POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS

October Is National Physical Therapy Month

Click here to leave us a review!

Request Appointment

How Healthy Are You, Really?

October Health & Wellness Newsletter

Keeping a pulse on your wellness levels is an important part of maintaining good health

Are you getting as much physical activity into your daily routine as you should be? No matter your age, it's critical that you get up and move around every day! Polishuk Physical Therapy emphasizes the importance of physical activity and wellness in our clinic. Our biggest priority is to see that our patients are healthy and feeling their best.

Did you know that physical therapy can play a role in improving your overall wellness? This is especially true if you are recovering from an injury, living with a chronic condition, and recovering from or preparing for surgery.

Call our clinic today to schedule an appointment, and in the meantime, keep reading to learn how physical therapy can keep you active and healthy!

How Physical Therapy Can Help You To Be Healthier

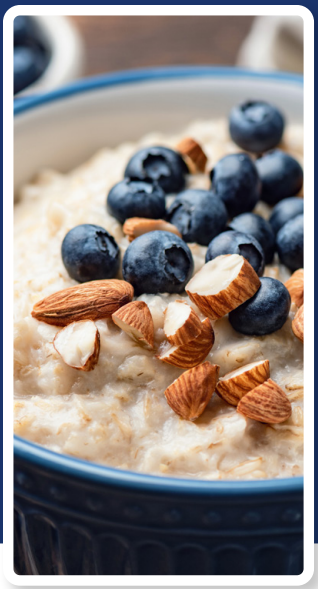
Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being. At Polishuk Physical Therapy, we will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future and stay as active as possible!

Don't Let Your 2023 Insurance Benefits Go To Waste!

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 Polishuk Physical Therapy. Don't let these valuable benefits go unused!

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



Blueberry Muffin Overnight Oats

- 1 cup rolled oats
- 1/2 cup blueberries, mashed with a fork
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest (+more for topping!)
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/

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Can Physical Therapy Improve My Everyday Life?

Yes! A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Polishuk Physical Therapy also offers ultrasound diagnostic testing for our patients in need and EMG and NCV testing. These tests serve as ways for us to pinpoint the actual cause of your discomfort so that you can recover and return to a healthy lifestyle.

Our Wellness Program Could Help You Feel Your Best!

Polishuk Physical Therapy is proud to offer a coordinated wellness program to help you meet your long-term goals during or after your therapy. Custom-designed individually, our certified exercise physiologists will work 1-on-1 with you to create a plan to help you live a satisfying life.

Our physiologists will meet with you to discuss your goals and work with you to establish a pathway to a brighter future. *Our exercise programs are designed to tackle many problems areas and can even help with:*

- Diabetes
- Weight Loss
- Sports Conditioning
- Endurance/Stamina
- Arthritis/Osteoporosis
- Heart Disease/High Blood Pressure

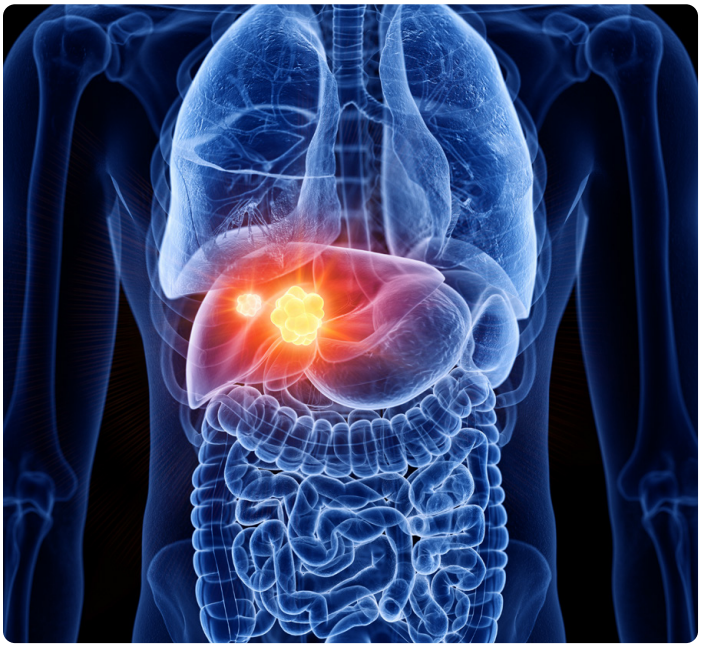
Whether it's enjoying long walks on the beach or getting back on the golf course, our specialized programs will get you where you want to be.

Call Us Today

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

Call us today at (215) 918-4547 to schedule a free consultation.

Liver Health, Part 1



In this month's article, we would like to bring to your attention one of the most important organs for digestion, detoxification, and elimination—the liver.

The liver is the largest solid organ in our body, primarily located in the right upper portion of the abdomen, just below the diaphragm. On average, the liver weighs around 3 pounds in adulthood and is roughly the size of a football. Remarkably, the liver has the capacity to regenerate. This means that after an injury or surgery involving tissue removal, liver tissue can grow back to a certain extent.

The liver is a workhorse within our body, performing a variety of functions. First and foremost, it is a vital digestive organ that converts nutrients from the food we eat into essential blood components. It helps store vitamins and minerals and produces key proteins and enzymes to maintain hormonal balance. The liver also produces bile—an estimated 800 to 1,000 milliliters (mL) daily—which is crucial for digesting fats and maintaining gastrointestinal (GI) health. This bile is transported via bile ducts into the small intestine, while extra bile is stored in the gallbladder.

Another significant function of the liver is to assist the immune system in fighting infections and removing toxins from the bloodstream. Detoxification is one of its most critical roles. Often referred to as the "gatekeeper," the liver absorbs and filters everything we put into our bodies. After filtering, the liver eliminates harmful toxins and waste while retaining essential nutrients. These nutrients are then converted into vital blood components and released when needed.

The liver's detoxification process occurs in three phases, each requiring certain nutrients:

- **Phase I:** Requires adequate amounts of amino acids, vitamins A, B2, B3, C, E, folate, iron, calcium, copper, zinc, magnesium, and selenium.
- **Phase II:** Converts the toxins from Phase I into water-soluble forms, making them easier to excrete. This phase is highly dependent on methylating agents, glutathione, vitamin B12, molybdenum, magnesium, and sulfur.
- **Phase III:** The final conversion where toxins are prepared for excretion via bile or urine. This phase is an enzymatic process dependent on the nutrients mentioned in the previous two phases.

In next month's article, "Liver Health, Part 2," we will share how lifestyle and food choices can enhance liver health. Stay tuned!

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