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pain relief!

Healthy Lifestyles Newsletter



APRIL 2022

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Tips To Help Alleviate Back Pain While Driving

If you drive fairly long distances to and from work every day, if your job requires you to drive long hours, or, if you're the designated driver in your family – it's likely you've experienced **back pain**.

Around *30-60%* of drivers report having back pain at some point in their life, and a lot of the people we see at the Preferred Physical Therapy come to us in pain as a result of spending 30 minutes plus on the road, almost daily!

But why does something as simple as driving trigger back pain when it's not exactly strenuous?...

Well, driving for long periods of time exposes the body to many different forces such as acceleration, sudden stops, and most notable vibrations from the road – and it especially affects those of us who drive larger heavy vehicles for hours at a time!

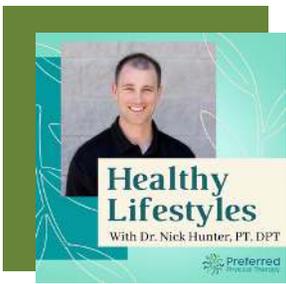
Driving also involves the use of your feet to control the car's pedals which means they are not used to help stabilize and support your lower body as they normally would when you're sitting.

So it's no wonder why a combination of these factors as well as the inadequate design of some vehicle seats can cause back problems for many of us.

I put together a list of tips to help make your next journey as pain-free as possible.

Here are 6 tips to help you...

Cont'd on page 02



HEALTHY LIFESTYLES PODCAST



This podcast is *perfect for the active adult* located in Glendale, Peoria, Sun City, and surrounding Phoenix areas who want to stay active and independent, live free from pain killers, and avoid surgery.

We explore ways we can take sips from the fountain of youth to remain highly mobile, energetic to keep up with our kids and grandkids and find joy all along the way.

We bring in top health professionals, fitness trainers, nutritionists, and more to bring you insights to help you reach your health and fitness goals, ways to avoid and manage an injury, & how to find competent health professionals.

<https://anchor.fm/dashboard/episodes>

LISTEN NOW:

1. Grab your cell phone.
2. Open your camera.
3. Hover over this box.
4. Click the link pop up!

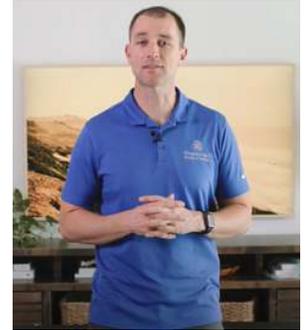


Low Back Pain At Home Program

Take Care of Your Nagging and Recurrent Low Back Pain. Even If Physical Therapy, Chiro, and Massage Have FAILED you in the Past. Learn the RIGHT Treatment For Your Condition. And Do It At Your Pace... From The Comfort and Safety of Your Home.

If you work from home since COVID or your schedule is too busy to come in then this program is perfect for you.

This program includes 6 videos that you can follow along with step-by-step going through exercises to help your chronic back pain. Also a bonus video! You can also follow along with each exercise through the document which describes each video and exercise.



Scan the QR code to Check out the program:



Cont'd from page 01

1 Get Comfortable Before You Set-Off

So, before you set off, take a few moments to settle into a comfortable position. Check your mirrors, adjust your seat – this is particularly important if you share your car as these may have been changed by another driver and you don't want to strain your body or have to turn awkwardly when driving which places strain on your neck and upper back!

2 Adjust Your Mirrors

Adjust them while sitting up straight – then if you begin to slouch you'll lose vision in the mirrors, which will act as a reminder to sit up.

3 Use A Towel For Support

For additional support while driving – roll up a towel and place it behind your lower back. Car seats don't often support the curve of your back. By using a towel you'll help yourself out by maintaining good posture, making back pain a lot less likely to creep up.

4 Take Regular Breaks

Stopping regularly (around every hour) to move and stretch will help ease any tension and reduce any muscle stiffness.

5 Have Cruise Control? Use it!

While using it, place your feet on the floor so your legs form a 90-degree angle and gently push them down into the floor. This will help naturally support your spine and put you in a neutral position without having to press down on the pedal constantly.

6 Exercise Regularly

Even just adding exercise into your routine 2-3 times a week will help strengthen your back muscles, release tension and help you maintain a healthy posture.

Cardio exercises like cycling, walking, and swimming is great for overall fitness, and weights are perfect for improving muscle strength.

<https://preferredptaz.com/category/back-pain/>





RECIPE OF THE MONTH: Peanut Butter Oat Cups



Ingredients:

- 1 TB Coconut Oil
- 1 1/2 Cup Rolled Oats
- 1 cup Natural Peanut Butter or Almond Butter
- 1 Scoop Chocolate or Vanilla Protein Powder
- 1/4 Cup Maple Syrup
- 1 tsp Sea Salt
- 1 Cup Chocolate Chunks
- 1 TB Coconut Oil (for topping)



MEET JULIA LARISH

Julia is the founder of Dead Red Conditioning and Dead Red Kitchen. She has spent the last 12 years teaching clients how to make holistic food taste amazing and incorporate it into a busy lifestyle. Prior to opening Dead Red Kitchen, Julia received formal training as an assistant chef at EXOS. For more information, including a free consultation visit: teamdrc.com

Optional: 3 TB Crushed Peanuts/ Sliced Almonds & Sea Salt

Directions:

1. Heat Peanut butter, vanilla extract & coconut oil in a saucepan over medium heat.
2. Stir until combined & remove from heat
3. Add protein powder, oats, & salt. Stir until evenly coated.
4. Use 1/4 cup to portion into a muffin tin & press down (pack tightly)
5. In a saucepan, melt chocolate & coconut oil
6. Once melted, pour over oat mixtures
7. Optional: Top with crushed peanuts/ pinch of salt
8. Freeze for 2 hours before serving
9. Enjoy!

SPOTLIGHT ON OUR GRADUATES



Gayle- Age:
Pain Point: Right Foot

"I had extreme plantar fasciitis for a year and a half. I came here and had success. I couldn't walk, play tennis, or hike. I was having a lot of pain in my foot. I wanted to get back to an active lifestyle and now I am able to."



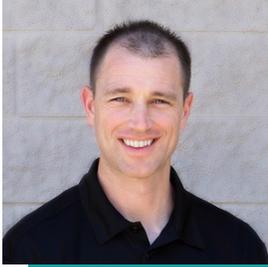
Frank- Age: 70's
Pain Point: Neck

"I had pain on both sides of my neck and my shoulder blades. I missed my ability to be active and do what I want to do without taking days to recover. The staff was very attentive and knew what they were doing when helping me. I have now gained the independence I have wanted and will slowly but surely do the activities I want to accomplish."





MEET THE TEAM



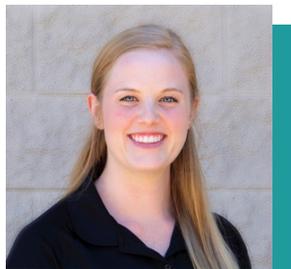
Nick Hunter
Owner, PT, DPT



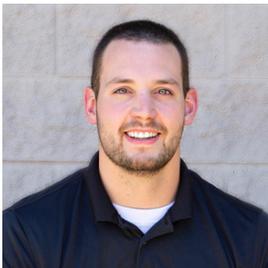
Jessika Hunter
Owner, CFO



Justin Becker
PT, DPT, XPS, SFDN1



Hannah Baylon
PT, DPT, CERT. DN



Colton Harper
PTA, BA

HAPPY
easter

OUR CORE VALUES

- Have Fun, Be Happy, and Laugh
- Be Grateful and Be Humble
- Embrace and Drive Change
- Pursue Growth and Learning
- Build a Positive Team and Family Spirit
- Create 5 Star Experiences
- Care for People Before Providing Patient Care
- Anticipate the Needs of Patients and Team Members
- Be Passionate, Determined, and Creative

OUR MISSION

To help people make better decisions about their health, that allows them to find joy in their journey.

Preferred Physical Therapy is the fastest growing physical therapy clinic for men and women 40's, 50's, 60's, and 70's who want to stay active, live independent, and love to be healthy.

Founder, Dr. Nick Hunter, is the trusted health expert who helps people on a daily basis. His greatest joy is seeing his clients return to the activities that they once enjoyed.

We give men and women the BEST help, advice, and solutions to keep them pain free, active, and always on-the-go, so that they can ENJOY great health for many years to come.

KEEP UP WITH US

 @ Preferred Physical Therapy

 @ preferredptaz

 @ Nick Hunter

 @ PreferredPTAZ

OUR LOCATION

We are conveniently located off of the 101 freeway on 79th Avenue between Union Hills and Bell Rd.

