



The Folsom Method

Brought to you by Folsom Physical Therapy & Training Center



Happy New Year!!
Folsom Physical Therapy wants to help make
2019 your best year yet.

This year

Join a FPT Group Fitness Class
Eat your fruits and vegetables
Pace yourself
Build your physical and mental strength
Embrace the support of the FPT community

Fitness Resolutions

"Motivation is what gets you started . Habit is what keeps you going." Jim Ryun

Folsom Physical Therapy loves to help people turn their New Year's Resolution motivation into a yearlong habit. Our Group Fitness Classes will help you form the habit of consistent exercise. Each class, lead by a licensed physical therapist, will bring you one step closer to the healthy body that you committed

to on January 1st. Initial evaluation required, please see the front desk or call 916-355-8500 for more details.

The Schedule

Mondays

8:00 am - 9:00 am
10:00 am - 11:00 am
5:10 pm - 6:10 pm

Tuesdays

6:30 am - 7:30 am
9:30 am - 10:30 am
5:00 pm - 6:00 pm

Wednesdays

8:00 am - 9:00 am
10:00 am - 11:00 am
5:10 pm - 6:10 pm

Thursdays

6:30 am - 7:30 am
9:30 am - 10:30 am
5:00 pm - 6:00 pm

Fridays

8:00 am - 9:00 am
10:00 am - 11:00 am

Healthy Eating Resolutions

**"It's not a short term diet. It's a long term lifestyle change."
- Anonymous**

Folsom Physical Therapy loves to encourage our community to live lives full of health, and we believe that an abundance of fruits and vegetables is a key component to optimal wellness. We love to help people to be continually inspired by healthful eating, so we host quarterly **Whole Food & Plant-Based Potlucks** which are centered around dishes that will make you feel your best. Keep your eye out for information about our next potluck.



Folsom Physical Therapy also loves to support local restaurants who share our love of nutrient dense dishes.



Mexquite is located at 25095 Blue Ravine Road in Folsom. This eatery offers a variety of delicious food, and Folsom Physical Therapy especially loves Mexquite's plant-based options. We frequently have our company events catered by Mexquite. The plant-based tamales, available on the catering menu only, are always a hit at any of our events!



Delicious Plant-Based Plates Offered At Mexquite

Plato Vegetariano (Pictured Above)

Sautéed seasonal veggies, grilled corn and grilled plantain accompanied by a chile relleno. Served with black beans and cilantro rice.

Fajitas Vegetarianas

Seasonal veggies, sautéed bell peppers, onions, and spinach. Served with guacamole, pico de gallo, cilantro rice and black beans. Order sans sour cream.

Burrito Vegetariano

Seasonal veggies, cilantro rice, black beans, pico de gallo wrapped in a spinach flour tortilla. Topped with salsa verde, tomatillo salsa. Order sans sour cream and cheese.

Help Someone You Love Reach Their Goals In 2019



Folsom Physical Therapy Gift Certificates

Folsom Physical Therapy gift certificates can be purchased and used towards evaluations, treatments, group fitness classes and independent gym.

Please call our front desk for more details

Don't let pain get in the way of your 2019 health and fitness goals

Article by FPT's Angela Blaikie, M.P.T.

Tendinitis: What Is It And What Should I Do?

Tendinitis is the inflammation of a tendon (the junction between your muscle and the bone it attaches to), often caused by overuse of that tendon. This type of injury is common after return to exercise after an extended time of not exercising. It is also common when a person performs a repetitive task that their body isn't used to (raking in the fall, pruning, etc.). It is characterized by pain, swelling and tenderness. Tendinitis is most common in the following locations: the elbow (forearm flexor/extensor tendons), ankle/heel (achilles tendon), the shoulder (rotator cuff), hip (gluteal tendon), and knee (patellar tendon). If you think you may have a tendinitis here are some things that can help you recover:

1. **Rest.** Maybe not your whole body, but the painful area needs rest. Avoid tasks that increase your pain. If the pain calms down gradually return to use of that body part, starting with shorter durations or vigor of use and gradually building up.
2. **Cardio.** Consider continuing cardiovascular exercise in a way that doesn't stress the painful area. This can ensure that nutrients from the healthy food you are eating are making it to the inflamed area so that it heals quickly.
3. **Manage your swelling.** Ice, elevation and light compression applied with an elastic "ACE" bandage when possible are all good ways to help reduce swelling. Paired with rest, it could take only a few days to calm down an acute inflammatory problem like tendinitis. Remember that if you apply compression, it should not be tight enough to cause pain or numbness.
4. **Consider a brace.** There are straps and braces specific for several tendon problems. Your physical therapist can help guide you in finding the right one.
5. **See a Physical Therapist.** We can help figure out which tendon is inflamed and help you reduce the inflammation. We can also design a progressive resistance exercise program to safely restore strength in the associated muscle. Research has shown that manual physical therapy, therapeutic exercise, stretching, taping strategies and select therapeutic modalities have positive effects for tendinitis.

References:

1. ROBROY L. MARTIN, PT, PhD et al. Achilles Pain, Stiffness, and Muscle Power Deficits: Midportion Achilles Tendinopathy Revision 2018. <https://www.jospt.org/doi/pdfplus/10.2519/jospt.2018.0302>
2. Tendinitis or Tendinosis? Why the Difference Is Important, What Treatments Help. <https://health.clevelandclinic.org/tendinitis-tendinosis-difference-important-treatments-help/>

Visit our Website

FPT Calendar

February 9, 2019
Lower Quadrant PT
Continuing Education Course
Begins

February 13, 2019



**Lecture By Ginger McMurchie
On Elder Care
"The Next Act"
7pm @ FPT**

Please call 916-355-8500 with questions