future injuries are integral parts of our specialized physical therapy treatments.

Strength training helps build muscle, reduce pain, improve mobility and overall function, and is typically used throughout the rehabilitation process. Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

HOW STRENGTH TRAINING MAKES YOU HEALTHIER

Strength training is an integral part of rehabilitation and reaching your peak physical potential, but there are other health benefits, including the following:

- **Improved strength:** This is obvious, but improved strength allows you to perform daily tasks much more manageably, such as carrying heavy groceries or recreational activities and sports.
- **Maintain a healthy weight:** Strength training helps burn calories efficiently, reducing total body fat. This, in turn, helps reduce the risk of chronic diseases like heart disease, cancer, diabetes, and orthopedic conditions like osteoarthritis.

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WE WILL HELP PUT A SPRING IN YOUR STEP!

- **Decreased risk of falls:** Multiple studies have demonstrated the benefits of strength training for reducing your risk of falls by improving your balance, coordination, and response to losing your balance. In addition, if you fall, you are less susceptible to serious injuries.
- **Reduces your risk of injury:** Strength training helps improve joint range of motion and mobility of your muscles, ligaments, and tendons. This provides additional protection against damage.

What's more, strength training can help correct muscular imbalances and take the load off of your body, decreasing your risk of injuries. Research has shown that strength training can reduce the risk of injury by up to 30%.

- **Improved heart health:** Multiple studies have shown that regular strength-training decreases blood pressure, lowers cholesterol (i.e., total and LDL levels), and improves blood circulation.
- **Helps manage your blood sugar levels:** Strength training may also reduce your risk of developing diabetes by helping reduce and maintain blood sugar levels.
- **Improved mobility and flexibility:** Weaker muscles tend to have less range of motion. Strength training increases joint range of motion allowing for greater mobility and flexibility.
- **Improved bone strength:** Strength training is crucial for bone development by putting temporary stress on your bones, resulting in improved bone strength. Strong bones reduce your risk of osteoporosis, fractures, and falls, especially as you age.
- **Improves brain health:** Those who engage in strength training may have better brain health and protection against age-related cognitive decline.
- **Promotes improved joint health:** Strength training significantly improves joint pain and functioning during rehabilitation and preventative strategies.

Strength training provides many health benefits, including lowering the risk of chronic disease, improving overall function, and reducing the risk of injury and falls. Furthermore, anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY APPOINTMENTS

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Strength training is an essential part of reaching your peak physical potential, and our team can guide you through the most effective exercises to achieve your goals!

CALL TO SCHEDULE AN APPOINTMENT

Don't let any long-term problems get in the way of enjoying your life!

Call First Colony Aquatic and Rehabilitation Center & Sports Therapy Center for an appointment today!

GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802**
ROSENBERG AT **281.559.7429** OR
SPORTS THERAPY CENTER AT **281.980.2997**



FirstColonyAquatic
and Rehabilitation Center

SPECIAL OFFER

FMS OR SFMA FREE SCREENING

Scan or click below to sign up today!

FMS AND SFMA

Did you know there is a way to simultaneously reduce the risk of injury and enhance your physical performance? At First Colony Aquatic and Rehabilitation & Sports Therapy Center, our team is highly trained and certified in the Functional Movement Screen (FMS) and Selective Functional Movement Assessment (SFMA). Which technique is right for you? Keep reading:

FMS SCREENING

The FMS assesses seven fundamental movements in daily life and quickly identifies dysfunctional patterns impacting your health and performance. While most compensations are not painful, they can hide a dysfunction that could increase the risk of injury.

Scan this code to sign up for your Free FMS Screening today!



Sugar Land
281.226.9802

Rosenberg
281.559.7429

SFMA SCREENING

The SFMA is used to identify deficits in joint range of motion, muscle flexibility, strength, and recruitment strategies causing your painful, dysfunctional movement. For people already experiencing pain, the SFMA focuses on underlying dysfunctional movement to find the root cause, not just the location of the pain.

Scan this code to sign up for your Free SFMA Screening today!



Sports Therapy Center
281.980.2997

Request your free screening today, and let us help ensure you are prepared to do what you love with a comprehensive screening using the FMS and SFMA techniques!

SEASONAL RECIPE

CARAMELIZED PORK RIBS



INGREDIENTS

- 1 pound pork ribs
- vegetable oil
- 1.25 inches of - ginger root
- 3 garlic cloves, peeled
- ½ teaspoon chili flakes
- 2 star anise
- 1 teaspoon honey
- 1 tablespoon soy sauce
- 1 tablespoon red wine vinegar
- 3 spring onions
- ½ cup chicken stock

INSTRUCTIONS:

Preheat the oven to 380 degrees F/190 degrees C. Heat 2 tablespoons of vegetable oil in a skillet. Lay the pork ribs in it. Season with salt and pepper. Peel and slice the ginger root horizontally, and then add the slices to the skillet. Fry them for 2-3 minutes. Throw in the garlic cloves (uncrushed), chili flakes, star anises, honey, and soy sauce. Stir and cook them together for about 10 minutes. Cut the spring onions into thin slices, then throw those into the skillet (Keep some for garnishing). Mix and cook for a few more minutes. Transfer the cast iron skillet to the oven and bake for 10 minutes. Serve the pork ribs warm. Before serving, garnish with some fresh spring onion.

PATIENT SUCCESS STORY

Natalie was fantastic with the physical therapy for my shoulder and knees. I was a concerned about using a new therapist after my previous therapist retired, after working with me for many years. Natalie was very knowledgeable and progressed me through a number of exercises that solved both my shoulder and knee problems without need for surgery.

-John S.



SCAN THE QR CODE TO
READ MORE PATIENT
TESTIMONIALS

VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!
AT SUGARLANDPT.COM

