

STRONG SPINE AND PAIN GONE!

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- Your PT Could Be Free!
- Patient Success



NOVEMBER 2023

HEALTHY RECIPE



Cranberry Jalapeño Dip

- 2 (8 ounce) packages fresh cranberries
- 6 medium fresh jalapeño peppers, seeded and minced
- 1 bunch fresh cilantro, roughly chopped
- 1 ½ cups white sugar
- 2 medium limes, juiced
- 1 ½ teaspoons salt
- ¾ teaspoon ground black pepper

Combine cranberries, jalapeños, and cilantro in the bowl of a food processor; pulse until blended, working in batches if necessary. Transfer to a large bowl.

Stir in sugar, lime juice, salt, and pepper.

IMPROVE YOUR SPINE HEALTH AND ELIMINATE PAIN: PROVEN STRATEGIES FOR A HEALTHIER BACK

Are you tired of living with back pain that interferes with simple activities like sitting or standing? Does your back hurt when you bend over or when you're trying to sleep? At McCabe and Brady Physical Therapy, our physical therapists are experts at helping our patients resolve their back pain to get back to normal activities and do what they love!

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may not even know how to tell if your spine is healthy. Often, when we think of health, we focus on things like nutrition, exercise, and reducing stress – but the health of your spine is vital to your well-being. Anyone suffering from back pain will agree!

The severity of back pain can range from minor dull aches to sharp stabbing pains. For some, the pain is in the lower back or buttocks; for others, it radiates down into the leg(s). Determining the cause of your back pain is the key to relief and where our therapists excel.

Call today to schedule an appointment with one of our experts and know you're in good hands at our clinic!

DEFINING WHAT GOOD SPINAL HEALTH MEANS

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve

your pain and improve your spine's function.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our physical therapist team knows how to ensure you understand how to keep it functioning at its peak level!

HOW MCCABE AND BRADY PHYSICAL THERAPY CAN HELP YOU IMPROVE THE HEALTH OF YOUR SPINE

Being spine specialists, we will utilize the “McKenzie Method®” to evaluate and treat your back pain. The McKenzie method is a specialized evaluative system designed to provide: diagnostic, prognostic, therapeutic, and prophylactic intervention. This evaluative process uses repeated spinal movements to examine and assess your mechanical and symptom changes to ultimately determine your specific directional preference. This process paves the way for choosing which specific movements and exercises your spine needs to improve.

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THE MCKENZIE METHOD: THREE STEPS TO SUCCESS

STEP 1: Assessment

Unique to the McKenzie Method is a comprehensive and logical step-by-step process to evaluate the patient's problem quickly. This mechanical examination can "classify" most patient conditions by the pain or limitation level resulting from certain movements or positions. A McKenzie assessment can eliminate the need for expensive and/or invasive procedures. Research has shown the initial McKenzie assessment procedures to be as reliable as costly diagnostic imaging (i.e., x-rays, MRIs) to determine the source of the problem and quickly identify responders and non-responders.

STEP 2: Treatment

The McKenzie treatment prescribes a series of individualized exercises. The emphasis is on active patient involvement, which minimizes the number of visits to the clinic. Ultimately, most patients can successfully treat themselves when provided with the necessary knowledge and tools. A certified McKenzie clinician can provide advanced hands-on techniques for patients with more difficult mechanical problems until the patient can self-administer.

STEP 3: Prevention

By learning how to self-treat the current problem, patients gain hands-on knowledge on how to minimize the risk of recurrence and deal with recurrence if it occurs rapidly. The likelihood of problems persisting can more likely be prevented through self-maintenance.

TAKE THE FIRST STEP TOWARDS A HEALTHY SPINE FOR YEARS TO COME

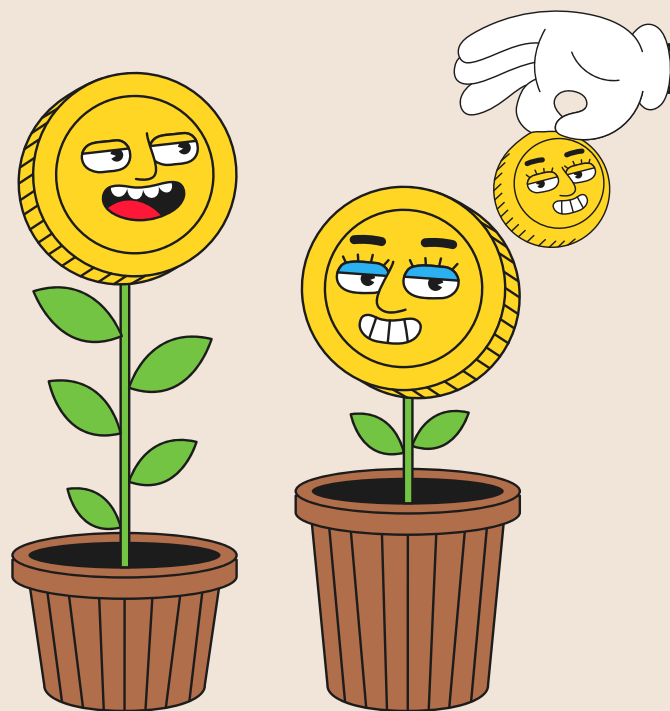
If you have been living with back pain or you'd like to avoid back pain all together, contact McCabe and Brady Physical Therapy today. Act now and improve your spine health with us!

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.



My wife referred me to McCabe & Brady and I went in with lower back pain occurring on a daily basis. The therapist gave some exercises along with suggestions that have helped a great deal to reduce the pain so that I can work and function. I am very satisfied with the professional guidance from my therapist and would return as needed, and recommend them to others. -B.H.



**CALL
TODAY!**

Warminster
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4 Health Tips For The Holiday Seasons

1. Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.



WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!

- ★ WARMINSTER
- ★ IVYLAND
- ★ NEW BRITAIN



May your Thanksgiving be filled with joy, gratitude, and good health.

Happy Holidays from our team!



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

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Or request an appointment online at mccabebrazypt.com

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