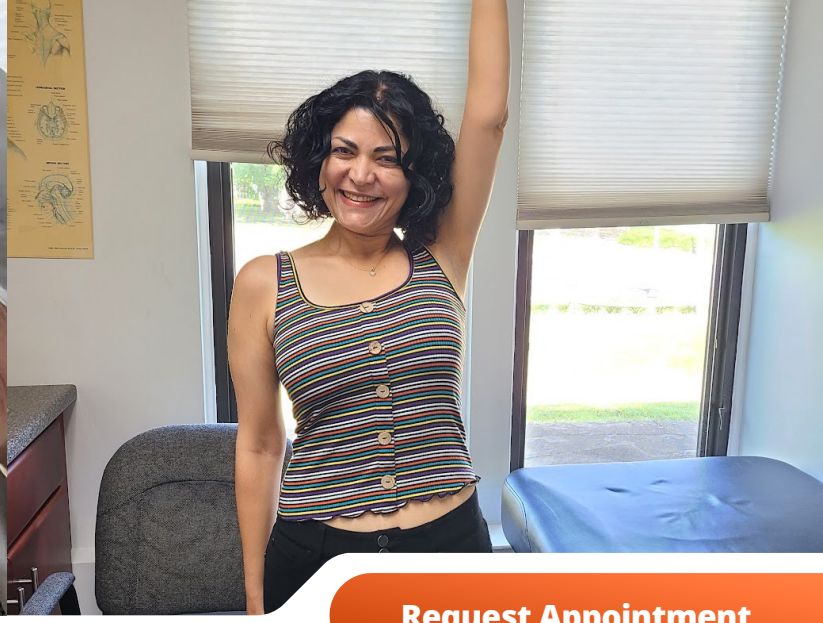

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Emphasizing Holistic Healing In Overcoming Adhesive Capsulitis

Health & Wellness Newsletter

The Challenge

Faranak arrived at our facility after a frustrating journey of misdiagnosis. Multiple practitioners had failed to identify her ailment accurately, leading to an extended period of suffering and impaired mobility. When she came to us, her pain was debilitating, and the range of motion in her shoulder was significantly limited - the classic symptoms of Adhesive Capsulitis.

Aligning with Faranak's Holistic Orientation

Our physical therapist, Dr. Dmitry, recognized the signs immediately and devised a personalized rehabilitation plan, fusing traditional physical therapy with an integrated holistic approach. Interestingly, Faranak had already embraced some aspects of holistic wellness. She was regularly using a sauna and was open to incorporating mindfulness into her health regime. Recognizing the potential synergy between her existing practices and our care philosophy, we devised an innovative plan that emphasized these elements alongside traditional physical therapy.

A Synergistic Approach to Recovery

This plan combined manual stretching and therapeutic exercises performed at our facility with the mindfulness and sauna sessions that Faranak was already familiar with. The idea was to create a holistic healing environment that targeted not just the physical symptoms, but also promoted overall mental well-being.

Achieving Remarkable Progress

Adhesive Capsulitis is a condition known to sometimes take up to 18 months for a full recovery. Faranak's journey, however, was significantly faster. With her unwavering dedication to the comprehensive plan, encompassing both traditional and holistic therapies, she made a remarkable recovery in just 2 months. The holistic approach proved successful, reaffirming our belief in its value for patient recovery.

Final Thoughts

This inspiring journey underscores our belief in a holistic approach to healthcare, one that views the patient as a whole rather than a set of symptoms. With such patient-centered, innovative care, we aim to redefine the narrative of healthcare, proving that healing can be swift, empowering, and transformative. As we celebrate Faranak's success, we are inspired to continue pushing the boundaries of conventional care, creating bespoke wellness journeys for all our patients.

POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS

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Physical Therapy Can Reduce Your Risk of a Fall-Related Injury

Physical Therapy Can Keep You On Your Feet

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identifing any home hazards or environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

What To Expect In Physical Therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

- **Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.
- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Call Our Clinic For Help Today

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact Polishuk Physical Therapy to schedule a consultation and get started today!

Sources: https://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html, https://www.bmj.com/content/347/bmj.f6234, https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9, https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3

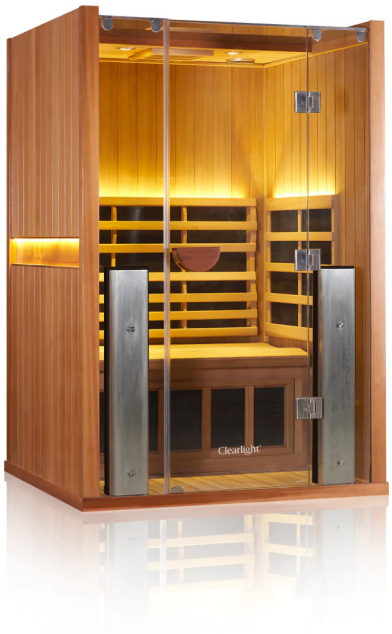
Exploring the Healing Potential of Infrared Saunas

In this month's article, we're thrilled to unpack the numerous health benefits associated with sauna usage, a practice deeply rooted in many cultures and stretching as far back as the Roman Empire. Over the past decade, infrared saunas in particular have been gaining popularity among functional and integrative health practitioners, largely due to their superior health benefits when compared to other types of saunas such as dry and hydro saunas.

An infrared sauna operates uniquely, utilizing infrared heaters to emit infrared light, which you feel as heat as it's absorbed through the skin's surface. It primarily heats your muscle tissues and internal organs without substantially heating the surrounding air.

Infrared light can be subdivided into three main categories:

1. **Near infrared:** The shortest wavelength but with the deepest penetration. It stimulates autophagy, promoting cellular renewal, enhancing immune response, accelerating wound healing, rejuvenating the skin, and providing pain relief.
2. **Mid infrared:** This wavelength also promotes pain relief and improves circulation while facilitating weight loss.
3. **Far infrared:** This wavelength aligns closely with the infrared heat emitted by our bodies. It aids weight loss, supports detoxification pathways to help the body eliminate toxins, reduces blood pressure, promotes relaxation and restful sleep, and reduces fatigue.



The market today offers a wide variety of sauna manufacturers and types, including brands like Clearlight, Sunlight, Thera Sage, Health Mate, Sauna Core, and portable versions such as Higherdose.

We've recognized the value of infrared saunas for several years, using them for detoxification, sports recovery, energy enhancement, and sleep improvement. Based on these benefits, we've advised many of our patients to incorporate sauna use into their wellness regimes. After thorough research and data collection, we've recently upgraded our own sauna to the more advanced Clearlight sauna due to its advanced Carbon/Ceramic far infrared heater technology, durability, simplicity, and excellent customer service.

For those considering adding an infrared sauna to their health and wellness routine, please reach out to James at 800-798-1779*810 or James@infraredsauna.com. As always, we recommend consulting with your healthcare provider before using an infrared sauna.

Leonid Polishuk, PT

Our Location

1024 N. Bethlehem Pike.
Ambler, PA 19002
(215) 918-4547

Request Appointment

Give us a call at (215) 918-4547 or visit www.polishukwellness.com today!