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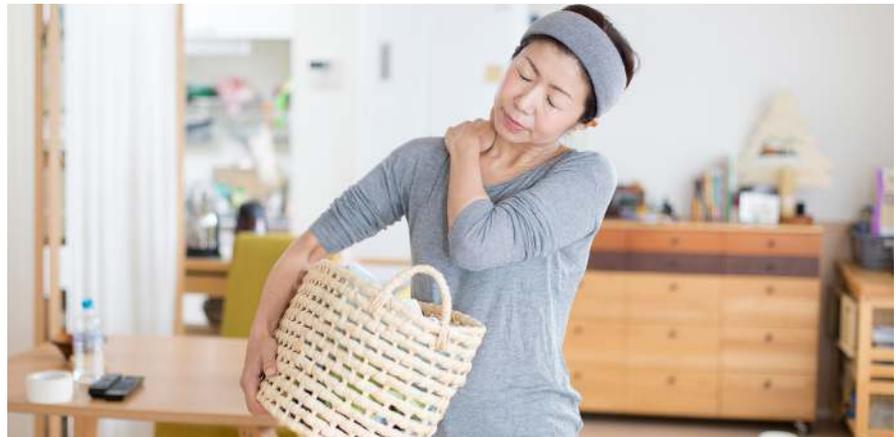
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How Your Lifestyle May Be Making Your Shoulder Pain Worse (and How to Ease It)

Oftentimes it can be hard to see what you're doing wrong in your habits because, well, it's your lifestyle.

Your daily routine is so uniform to you that it can become second nature to read before bed, play around on your tablet or go for that game of golf on Friday night.

What if I told you that all of these have the potential to make your shoulder pain much worse? That all of these movements cause unnecessary strain on your shoulders, leaving you in pain for days.

I'm giving you a few tips that can benefit you in easing shoulder pain in your day-to-day routine...

First things first, when you wake up, don't forget to stretch! I hear this all the time... "When I wake up I feel very stiff, but as I get going in the morning I start to feel better." Many of my patients often underestimate the power of stretching. Or are concerned they'll do something wrong and cause more damage.

Imagine this:

Someone has been in the same position for roughly eight hours, without much movement.

Do you think that they would need to stretch afterward?

I bet your answer would be... **yes! Exactly.**

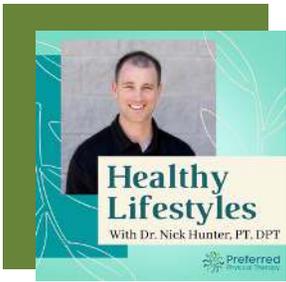
You might be awake, but your joints aren't yet. It's like going for a run without warming up. With this in mind, stretch before you get up. Even if it's just for a few minutes. Something is better than nothing!

Looking at your phone or tablet has to be one of the worst culprits for shoulder pain. Yes, looking down at your phone or tablet can have a major effect on your neck as well. But the pain often starts at your neck and spreads down into your shoulders.

I understand that you may need to check emails on your tablet, but with many of us spending hours on our devices, it starts to interrupt our body's natural state.

Since your head is facing down while using these devices, it can result in poor posture and slouching shoulders. What most people don't realize is that the head is supposed to be in a position where your ears are in line with your shoulders.

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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/nick-hunter-pt-dpt>

LISTEN NOW:

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



Preferred Fitness Plan

Preferred Fitness is an all-encompassing aftercare plan that allows you to safely jumpstart your fitness journey. Provided with the comfort of our office and staff, this plan is designed to be your next step after physical therapy. [Call 623-486-3333 to learn more.](tel:623-486-3333)

WHAT DOES THIS PLAN INCLUDE?

- Initial assessment to determine your current fitness level and goals
- Custom exercise program
- Facility and equipment use
- Access to expert staff
- Monthly revised exercise program

The best way to stay free from pain killers, injections, and surgery is to be strategic with your exercise and activity to include challenges to strength, endurance, balance, mobility, and power. Our Preferred Fitness program is designed to help you keep the improvements you made during treatment and help keep you that way in the future.

Cont'd from page 01

As soon as you start looking down, the body is more likely to feel a strain in the neck and shoulders.

My advice on this would be to either only use your phone for about ten minutes at a time to avoid any strain. As for other devices, now there are cases available that provide stands for tablets and e-readers... Perfect!

My tip would be to take advantage of the stand and use it so that your eyes do the adjusting- not your head.

This also goes for reading at night too. I understand that reading at night is sometimes a habit picked up early on, which is a great habit nonetheless. For your body, however, it can often have an effect on your posture.

Another problem that can come from reading at night is actually holding the book. It's not something that many people think about, but holding a book causes certain muscles to be tense.

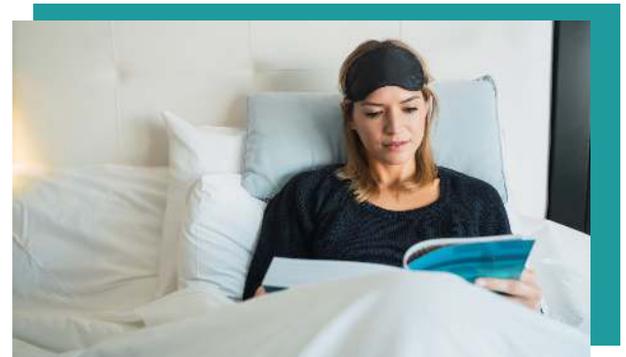
Not only this, but your neck is also likely to be tense in order to keep you upright while reading. Now think of how long you actually read for. How many times do you say, "just one more chapter" before you finally drift off to sleep?

I love to do this as well. So, I would recommend you to continue reading but only sit in the same position for a maximum of 20 minutes.

Another great way of thinking about your shoulder pain throughout the day is to think about when it actually occurs. Is it when you're reaching for your purse? While you're sitting at work?

If you have an idea of when it occurs, you can focus on making sure your head is straight and your ears are in line with your shoulders.

This is the **best tip** that I know and if you apply it as much as you can to your daily routine, you will start to notice a difference.



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<https://preferredptaz.com/blog/>



RECIPE OF THE MONTH:
Jerk Chicken Bowls

Ingredients:

For the salsa:

- 3 mangos, diced
- 1 red bell pepper, diced
- 1/2 small red onion, diced
- 1 jalapeno, minced
- Juice of lime
- 1 TB olive oil

For the Chicken:

- 1 lb chicken thighs
- Jerk seasoning

For the bowls:

(optional add-ins- mix and match as you choose)

- Spinach
- Cucumber
- Tomatoes
- Rice
- Green Onion, chopped

Directions:

1. Combine all ingredients for the salsa and set aside.
2. Season chicken with jerk seasoning and set aside.
3. Preheat the grill or oven to medium-high or 375 degrees. Cook chicken for 5-7 min each side or until juices run clear.
4. Once the chicken is cooked, build your bowl with any veggies you like, your portion of chicken, and then top with mango salsa!



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

SPOTLIGHT ON OUR GRADUATES

Mary- Age:

Pain Point: Balance, no pain

"I was experiencing issues for about 4-5 years. It started with arthritis and turned into major balance issues, so I came here to help my balance. I wanted to achieve walking straighter and better. I also wanted to improve my balance. I think I've come a long way since being here as well."



Jay- Age: 50's

Pain Point: Hip/Lower back

"I enjoyed working with one of the pt's Hannah the most but everyone here is so helpful and accommodating and that's what you need. When you go to physical therapy you want the people you're working with to want you to get better."





MEET THE TEAM



Nick Hunter
Owner, PT, DPT



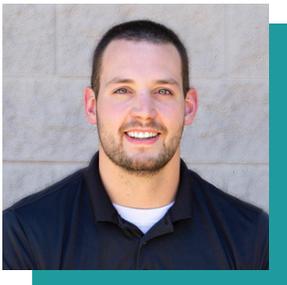
Jessika Hunter
Owner, CFO



Justin Becker
PT, DPT, XPS, SFDN1



Hannah Baylon
PT, DPT, CERT. DN



Colton Harper
PTA, BA

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.

