

PT CAN HELP YOU GET HEALTHIER

INSIDE:

- What It Even Means to “Be Healthy”
- 5 Tips For Shoveling Snow
- Patient Success



JANUARY 2024

HEALTHY RECIPE



Detoxifier Juice

- 2-3 med-lg Beets
- 1/2 Lemon
- 6 Carrots
- 1-2 inch Ginger
- 2 medium Apples

Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Health Benefits:

- Beets contain nutrients that may help lower your blood pressure, fight inflammation, and support detoxification.
- Carrots are known for being a good source of beta-carotene, fiber, vitamin K, and potassium and have been linked to lower cholesterol levels and improved eye health.
- Apples help to fight inflammation and promote heart health.

Are you hoping to get healthier in 2024? From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At McCabe and Brady Physical Therapy, we want to help you cut through the noise. Our trained experts will help identify the areas affecting your health and provide clear guidance to help you understand that good health isn’t just about physical health but mental and emotional health, too. We also know that everyone isn’t starting from the same place — and that’s okay! We’ll meet you where you’re at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That’s why we advocate for small, simple changes that can make a big difference.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

WHAT IT EVEN MEANS TO “BE HEALTHY”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she’s still physically active and can live independently. Meanwhile, a

20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO’s (or anyone else’s) definition of “healthy.”

SIMPLE TIPS FOR HEALTHY LIVING FROM THE MCCABE AND BRADY PHYSICAL THERAPY PHYSICAL THERAPISTS

- 1. Get Enough Sleep:** Getting a good night’s sleep is one of the most important things you can do for your overall health. A lack of sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- 3. Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of “health food” status, research has confirmed the ideal diet: one that’s varied, with plenty of fruits and vegetables, whole grains, and lean meats.
- 4. Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.

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I very highly recommend McCabe and Brady Physical Therapy. My therapist was Frank McCabe, with Lauren stepping in on occasion. I spent a lot of time in physical therapy (1 year total, give or take), as I had to go both before and after a surgery, resulting from a work injury.

Frank went above and beyond at every opportunity. He gave me advice and perspective, whenever he felt it was helpful. It was always helpful and he helped me consider things I had not thought of otherwise. He helped me get a second orthopedic opinion, get a lawyer for my workman's comp case, helped me deal with my health insurance when they were not giving me the information I needed, and so much more.

His whole team is very professional and great to work with too. Any time they stepped in during my therapy appointments, I knew I was in good hands.

Frank, and all at McCabe and Brady, made my unfortunate injury/surgery go absolutely as best as it could have possibly gone. I would go back for any future physical therapy needs. -Ted E.



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5. Get Guidance and Support: Our therapists will identify the origin of your pain, weakness, or other restrictions, educate you about your condition, and help design a specific treatment plan for your individual needs. Our goal is to provide you with the knowledge and self-treatment tools to ensure your health and well-being!

PHYSICAL THERAPY'S ROLE IN PROMOTING GOOD HEALTH

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop an effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- We can educate you about specific techniques to help you manage stress.
- And much more! When you visit us, we'll create a customized program that addresses your unique needs.

FIND GOOD HEALTH WITH MCCABE AND BRADY PHYSICAL THERAPY!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!



Simple Strategies for Incorporating Exercise Into Your Daily Routine

Regular exercise is crucial to so many aspects of your health. It can prevent chronic health conditions like cardiovascular disease or diabetes, help you stay mobile well into old age, and even regulate your emotions.

Unfortunately, your workouts are often the first to slip when life gets busy. It can also be challenging to begin a regular exercise routine, especially if you have to fit it into an already jam-packed schedule.

The good news is that you don't have to work out like a professional athlete to reap the benefits of staying active. In fact, a few simple strategies can increase your daily activity levels—no matter how busy you are!

5 Easy Tips for Sneaking in Physical Activity

- Park at the far end of the parking lot, so you have to walk a little further to get to the store.
- Take the stairs whenever possible.
- Do some stretches or core exercises while you're watching TV.
- Go for a quick walk around your building during your lunch break.
- Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!

Visit McCabe and Brady Physical Therapy for More Tips!

Our physical therapists can work with you to develop a program for daily physical activity, no matter your needs. We can show you efficient strength training routines, suggest daily mobility exercises, and help you set movement goals. We can also help you resolve any pain or other conditions that might limit your physical activity.

Incorporating movement into your daily routine helps exercise feel like second nature. Schedule an appointment to get started!



CALL TODAY!

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215.774.6203

Ivyland
215.874.6561

New Britain
267.281.8039

5 TIPS FOR SHOVELING SNOW

Are you the type of person who dreads the snow? Does the thought of shoveling snow make you groan? You're not alone. Shoveling snow can be a real pain in the neck—literally!

Luckily, there are a few tricks you can use to make this chore more manageable. Check out these 5 tips for snow shoveling down below.

1. Warm-up first

You may not think of snow shoveling as a strenuous activity that requires a warm-up, but it is! Getting outside with the shovel before taking a second to warm up your tight and cold muscles increases your chances of injury.

Your warm-up doesn't need to be complicated; something as simple as a brisk walk or a couple of dynamic stretches is enough to help your body prepare for the task ahead.

2. Choose the right gear

Low back pain from shoveling snow can be exacerbated by improper equipment. Make sure you have access to both an ergonomic shovel and boots with great traction. The last thing you want is to slip and fall!

3. Use proper technique

Do you know the proper technique for shoveling snow? Keeping your back straight and leading with the hips instead of the lower back is essential. Ensure that your chest is pushed out and pointing forward. And most importantly, when you lift, rely on your leg muscles with a soft bend in the knee.

4. Take breaks

While it may be tempting to finish shoveling your driveway in one go, failing to pace yourself is how you get injured. Try spreading out the work you have to do over multiple days instead.

5. Push the snow, don't lift

It's much easier on your body to push piles of snow down to the street than it is to carry heavy loads out of your way. Invest in a shovel specifically designed for pushing snow.

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



APPROACHING A NEW YEAR'S RESOLUTION

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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Or request an appointment online at
mccabebrodypt.com