



FirstColonyAquatic
and Rehabilitation Center

2024
NEWSLETTER

HAPPY
Valentine's
DAY



ALLEVIATE PERSISTENT NECK PAIN WITH PHYSICAL THERAPY



SCAN THE QR CODE
TO SCHEDULE YOUR
APPOINTMENT TODAY!



Inside:

- Source of Neck Pain: Causes and Symptoms
- Healthy Recipe
- 4 Tips to Avoid a Winter Slump

SUGARLANDPT.COM



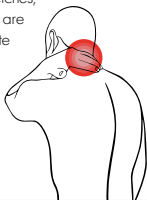
ALLEVIATE PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because there's something wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems, and more importantly get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.



SOURCE OF NECK PAIN: CAUSES AND SYMPTOMS

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something that seems insignificant, like maintaining an improper posture while working at your desk, our team can help.

What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs, the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck. Whereas problems such as bulging or herniated discs can be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms.

Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](https://www.sugarlandpt.com)

SUGAR LAND
P: 281.226.9802

ROSENBERG
P: 281.559.7429

SPORTS THERAPY CENTER
P: 281.816.6093

ERASE YOUR NECK PAIN!



PHYSICAL THERAPY: YOUR PATHWAY TO RELIEF

We'll start with a comprehensive evaluation, including gathering as much information about your health, previous history of neck pain, and information about your most recent episode.

Next, we'll conduct a physical examination, including a hands-on assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain.

Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **Hands-on Therapy and Custom Exercises:** Our expert therapists use specialized manual treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.
- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders. We will also introduce you to stress-minimizing methods that can be seamlessly integrated into your work life.

We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

READY TO TAKE THE FIRST STEP TOWARD A PAIN-FREE NECK?

Don't let neck pain hold you back any longer. At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!



FirstColonyAquatic
and Rehabilitation Center

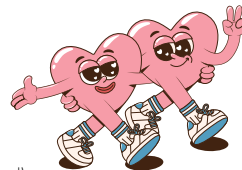
HEART HEALTHY RECIPE

LEMON GARLIC CHICKEN SOUP



INGREDIENTS

- 2 tbsp olive oil
- 1 lb chicken breast
- 1 medium onion, diced
- 3 large carrots, diced
- 2 celery stalks diced
- 3 cloves of garlic, diced
- 1 medium lemon (zest & juice)
- 1 handful fresh ginger
- 2 qt chicken broth
- 1 can coconut milk (optional)



INSTRUCTIONS:

Heat olive oil over medium high heat. Add chicken breast and brown. Then, add onion, garlic, carrots, celery, salt and pepper. Cook for about 5 min, until softened. Add 2 quarts of chicken broth and ginger with the skin on. Bring to a boil, then reduce heat and simmer for 35-45 minutes (the longer you boil ginger the stronger it is). Remove ginger and discard. Remove chicken, then shred and set aside. Add lemon zest and squeeze lemon to taste. Continue to simmer for 15 minutes. Add shredded chicken and (optional) 1 can of coconut milk.

REQUEST YOUR
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 **281.816.6093**

OR VISIT OUR WEBSITE
AT **SUGARLANDPT.COM**

4 TIPS TO AVOID A Winter Slump

Are you feeling a little down this winter? If so, you're certainly not alone. The winter season is a tough time for many people. The lack of sunlight, cold weather, and shorter days can lead to the winter blues, which causes people to feel tired, lethargic, and less motivated.

The winter blues can be triggered by seasonal affective disorder, which causes some people to experience depression during the winter months. The most common symptoms include feeling down or sad, having trouble concentrating, sleeping too much, and gaining weight.

Thankfully, there are many ways to reverse your winter slump and beat the winter blues, including:

1) Exercise more: Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.

If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.

2) Socialize more: Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

3) Take care of yourself: Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.

4) Get a hobby: Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.



PATIENT SUCCESS STORY

“I have done aquatic therapy 3 days a week for the last few months and I've really enjoyed it! The staff here is wonderful—so helpful and easy to talk to. I've had to quit my therapy for some surgery that is upcoming in the near future but I plan to sign up for all future physical therapy at this location. It has been a wonderful experience and I highly recommend them. -D.A.”

SHARE YOUR SUCCESS STORY!

By sharing your physical therapy success story, you can inspire others to find relief from their pain and start living a healthier, stronger, and more active life.

Scan the QR code to visit our review page and share your success story with others.



EXERCISE ESSENTIALS

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



PT WIRED
www.ptwired.com

