



Magnolia Physical Therapy

Newsletter

*Freedom
From Pain*



Be Better Balanced and More Active!

**Inside, Find out
if your balance
fits your age
and lifestyle...**

Staff Spotlight



Dr. Lauren Manna

Lauren earned her Bachelor of Science degree in biology from the University Of Tennessee at Martin in 2008. After completing her undergraduate coursework, she entered physical therapy school and earned her doctorate in physical therapy in 2012 from the University Of Tennessee Health Science Center. Lauren is a native of Tennessee and an avid Tennessee sports fan. In her spare time, she enjoys volunteering with different local organizations, playing in sports leagues, exercising and cooking.



MAGNOLIA
Physical Therapy

Freedom From Pain

Newsletter

Is Pain Stopping You From Being Active and Healthy? If the answer is YES, WE can help!

INSIDE:

- You Can Be Active and Healthy
- How Is Your Balance?
- Patient Results
- Community Events
- Here We Grow

CALL TODAY!

Harahan:
(504) 733-0254

Marigny:
(504) 943-8026

Uptown:
(504) 309-5460

Freret:
(504) 309-9400

CBD:
(504) 733-0254

Do you find you're just not as active as you use to be? As you age, you lose muscle and bone mass leading to the development of problems such as back pain, arthritis or osteoporosis. This makes it harder to do normal everyday activities like squatting down, getting out of bed, walking and more.

Regular exercise and physical therapy slows the loss of muscle mass, strengthens bones and reduces joint or muscle pain. In addition, physical therapy improves mobility and balance, which reduces the risk of falling and suffering a serious injury as you age.

Scientists used to think that strenuous exercise was the only way to improve your health. However, new research suggests that just 30 minutes of moderate physical activity provides most of the health benefits needed. Moderate intensity is best, but even low-intensity activity is better than nothing. While some people may enjoy participating in a regularly scheduled exercise class, others may find it easier to just increase their daily activities, like walking.

It's never too late to start moving

Physical activity is important, and can help you live independently for a longer period of time. However, if you have chronic aches and pains, it can be difficult to exercise. This lack of physical activity can make the condition worse and more difficult to live with. This is where physical therapy can really help you. Not only do we relieve your aches and pains quickly, we can teach you how to safely exercise to maintain your new pain-free mobility!

Our knowledgeable staff are experts in muscle and joint problems, helping you return quickly to normal pain free function. At Magnolia Physical Therapy we listen to you and create a custom, hands-on treatment program to alleviate your pain, and improve your balance and movement, while getting you back to doing normal everyday tasks with a healthier outlook on life. To learn more, go online or call today!

The Benefits of Stretching

As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues, which can really limit your lifestyle and hinder day-to-day, normal activities. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier.

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

TRY THIS

SINGLE KNEE TO CHEST STRETCH

Lie on your back and bring one knee to your chest, keeping the other foot flat on the floor. Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times with each leg.



How is Your Balance?

Magnolia Physical Therapy Can Help You Regain Your balance!

Can you close your eyes and stand steady on one leg for 10 seconds? If not, then your balance is not up to par. Your ability to balance is an incredibly complex action that requires millions of nerves and hundreds of muscles to work together to stop you from falling onto your face.

Many people think having poor balance happens in just older people. However, poor balance is one of the leading causes for sports injuries, chronic back pain and much more. Having poor balance often goes undetected until it is very severe and puts one at exceptional risk for injury. It is even worse for older adults, especially over age 65, of which one third fall each year. People who experience a fall are at increased risk for future falls too.

Major injuries, including fractures, head trauma, and soft tissue injuries, occur in about 10% of individual falls. However, minor injuries are much more common.

Balance and walking decline as you age. Fear can develop of going up steps or curbs, walking on grass or



walking into dark areas. One reason for this loss of balance is joint stiffness and weakness in muscles of the hips, lower extremities and feet. When there is a loss of the mobility in the ankle joint and multiple joints of the foot, you cannot adapt well to uneven terrain.

We can help you regain your balance, walk and even run better! To learn more about our balance program, and restoring you to a pain-free life, call us today!

Do You Have These Troubles?

There are many consequences to not getting the help you need and delaying physical therapy. If you find that you have the following because of pain, call us today!

- ☐ Inability to stand or sit comfortably for long periods of time
- ☐ Difficulty getting in and out of bed
- ☐ Trouble sleeping
- ☐ Difficulty completing everyday activities and tasks
- ☐ Trouble with balance or unsteadiness
- ☐ Unable to enjoy leisure activities
- ☐ Unable to physically play with children or grandchildren
- ☐ Limited ability to exercise
- ☐ Unable to work
- ☐ Difficulty going up and down steps or curbs

Healthy Recipe

Tasty Key Lime Chicken

Ingredients

- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon vegetable oil
- 1 teaspoon lime juice
- 1 teaspoon chopped garlic
- 4 skinless, boneless chicken breast halves

Directions

1. In a shallow container, blend soy sauce, honey, vegetable oil, lime juice, and garlic. Place chicken breast halves into the mixture, and turn to coat. Cover, and marinate in the refrigerator for at least 30 minutes.
2. Preheat an outdoor grill for high heat.
3. Lightly oil the grill grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear. Garnish with lime slices.



Here we grow!



We are excited to share that Magnolia will be opening up its 5th location this summer in the CBD!

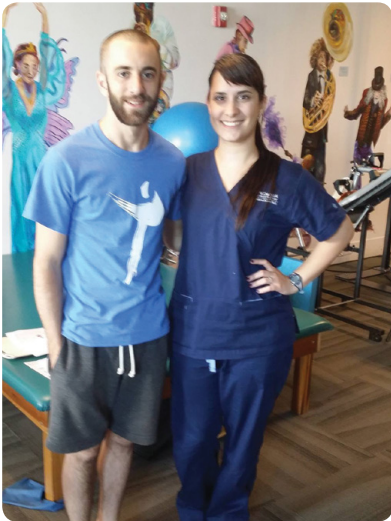
Owners, Beth Winkler and Lisa Taglauer, toured the construction site of the Phythian building downtown with Senator Cassidy and the development team of Green Coast Enterprises.

Senator Cassidy is particularly interested in medical and medically-related uses in the space and made a special visit to the project while in town for the VA opening.

Stay tuned for details on our Grand Opening and Ribbon Cutting...we want YOU to help us celebrate!



Patient Spotlight:



“My progress made it possible to work again without the fear”

“I came to Magnolia Physical Therapy post surgery, after breaking my tibia and fibula in a bicycle accident.

From the first day, the staff here were warm, welcoming and eager to provide the kind of care which would get me back on my feet, and ensure I would not have any long term effects from my injury.

My therapist Christina Melendreras and the technicians were dedicated and made me feel sure I was in the right hands.

Results came quickly and I was improving. My progress made it possible to work again without the fear of exacerbating my injury.

The personal touch the staff provided made PT not just a necessary part of my week, but something I looked forward to each visit!”