



NEWSLETTER

A STRONGER CORE IS A STRONGER YOU



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INSIDE:

OCTOBER 2023

WHAT IS
THE “CORE”?

HEALTHY
RECIPE

PATIENT
SUCCESS

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- What Is The "Core"?
- Healthy Recipe
- Patient Success

HEALTHY RECIPE



Apple Pie Chia Smoothie

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoon chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt
- Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

DISCOVER THE BENEFITS OF A STRONGER CORE WITH EXPERT PHYSICAL THERAPY TIPS!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. McCabe and Brady Physical Therapy can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help to keep you stable when going from a sitting to standing position, like when to getting up and down from chairs. A strong core allows smooth, coordinated movements making every day movements more efficient and less painful. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles how they were, effectively, the way we are designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

WHAT IS THE "CORE"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise of the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core musculature assists in almost every movement, from bending down to pick up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility. It may also help to reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensuring optimal performance in your daily life, and can help prevent various injuries.

BUILDING CORE STRENGTH WITH EXPERT GUIDANCE

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Continued inside

Building Strength From The Inside Out!

Continued from outside

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

BOOK YOUR APPOINTMENT TODAY!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Call us today to set up an appointment!



“

I was very pleased with the treatment and care I received from Steve. He was very professional and answered all of my questions and prepared a series of exercises which were very helpful for my condition. He was always pleasant and sympathetic when I had bad days. He made the experience fun and entertaining. I enjoyed my time at the office. The entire staff was friendly and helpful. I will definitely refer this practice to others. -D.S.

”

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!

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YOUR PT COULD BE FREE!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at McCabe and Brady Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!

But that's not all. If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our exceptional team of experienced physical therapists is here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits! Call McCabe and Brady Physical Therapy today to start living a happier, healthier life.



3 Hiking Tips

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.



Did you know that October is National Physical Therapy Month? That's right, there's no better time to begin treatment for your aches and pains!

Physical therapy is a natural, safe, and effective mode of pain relief. Whether you're suffering from an injury or chronic pain condition, you can find relief in physical therapy – without undergoing surgery or relying on prescription drugs.

Physical therapy can treat a vast variety of conditions, including:

- Back and neck pain
- Headaches
- Sports injuries
- Work-related injuries
- Knee and hip pain
- Joint pain and arthritis

Whatever condition you are dealing with, our clinic is here to help.

At McCabe and Brady Physical Therapy, our goal is to help you achieve your wellness and recovery goals so you can get back to living the life you enjoy. We will evaluate your symptoms, discuss your medical history, and any health constraints you may have before establishing an action plan for your path to recovery.

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

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