



Winter 2022

MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*

Inside the Issue



**8 Signs That You May
Need PT**



**Exercise your way to a
healthier heart**



**Common bladder
irritants**

MEET OUR TEAM

Our patients don't always see ALL of our office staff on a daily basis and Jenae is one of those. Jenae helps with our insurance and billing department.

She was born in Payson, Utah, and moved to Pocatello in 1999. She has never regretted leaving the traffic in Utah.

Family is everything to Jenae. She has been married to her husband, Jon, for nearly 46 years, has four great kids with four fabulous bonus kids & twelve adorable, amazing, wonderful grandkids!!

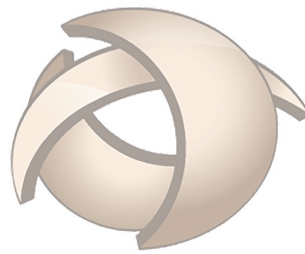
She is a lover of all things Disney. You might catch her walking into the clinic with her pink Mickey Mouse backpack. She also loves camping in the mountains, a warm chocolate



Jenae Talbot

OUR SPECIALITIES

- Aquatic Therapy
- Automobile Injury
- Biofeedback
- Electrical Stimulation
- Fascial Distortion Model (FDM)
- IASTM- Instrument Assisted Soft Tissue Mobilization
- Joint Mobilization
- Manual Therapy
- Myofascial Release
- Pelvic Floor Therapy
- Therapeutic Exercises
- Ultrasound
- Vestibular Therapy
- Worker's Compensation



The greatest compliment we can receive is for our patients to tell their doctors, friends, and family about their positive experience with us.

If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about our clinic.

8 SIGNS THAT YOU MAY NEED PHYSICAL THERAPY

Have you been thinking about going to physical therapy, but aren't quite sure if it would be a good fit for you? There's no reason to guess when your health is concerned. Our resolution in 2022 is to help you reach your health goals. We've put together 8 types of patients that can directly benefit from a physical therapy program. We are just scratching the surface, but if these relate to you or a loved one, physical therapy can help with each of the items addressed below.

If you are...

- 1. Currently on pain medication:** Physical therapy is a great alternative to opioids.
- 2. Complaining of pain:** If something hurts and resting eases the pain, you may be at risk for loss of functional mobility. Physical therapy can help treat and minimize pain.
- 3. In need of post-op recovery:** If you recently underwent a surgical procedure, physical therapy is key to your recovery to get your muscles/joints to move correctly.
- 4. Suffering from nagging pain:** If you are not able to enjoy sports or other hobbies due to nagging symptoms of joint or muscle pain or stiffness, a physical therapist can treat the problem while educating you about prevention.
- 5. Experiencing balance issues:** If you have had a fall in the past year, exhibit a loss of control when bending over or sitting, or need multiple attempts to rise from a seated to a standing position, you could benefit from a physical therapy strengthening program.
- 6. Unable to sleep due to pain:** If you are suffering from interrupted sleep due to neck, back, or shoulder pain associated with positioning, physical therapy can help get you back to a well-rested night of sleep.
- 7. Losing muscle control while sitting down:** If you tend to flop down into a chair in a pattern of uncontrolled descent when attempting to sit down, PT can help strengthen your core and regain strength and flexibility.
- 8. Limited with active daily living:** If you are experiencing health and functional limitations, exercise and healthy lifestyle habits produce greater effects on function and pain. We can work with you to achieve your health goals and help get you back to the activities you look forward to the most.

Physical therapy is not just about helping patients after an injury, it is also about making sure that our bodies have the strength and flexibility needed to avoid injuries in the first place. We want you to feel and move at your best. If you are adjusting your lifestyle around pain relief, let's make 2022 better, and let us help!!

EXERCISE YOUR WAY TO A HEALTHIER HEART

Just around the corner in February is American Heart Month. This month is a time when people can focus on their cardiovascular health and raise awareness about heart disease. Did you know heart disease is the leading cause of death in the United States? The good news is that you can lower your risk of getting heart disease or having a stroke by simply moving more.

A well-rounded physical activity program includes both aerobic and strength training exercises, which can help reduce the chances of getting HD. Using a variety of exercises helps cardiorespiratory and muscular fitness, improving overall health and function. Regular physical activity will provide more health benefits than sporadic or high-intensity workouts, so choose exercises you are likely to enjoy and that you can incorporate into your schedule. If you are not currently in the physical condition you'd like, you might start by finding a safe way to be more active. Then gradually increase the time and intensity of your physical activity. If you haven't exercised for some time and/or have health concerns, our physical therapists can do an examination to identify weak or problematic areas and get you feeling confident in movement.

Activity recommendations for Adults per AHA Association

- Get at least 30 minutes 5 times per week of moderate-intensity aerobic activity (*brisk walking (at least 2.5 miles per hour, water aerobics, dancing, gardening, tennis, biking slower than 10 miles per hour)*) OR 15 minutes 5 times per week of vigorous aerobic activity (*hiking uphill, running, swimming laps, aerobic dancing, heavy yard work like continuous digging or hoeing, tennis (singles), cycling 10 miles per hour or faster, jumping rope*), or a combination of both, preferably spread throughout the week.
- Add moderate to high-intensity muscle-strengthening activity, *such as resistance or weights*, at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary....*Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. Set a reachable goal for today. You can work up toward the recommended amount by increasing your time as you get stronger.*
- You can gain even more benefits by being active at least one hour, 5 times per week.
- Increase amount and intensity gradually over time.

We understand the importance of keeping your body active and healthy. As you begin your workout routine, remember to listen to your body's cues. Make sure to properly warm up your muscles, don't overexert yourself, hydrate, and give your muscles a proper cool down.

So how do you stay motivated?

- Get a friend to be your partner and motivate each other to achieve your goals.
- Commit to a schedule and stick with it.
- Enter a challenge online or with a group of friends.
- Find an activity that you enjoy. If you love it, it won't feel like work.
- Find a book, podcast, or show that interests you and listen while you work out.

The takeaway: Move more and sit less.

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>



Call and schedule an examination to get you moving again!

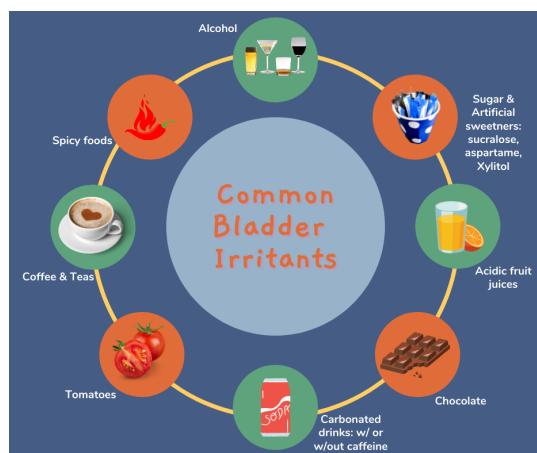
MEET OUR TEAM Continued....

chip cookie, a steak and seafood dinner, the color pink, playing the piano, and mostly spending time with her kids & grandkids.

As a kid my mother was and still is my role model, she handles life with wisdom & grace, she's compassionate and loving, seems to not let emotions rule her decisions, she's just a wonderful mom and a great person. Our team can see aspects of her mother in Jenae. She is such an important asset to our team.

PELVIC FLOOR CORNER

Common bladder irritants



If you've been struggling with the embarrassment and discomfort of a bladder control problem, you may be looking for ways to improve it. This picture shows common irritants that affect your bladder function. Try avoiding these foods and see if your function improves:

- Alcohol
- Sugar and artificial sweeteners
- Acidic fruit juices
- Chocolate
- Carbonated drinks with or without caffeine
- Tomatoes
- Coffee and tea
- Spicy foods

Consider avoiding these possible bladder irritants until symptom-free for two weeks. Then gradually — every one to two days — add one back into your diet, noting any changes in urinary urgency, frequency, or incontinence. You might not have to eliminate your favorite foods and drinks entirely. Simply cutting down on the amount might help, too.

A lot of protein powders, water flavorings, and electrolyte drinks sneak in added artificial sweeteners and ingredients that can affect your bladder function. So much of our food today has sugars added to them to make them taste better, take the time to read the nutrition labels prior to consumption.

The amount of fluid you drink can influence your bladder habits. A common misconception is if you limit your fluid intake you will go to the bathroom less. Drinking too little fluid can lead to a buildup of body waste products in your urine. Highly concentrated urine is dark yellow and has a strong smell. It can irritate your bladder, increasing the urge and frequency with which you need to go. Drinking too much too quickly can overwhelm your bladder, creating a strong sense of urgency. Even if you need to drink more because you exercise a lot or work outdoors, remind yourself to drink smaller amounts throughout the day instead of all at once.

We have therapists who specialize in bladder retraining and incontinence problems. If you continue to struggle after following a few of these tips, we can help!

<https://www.mayoclinic.org/diseases-conditions/urinary-incontinence/in-depth/bladder-control-problem/art-20046597>

LET'S GET SOCIAL

For news and tips for healthy living from your favorite physical therapists, follow us on social media.



facebook.com/meadowlandtherapy



shorturl.at/luyB6



MEADOWLAND THERAPY
• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

1033 W. Quinn Road
Pocatello, ID 83201

(208) 233-4800
(208) 233-4887 fax

www.meadowlandtherapy.com