SPECIAL EDITION

the Magnolia Physical Therapy

JUNE 2025

NEWSLETTER

WHAT'S ROLLIN' IN NEW ORLEANS?

PT WISDOM OF THE MONTH

If you've tried treatments for chronic pain, but it keeps coming back (or just moves to a new part of your body), it might not just be a muscle or joint problem. It could be your nervous system.

💡 What's the Vagus Nerve?
The vagus nerve is the longest nerve in your body. It runs from your brain down through your neck and into your organs, helping control things like:

- Heart rate
- Breathing
- Digestion
- Stress and pain response

When the vagus nerve isn't functioning properly, your nervous system can get stuck in "fight or flight" mode, keeping your body tense, inflamed, and more sensitive to pain signals.

That's why chronic pain often lingers, shifts, or flares up, even after treatment.

Ready to Try a Different Approach?
Beth specializes in helping people reconnect the brain-body system and calm the nervous system so pain can finally settle—for good.

👉 Click here to book your free Brain-Body Discovery Call with Beth and find out if this approach is right for you.

PATIENT MILESTONE OF THE MONTH

I was referred for PT after an elective foot surgery. I chose Magnolia PT due to their superb reputation. I was not disappointed. Every time I went for PT, it felt like visiting family. Everyone was so friendly. Shout out to Robyn, Alex and Erin!! So awesome. Please never change the model yall have of being so very hands on. I think the key to my recovery was their awesome massage skills and manipulations. I gained back range of motion I had lost from surgery. I would definitely recommend to all friends and family.

TIPS FROM OUR TEAM

Tips from us that help our patients live better, pain-free lives!

👉 *Give therapy a chance to change your life. "Buy in." So many people are skeptical about PT and if it truly works. After a week or so, the majority of those people who have come in and given it a chance have a completely different mindset and are feeling more confident and on their way to a better quality of life.*

TEAM MEMBER SPOTLIGHT

AMI ANGELICA

Meet **Ami**, the friendly voice you hear when scheduling your appointments at Magnolia PT! As our central scheduler, she's the go-to person for booking, reminders, and answering any questions you might have. Ami's dedication and hardworking spirit keep everything running smoothly behind the scenes!

When she's not making your experience effortless, Ami loves relaxing with her favorite drinks, Alani or Bloom, and is a big fan of the movie Coraline!

Next time you call, you're chatting with someone who cares deeply about making your journey to wellness easy and welcoming.

DID YOU KNOW?

You breathe through **one nostril at a time**, and it naturally switches every few hours without you noticing. It's part of something called the **nasal cycle**.

A chicken can **remember over 100 faces,** both human and animal, and can even hold grudges!

If you laid out all your blood vessels end to end, they'd stretch **over 60,000 miles,** enough to **circle the Earth twice**!

UPCOMING ACTIVITIES! (JUNE)

- 📸 **June 6 – Magnolia Then & Now**
  - Throwback Photo Wall + Decade Playlist
  - 🎁 Anniversary Giveaway Launch!
    - Win: Magnolia sweatshirt or shirt, thermal cup, and a 1-hour free massage
    - Runs through June, watch our socials to enter!
- ☀️ **June 13 – Sunshine & Snacks Day**
  - Enjoy a healthy snack, on us!
  - Staff will be spreading good vibes in sunny yellow outfits 🌼
- 🏈 **June 20 – Favorite Sports Team Day**
  - Wear your favorite team gear—reps for the Saints or your local favorite
  - Join our Sports Trivia: all correct answers go into a raffle for a **fun door prize**!
- 🇺🇸 **June 27 – Red, White & YOU Day**
  - Get festive before the Fourth: **wear red, white & blue**
  - The clinic will be decked out—plus a **fun selfie station** to capture the moment!
- 🎂 **July 1 – Magnolia Physical Therapy's Birthday!**

CARE TO SHARE REMINDER

Refer a friend or family member and earn a **$10 Care to Share voucher** toward wellness services. The more you refer, the more you earn — and yes, **you can combine them**!

MINI GAME CORNER

- MOBILITY
- PAIN
- NECK
- MUSCLE
- POSTURE
- STRETCH
- JOINT

SEND US A SCREENSHOT IF YOU FOUND ALL THE WORDS AND WIN A LIMITED EDITION SWAG MAGNOLIA T SHIRT!!!

W	M	O	S	B	V	J	Y	J
P	M	L	C	P	D	T	O	J
S	O	U	I	O	A	I	O	A
T	B	G	C	S	N	I	D	E
R	I	F	N	T	N	G	N	H
E	L	I	G	U	J	K	E	L
T	I	M	N	R	M	O	C	P
C	T	Q	R	E	S	T	K	U
H	Y	M	U	S	C	L	E	V

MAGNOLIA RECOMMENDS

*Best book for overcoming chronic pain is **The Way Out by Alan Gordon. Recommended by Beth Winkler, CEO.***

*If you're not using the **AnyList app**, you're missing out! It lets you easily import recipes, without the extra blog stories, keeping just the steps and photos you need. Plus, you can share and customize your grocery lists with anyone on your plan! **Recommended by Cooper Powers, PT Technician.***

SHARE THE LOVE

Capture your best moments, snap a great photo, and share it with the hashtag

#MAGNOLIAPTMOMENTS

GIFT & GRATITUDE

SCAN ME

Your memories mean the world to us! Scan the QR code to upload all your videos and photos anytime from any fun moments you've had with Magnolia PT!