MAGNOLIA
Physical Therapy

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MagnoliaTherapyLA.com

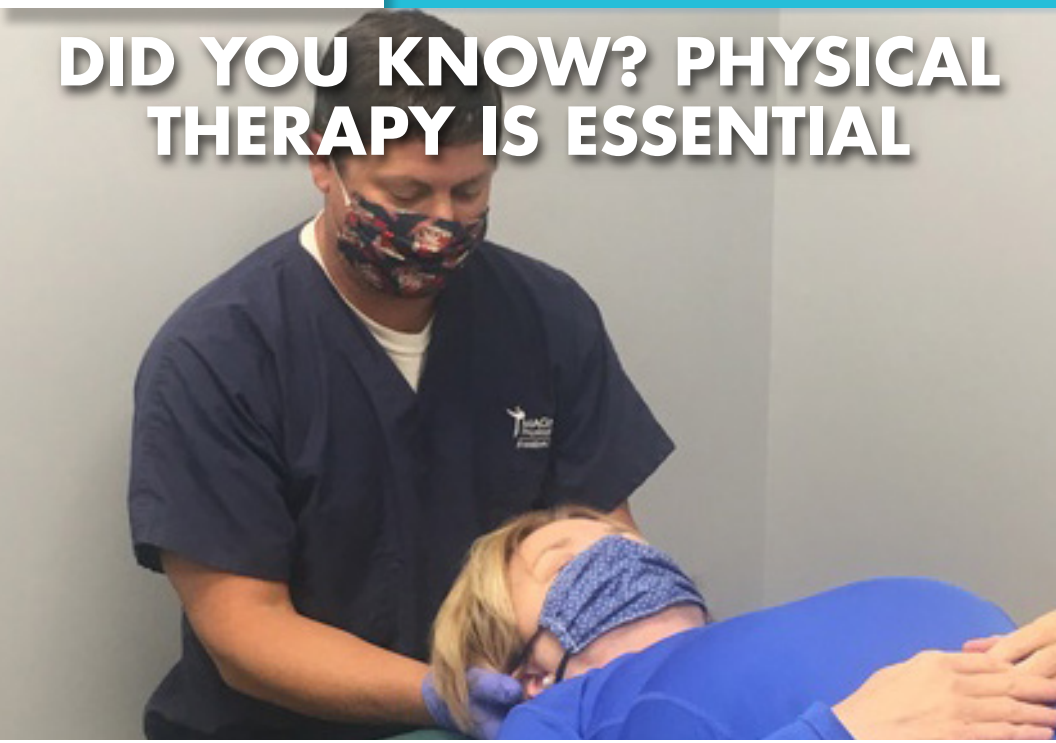
FREEDOM FROM PAIN

The Newsletter About Your Health and Caring for Your Body

INSIDE:

Your Physical Health Is Still Important
We're Here For You And Our Community

DID YOU KNOW? PHYSICAL THERAPY IS ESSENTIAL



WE'RE OPEN... BECAUSE WE CARE

As things move forward, we are here to help you in any way we can! We are open under strict CDC guidelines to provide you with a safe environment to work with your therapist. However, if you want to continue to meet with us via TelePT, we can do that as well!

HARAHAN
5606 Jefferson Hwy.
Harahan, LA 70123
(504) 733-0254

MARIGNY
2372 St. Claude Ave.
Ste. 104
New Orleans, LA 70117
(504) 733-0254

UPTOWN
2613 Napoleon Ave.
New Orleans, LA 70115
(504) 733-0254

WESTBANK
1530 Lapalco Blvd.
#21
Harvey, LA 70058
(504) 733-0254



YOUR PHYSICAL HEALTH IS STILL IMPORTANT

Did you know that throughout the COVID crisis we have been able to continue to care for our patients either in our clinics under strict CDC guidelines or via TelePT where patients received treatment in the comfort of their home?

As some may know, the Department of Homeland Security has deemed physical therapists as "Essential Critical Infrastructure Workers" during the COVID-19 pandemic.

In fact, Dr. Matos, who is an official with the Armed Forces Health Surveillance Center, Department of Defense Global Emerging Infections Surveillance and Response System, and the CDC has these words to share about physical therapy:

"Physical therapists are essential in flattening the curve of the COVID-19 pandemic. They play a key role in keeping people they can help out of doctors' offices and ER's. This will not only free up the medical teams to treat those impacted by COVID-19, but also limit the exposure of those seeking the care of the physical therapist."

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STAFF SPOTLIGHT

ANNIE FERNANDEZ, RECEPTIONIST ELMWOOD LOCATION

Annie was born and raised in the New Orleans metropolitan area. She graduated from Bonnabel High School in 2007. She has worked in various fields of occupation, including the restaurant and service industry which gave her the opportunity to interact with people. Wanting to fulfill her passion of helping others, Annie discovered Magnolia Physical Therapy which allows her to just that. As the Elmwood clinic receptionist Annie works closely with patients to insure their visit goes well and always starts with a smile. She enjoys spending time with her husband and family in her spare time.

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WE'RE HERE FOR YOU AND OUR COMMUNITY

At Magnolia Physical Therapy, we know we have an obligation to our community, now more than ever. Physical therapy can not only help the body heal as quickly as possible, but it can also help combat illness.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Our services will be analyzed on a case-by-case basis. If you are in need of in-person care and are comfortable coming into the clinic we want you to do so, and we continue to following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. If your treatments are able to be done virtually and that is your preference, we will be helping you through our TelePT services.

Essentially, at Magnolia Physical Therapy, we are still here to help you with whatever you may need.



Our aim is to help you stay healthy and strong during this time. Give us a call today.

MAGNOLIA
Physical Therapy
Freedom From Pain



HEALTHY RECIPE

RATATOUILLE DIP

INGREDIENTS

- *1 (14.5 ounce) can crushed tomatoes*
- *1 small eggplant, cubed*
- *1 small zucchini, cubed*
- *1 small yellow squash, cubed*
- *1 small red bell pepper, chopped*
- *1 tbsp fresh thyme leaves*
- *½ tsp garlic powder*
- *½ tsp ground pepper*
- *½ cup grated Parmesan*
- *8 oz pita chips*

DIRECTIONS

Stir together tomatoes, eggplant, zucchini, yellow squash, and bell pepper in a 4-quart slow cooker. Cover and cook on High for 1 hour. Stir in thyme, garlic powder, and ground pepper. Turn to Low and cook for 30 minutes more. Using a potato masher, crush the vegetable mixture to a chunky consistency. Stir in Parmesan. Stir occasionally while serving with pita chips.

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR KNEE PAIN RELIEF

BRACE MARCHING

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground.



Exercises copyright of SimpleSet Pro

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

MAGNOLIA Physical Therapy

CHECK OUT OUR PATIENT SATISFACTION RESULTS OVER THE LAST FEW WEEKS!

Week 1: 98.5%

Week 2: 100%

Week 3: 100%

WATCH THIS VIDEO FROM ONE OF OUR UPTOWN PATIENT'S DR. ANGELA TRAYLOR DISCUSSING THE CLEANLINESS OF OUR CLINIC!



youtu.be/y2POv0DFiBc

BACK PAIN, NECK PAIN, SHOULDER PAIN SINCE BEING IN QUARANTINE?

JOIN US FOR A FREE 30 MINUTE WEBINAR
10:00 AM | WEDNESDAY, JUNE 17TH

Whether working from home or in your office, working in a safe and comfortable work environment can help lessen back, neck and shoulder pain. Join Beth Winkler, co-owner, CEO and Physical Therapist for a 30 minute free webinar where she'll share with you the best way to set up your workstation and her thoughts on how to lessen your back, neck and shoulder pain.

Register Here: sites.webpt.com/17032/ergonomic-webinar-sign-up



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TELEPT

WE'RE STILL SERVING YOU

The US government is encouraging telemedicine for patients to be able to receive care using this technology that everyone has access to on their phones.

Video visits can be used to guide patients through strengthening, flexibility, and functional mobility exercises to recover from surgery or address chronic conditions. Video visits improve compliance with treatment plans and reduces the burden on both patients and caregivers.

www.magnoliatherapyla.com /tele-health