

# Don't Let Mobility Limitations Hold You Back

PATIENT & STAFF SAFETY AND HEALTH ARE PRIORITY #1

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## Don't Let Mobility Limitations Hold You Back

Mobility limitations increase as we age and our bodies change in different ways. Some of us may lose muscle mass and strength. Others may experience joint aches and pains or balance and gait problems.

Living with these kinds of physical restrictions can cause an individual to feel as if they're losing their sense of independence, which can also take a toll on their mental and emotional health as well.

If you're experiencing an issue with your mobility, or have noticed that many things are difficult for you to do on your own, know that there is help available.

At Choice Therapy our physical, occupational, and speech therapists are dedicated to helping you maintain as much independence as possible through our customized treatment plans.

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain, discomfort or movement restrictions.

### HOW CHOICE THERAPY CAN HELP YOU MAINTAIN YOUR INDEPENDENCE

Choice Therapy is proud to be a multidisciplinary practice that offers coordinated physical therapy, speech therapy, and occupational therapy for our adult patients.

We understand that many of our patients live with mobility and strength deficits, and want to lessen the load as much as possible when it comes to searching for specialists to treat different limitations. We also acknowledge the importance of maintaining as much independence as possible regardless of your age or condition.

The purpose of therapy at Choice Therapy is to help relieve your pain and reach your peak level of physical health. Perhaps you are still suffering from the lingering pain of an injury.

You might be recovering from a surgery and trying to get your range of motion back. Maybe your joints simply aren't what they used to be, and you are looking for relief.

Our skilled team of therapists provides one-on-one treatment for each of our patients and will work with you to improve your strength, muscle tone, balancing abilities, gait, range of motion, and more through several different treatment techniques.



Some of the physical therapy techniques our therapists may use for your treatment to help you improve your mobility are:

- **RICE:** Nope, this isn't a food! RICE stands for "Rest," "Ice," "Compression" and "Elevation." Your physical therapist may recommend RICE to you to reduce pain and inflammation.
- **Joint mobilization techniques:** Have you ever heard of a "wobble board"? They're also known as balance boards. Working with these tools can help you improve your joint mobility, especially in your foot or ankle joints. You might also benefit from techniques that work to loosen and break up internal scar tissue, which can form over old injuries and cause chronic soreness and stiffness.
- **Stretching exercises:** Did you know that injured muscles and connective tissues are capable of healing and returning to their previous length and range of motion? It's possible with the help of stretching exercises. These exercises are also excellent for preventing arthritic joints from becoming more stiff over time. Workouts and on a bicycle or treadmill may be suggestions our physical therapists propose to you.

# Choice Therapy

Physical • Occupational • Speech

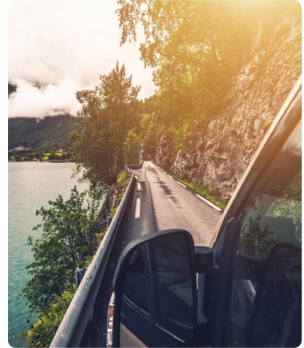
**BEMIDJI**

3835 Supreme Court NW

Bemidji, MN 56601

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## Fun COVID-Friendly Spring Activities You Can Do In 2021!



Since COVID-19 hit last year, people everywhere have been searching for ways to stay happy, healthy, and busy. COVID-19 has kept many of us inside, unable to participate in our normal day-to-day activities. However, spring is on its way, and along with it comes plenty of opportunities to get outside and begin doing some of the things we love!

Here are some fun, COVID-friendly spring activities you can start planning for. We hope these lift your spirits and get you excited for the coming warmer months!

### **TRY A NEW OUTDOOR SPORT**

As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months! Make sure to avoid crowded areas, and choose routes that put you at less of a risk of coming into direct contact with other people.

### **VISIT AN OUTDOOR FARMERS MARKET**

If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try. Just make sure you wear your mask and stay 6 feet away from other shoppers!

### **GO SEE A DRIVE-IN MOVIE**

The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great spring activity, especially because you can roll down your windows and enjoy a nice breeze as you watch on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.

### **BREAK OUT THE GARDENING TOOLS**

Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, an excuse to get fresh air, and is also COVID-safe! Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.

### **TAKE A SCENIC DRIVE**

So many parts of nature come back to life in the spring, so why not take a scenic drive now and then to get out of the house? Try getting off the interstate and going the long way around to see some trees, fields, or parks - just make sure you have a GPS or know how to get home safely!

### **MAKE THE MOST OF THIS SPRING**

We all deserve to enjoy spring for what it is: a new beginning. Try some of these fun activities to add a bit of joy to your daily routine, and don't forget to keep a mask handy at all times!

# Choice Therapy

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**BLACKDUCK**

Located in the old telephone company building  
50 Margaret Ave  
Blackduck, MN 56630  
P: (218) 835-3425

**KELLIHER**

Located in the old school  
243 Clark Ave N  
Kelliher, MN 56650  
P: (218) 647-9569

## Staff Spotlight: Anniversaries

Thank you Mandy, Candace, and Kori for your many years of Service and Excellence with Choice Therapy!

10  
YEARS  
of Service & Excellence



Kori Geiger  
OTR/L & Long Term  
Care Manager

*To learn more about our entire team and how we can help you, please visit us online at: [www.choicetherapy1.com/our-team](http://www.choicetherapy1.com/our-team)*

5  
YEARS  
of Service & Excellence



Mandy Hoie, Bagley & Gonvick  
DPT & Manager



Candace Slettvædt  
Human Resources Director

**Your Life • Your Health • Your Choice!**



Therapy In The Comfort Of Your HOME

## TELEHEALTH

Telehealth is the use of telecommunications technology to provide real-time physical therapy to those patients that can't come into our clinic. Please call us today at (800) 395-2810 if you are interested in scheduling a telehealth appointment.

Call Today To **SCHEDULE**  
**YOUR APPOINTMENT!**

800-395-2810

[ChoiceTherapy1.com](http://ChoiceTherapy1.com)

## Patient Success Spotlight

My first encounter with dry needling was with Physical Therapist, Brady Miller. This experience worked out very well for me and made Choice Therapy, my go to place for my therapy needs. I had open heart surgery and was taken to Abbott Northwestern Hospital. It was at Sister Kenny of Abbott Northwestern that I started my therapy. I was finally able to return home using a walker and the gifted therapists at Choice Therapy were every bit as knowledgeable and helpful as those of Sister Kenny. Choice Therapy worked with me on setting a goal of learning to walk again after having little movement on my left side. The blessings and prayers from family and friends along with the angels at Choice Therapy all worked in my favor.

A big thank you to Brady Miller, my Physical Therapist and the TEAM at Choice Therapy.

Sincerely,

William (Bill Schuh)

# Feel Better By Eating Better!



## Grilled Zucchini with Parmesan

- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated ( ½ cup)
- 1½ teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchini, halved lengthwise
- Lemon wedges for serving

Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt. Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut-sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut-side up; spoon the panko mixture evenly on top. Grill, covered, until the topping is golden brown in spots, 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

## Choice Therapy

Physical • Occupational • Speech

### BAGLEY

Located on HWY 2  
118 Central St. W,  
Bagley, MN  
P: (218) 694-3030

### GONVICK

226 Elm St.  
Gonvick, MN  
P: (218) 694-3030



## Our Specialties

Treating Adults & Children

**Physical Therapy** - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



**Occupational Therapy** - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



**Speech Therapy** - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!

## Ready To Get Started?

At the end of the day, Choice Therapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

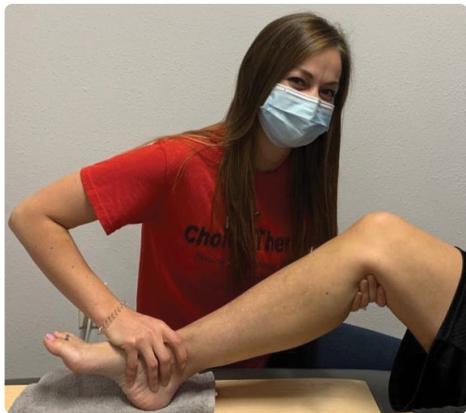
Call your nearest Choice Therapy clinic or visit us online at [www.choicetherapy1.com](http://www.choicetherapy1.com) to schedule an appointment with one of our physical therapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

# Worried About Maintaining Your Sense of Independence?

No matter what your day to day activities may be, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at Choice Therapy assess your condition and physical goals, so that we can provide you with the best care possible using the most successful treatment techniques available.

Call our clinic today to schedule your appointment, and rest assured that your independence and wellbeing are our top priority!

[www.choicetherapy1.com](http://www.choicetherapy1.com)



## THERAPY CAN AID IN POST-COVID19 RECOVERY

Here at Choice Therapy, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

We want to inform you that the patients recovering from COVID-19 at our clinic are no longer sick or contagious, and we are still taking the necessary precautions to prevent the spread of the virus.

If you are experiencing lasting side effects of the virus, contact our clinic to learn more about how our physical, occupational, and speech therapists can aid in your recovery.

### HOW CAN THERAPY HELP WITH RECOVERY?

Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia,

asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.

Regardless of what the cause for your condition is, our physical, occupational, and speech therapists at Choice Therapy can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength

Speech/language therapy for damage caused by mechanical ventilation (such as injuries from breathing tubes to vocal cords, or deconditioning of the muscles needed for swallowing)

### GETTING ON THE ROAD TO RECOVERY

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. Call our clinic today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.

*Your Life · Your Health · Your* **CHOICE!**