



# NEWSLETTER



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**INSIDE:**

**SEPTEMBER 2023**

WHAT OPTIMAL  
HEALTH ENTAILS

HEALTHY  
RECIPE

PATIENT  
SUCCESS



# HOW PT CAN ENHANCE YOUR HEALTH

## INSIDE:

- What Optimal Health Entails
- Healthy Recipe
- Patient Success

**SEPTEMBER 2023**

## HEALTHY RECIPE



### Avocado-Egg Toast

- 1/4 avocado
- 1/4 teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Are you struggling with making time for better health? Do you struggle to manage persistent pain and injuries? Physical therapy might be your solution. At McCabe and Brady Physical Therapy, our dedicated therapists excel at mitigating pain and treating both past and recent injuries, facilitating your journey toward optimum health!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a balanced diet. As a result, your body may start to suffer, possibly leading to more injuries, pain, or severe health issues like high blood pressure and diabetes.

The predominant causes of morbidity and mortality in the U.S. encompass lifestyle diseases, including cardiovascular diseases, cancer, diabetes, and musculoskeletal disorders. These diseases often stem from sedentary lifestyles, poor dietary habits, and stress. The silver lining is that many of these conditions can be adeptly managed and even reversed with the intervention of our physical therapists.

Physical therapists champion health and wellness. Through instructive guidance, appropriate physical activities, and hands-on treatments, they empower you to overcome pain and injuries, steering you toward a rejuvenated life.

Reach out today for a comprehensive approach to a vigorous, active, and healthier life!

#### WHAT DOES OPTIMAL HEALTH ENTAIL?

Health is defined as the state of being free from illness or injury, where your body is functioning at peak potential. Progressing toward optimal body function translates to enhanced health. While physical therapy plays a pivotal role, integrating healthier daily habits solidifies the gains.

To foster better health, consider the following:

- **Adequate Sleep:** Prioritize 7-8 hours of consistent sleep, which is vital for well-being and body restoration. The more regular your rest, the better you will feel.
- **Strength Training:** Essential for injury prevention and resilience.
- **Cardio Exercises:** Engage daily in activities that elevate your heart rate, enhancing metabolism and mood.
- **Maintain Joint and Muscle Mobility:** Regular stretching optimizes movement. Adopt specific exercises and targeted treatments for better musculoskeletal health.
- **Balanced Nutrition:** Your diet shapes you. Avoid fad diets and focus on plant-based foods, whole grains, and lean proteins, minimizing sugars and processed foods.
- **Hydration:** Fundamental for injury prevention and optimal physiological function.
- **Mindfulness Practices:** Incorporate meditation and Yoga, promoting physical and mental harmony.

Your therapist can further personalize exercises, stretches, and nutritional guidance to help increase your health and help you feel physically better overall.

#### THE ROLE OF PHYSICAL THERAPY IN YOUR HEALTH JOURNEY

Our therapists are adept at identifying and addressing discrepancies in physical functions linked to injuries, disorders, or lifestyle habits. As movement specialists, we're equipped to assess and

*Continued inside*

# A Healthy You Is A Happy You!

*Continued from outside*

treat a broad spectrum of musculoskeletal conditions. Our expertise is pivotal in preventing, managing, and reversing lifestyle-associated ailments.

Every program is designed based on your individual needs. Learning to move safely without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the strength and fitness level and customize your regimen, facilitating strength, flexibility, and health enhancement.

Our physical therapists utilize a variety of treatments to help patients improve their overall quality of life, addressing issues from acute injuries to chronic conditions and preventive care.

Here are some common treatments:

- **Manual Therapy:** Techniques performed with the hands to mobilize or manipulate soft tissues or joints. It can help reduce pain, improve circulation, and increase range of motion.
- **Therapeutic Exercise:** Tailored exercises designed to address specific deficits or impairments. They can restore strength, endurance, flexibility, stability, and balance.
- **Functional Training:** Exercises and tasks are designed to simulate daily activities, ensuring patients can return to normal routines safely and effectively.

- **Posture Education and Training:** Educating patients on proper posture and ergonomics to prevent musculoskeletal issues, especially for those with desk jobs or repetitive tasks

- **Patient Education:** We instruct patients on their conditions, the treatment plan, and strategies to prevent future injuries or manage chronic conditions.

We'll guide you through targeted treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

## BOOK AN APPOINTMENT TODAY!

If you're seeking guidance on health improvement and increased physical function, let our team at McCabe and Brady Physical Therapy help. We'll work with you to ensure you can achieve the pinnacle of life quality.

Get in touch to embark on a transformative journey to a more active you!



“

I'm a mailcarrier and a runner, so it's easy to say I get injured a few times. Whether a slight injury or a bad one, I won't go anywhere but here. Frank is knowledgeable, patient and gets to the root of the issue to ensure a quick recovery. He's helped me with sprains, calf issues as well as a slipped disc in my neck. If you want amazing care, definitely go with McCabe and Brady. -J.E.

”

## We Want To Hear Your Success Story!

**DON'T KEEP US A SECRET!**

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!

**WARMINSTER**



**IVYLAND**



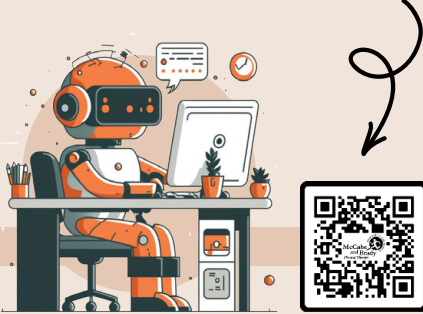
**NEW BRITAIN**



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# Check Out Our Blog

Your health is an investment, not an expense! Scan the QR code to stay up to date on our health and wellness blog to learn more about how you can improve your quality of life through some quick and easy reads.



## Staff Spotlight

**Steve Smeck**  
BS. EX. PHYS, DPT



Steve received his Doctorate of Physical Therapy from Neumann University and a Bachelors of Science in Kinesiology from Temple University. Throughout his clinical experience, he has worked closely with patients demonstrating a broad scope of orthopedic injuries including spinal, extremity, post-operative, athletics, motor vehicle accidents, work injuries, preventative occupational care, and neurological conditions. From working as an aide with McCabe and Brady 5 years prior, Steve has had exposure to the McKenzie Method and now uses these principles as the foundation for treatment plans for his patients. Early career goals for Steve include Mechanical Diagnosis and Therapy Certification and LSVT Big Certification.

## 4 Hiking Tips For Fall

### 1. Make a Plan and Stick to It.

Don't jump into a hike without having a plan. Map out your trip ahead of time. Tell others where you're going and don't deviate from your route. Sign in at all registration points.

### 2. Don't Push Yourself Past Your Limits.

Challenging yourself is great, but when it comes to hiking, slow and steady wins the race. The outdoors (especially when alone) is not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

### 3. Use Your Whole Body.

Many times we give our feet all the credit for carrying us up a steep mountain or through a challenging trail, but we have our whole body to thank! Don't be afraid to use your hands, arms, and even backside to scoot around the mountain! Balance is important and your legs can become tired, especially after a particularly challenging hike.

### 4. Take a break and take pictures!

Your body (especially your feet) will thank you for taking a second to breathe halfway through your hike. You will not be able to truly enjoy yourself if you are exhausted and in pain! Take pit stops and keep your camera handy to capture the beauty around you while you rest.



## COME BACK TO PT!

### HAS YOUR PAIN RETURNED?

*Call today to schedule an appointment!*

**Warminster**  
215.774.6203

**Ivyland**  
215.874.6561

**New Britain**  
267.281.8039

*Or request an appointment online at*  
[mccabebradypt.com](http://mccabebradypt.com)

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