MAGNOLIA
Physical Therapy

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MagnoliaTherapyLA.com

FREEDOM FROM PAIN

The Newsletter About Your Health and Caring for Your Body

INSIDE: Magnolia Physical Therapy Is Here For You • TelePT • Staff Spotlight • Coronavirus (Covid-19) Update • Healthy Recipe



WE ARE CURRENTLY OPEN AND OPERATING NORMALLY

Please visit our Telehealth page for more information:

www.magnoliatherapyla.com/tele-health

Magnolia Physical Therapy is now offering the option to receive virtual physical therapy treatments via Tele-PT. Tele-PT will allow the patient and physical therapist to meet virtually allowing the patient to remain in their home and the therapist in our clinic. Our staff is taking extra steps to ensure the cleanliness of the clinic space. You may notice some changes that we have implemented to protect our patients and staff.

Currently, we are encouraging patients to stay home if you are not feeling well. Otherwise, we are here and ready to see you for your appointments. If you have any questions about your appointments, please reach out to us.

We are following the recommendations of the CDC. It is very important for our patients to understand that you need to get your information from reliable sources. We do NOT recommend that you trust any information posted on social media. This includes re-posts of articles. Always seek out information directly from the source.

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Harahan, LA 70123
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Ste. 104
New Orleans, LA 70117
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UPTOWN
2613 Napoleon Ave.
New Orleans, LA 70115
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234 Loyola Ave.
Ste. 302
New Orleans, LA 70112
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WESTBANK
1530 Lapalco Blvd.
#21
Harvey, LA 70058
(504) 733-0254

MAGNOLIA PHYSICAL THERAPY IS HERE FOR YOU



For the time being, Magnolia Physical Therapy is also still open and seeing patients, while taking the necessary precautions to make sure everything is sanitary, and everyone is safe. However, certain visits will be transitioned over to our telehealth services so we can treat patients virtually.

If you feel as if you need to come in physically for an appointment, we are here to help. If you would like to receive assistance while also distancing at home, we are here to help you, as well.

Our Policy On Coronavirus

Magnolia Physical Therapy is committed to the health and wellbeing of you and your family. In the wake of the recent spread of COVID-19, also known as the novel coronavirus, we are taking every precaution. Before and after ever session we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility.

To do your part to prevent the spread of this contagious disease, we ask parents that if you are demonstrating symptoms of coronavirus—coughing, sneezing or fever—to please stay home. Additionally, if you or your family has been exposed to someone who has a confirmed case of the virus, please notify us immediately, so we can take necessary steps.

Your cooperation in this tough time is what makes us able to continue to provide valuable services to you and your family.

We appreciate your ongoing support.



STAFF SPOTLIGHT

DR. RYAN MAREK, DPT, MARIGNY CLINIC DIRECTOR

Ryan received his doctorate in physical therapy from University of the Sciences in Philadelphia in 2011. During his career, he has worked in a variety of settings: outpatient clinics, inpatient hospitals, rehabilitation facilities, and traveling to patient homes in the City of Philadelphia.

He is interested in pursuing certification in manual therapy and therapeutic dry needling. He enjoys all New Orleans has to offer in his free time.

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TELEPT: SERVING YOU IN THESE DIFFICULT TIMES

With the COVID-19 Pandemic affecting the whole world concurrently, and many individuals are staying home, 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.

Physical therapy focuses on treating conditions affecting the neurological and musculoskeletal system, including joints, muscles, bones, ligaments, and tendons.

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.

Please visit our TelePT page for more information during this time:

www.magnoliatherapyla.com/tele-health



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HEALTHY RECIPE

IMMUNITY BOOSTING GREEN SOUP

- *3 cups baby spinach or super greens blend*
- *1 clove whole peeled garlic*
- *2 tbsp fresh ginger, sliced*
- *1/4 tsp cayenne pepper*
- *1/4 tsp ground turmeric*
- *1/4 tsp wasabi powder (optional)*
- *1 cup chicken or vegetable broth*
- *1/2 cup coconut milk*
- *Salt & pepper to taste*
- *Squeeze of fresh lemon or lime juice*

For garnish:

- *broccoli florets, lightly steamed*
- *1/4 cup Greek yogurt, thinned with milk*
- *Chia seeds*

Mix all ingredients (except those for the garnish) together using a high speed blender. Heat over stovetop until steaming hot. To serve, pour into a bowl and garnish with broccoli florets, a swirl of yogurt, and chia seeds.

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR BACK PAIN RELIEF

BRACE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving. Repeat 10 times.



Exercises copyright of TAP SimpleSet Pro

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

MAGNOLIA Physical Therapy

FEATURED SERVICE

BACK AND NECK PAIN RELIEF

Patients who seek treatment from their neck and back pain are often surprised to learn that some other problems they've been experiencing might be related. So even if you think you can "live with" not being able to turn your neck fully, other problems can accumulate.

For example, if you have chronic migraines or frequent bouts of tension headaches, a pinched nerve in your neck may actually be the culprit, rather than your diet or your busy schedule. In addition, you may find that the problems you've been having with shoulder mobility — or shooting pains down your arms and hands — might actually spring from your spinal issues.

How can back and neck pain be treated?

Our patients are often referred to us by their primary physicians or by a specialist, and we'll continue to work with your medical team to treat the specific cause of your pain. Our highly trained physical therapists will also give you a full evaluation, including a spinal alignment assessment, simple tests to evaluate muscle strength in the areas that support your back or neck, and range-of-motion evaluations.

Once we've pinpointed the main cause of your neck or back pain, we'll develop a treatment plan with you. In your sessions, you'll be taken through moves that build strength and flexibility. Our team of physical therapists will also help you learn how to better position yourself during your daily life to avoid relapses, including ergonomic and posture tips.

READ MORE ONLINE AT
WWW.MAGNOLIATHERAPYLA.COM

CORONAVIRUS (COVID-19) UPDATE

The health and safety of our patients & staff is always our top priority at Magnolia Physical Therapy. We are monitoring updates to the Coronavirus or COVID-19. We want to reassure you that we are committed to using preventive measures such as disinfecting our equipment and countertops, washing our hands frequently, and using alcohol-based sanitizer to prevent the spread of Coronavirus, as well as cold and flu. In addition, we are emphasizing and encouraging proper hand hygiene among our patients and have strategically placed hand sanitizers throughout our clinics. We kindly ask that if you are experiencing any of the common cold or flu-like symptoms, that you reschedule your appointment.

We will continue to monitor the latest Coronavirus updates and will make any changes necessary to help keep our patients and staff healthy. TelePT is offered for those who prefer to receive treatment from home.

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DIRECT ACCESS

WHAT DOES IT MEAN?

Physical Therapy is Easier to Get Than You Think!

- A physician referral is no longer needed, unless your insurance requires it.
- Therapy may begin with a full evaluation by a licenced physical therapist.
- Patients sent by their physician can choose where they want to receive therapy.

Don't let your pain hold you back. Call us today at (504) 733-0254 or visit our website at MagnoliaTherapyLA.com.