

GET BACK IN THE GAME!



Our PTs will assess you from head to toe, taking into account your passions, daily life, and goals to ensure that your muscles, tendons, and joints are ready for the workload you wish to do. Physical therapy will help you rebuild strength and regain movement after any type of injury or surgery. It can also help manage pain, prevent permanent damage, and resolve recurring problems. Whether you want to continue playing, build strength, improve balance and flexibility, or increase endurance, PT could be the missing link.

From the competitive athlete to the casual trail walker, unfortunately, old injuries resurface and new ones can occur. Don't let the chance of injury prevent you from being active! Poor training methods, inadequate warm-up, fatigue, overuse and lack of conditioning are just a few of the sources of sports injuries we see on a daily basis, in patients of all ages. Regardless of the activity or injury, we can help you get back in the game and stay injury-free!

Resolving sports injuries often requires PT and completing it will ensure that you heal properly under the care of a movement expert. The HealthQuest team can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most physicians will recommend physical therapy first.

PT isn't just for the injured, it's a part of preventative care and maintenance to stay active. We offer preventive evaluations to determine muscle weaknesses or other imbalances that could lead to injury. If a problem is identified, your therapist will provide manual techniques, stretches and exercises to keep an issue like tight hamstrings from turning into something more serious, such as a hamstring tear. Correcting problems now can save you a lot of stress and money later. If you can't touch your toes or complete a deep squat without pain, you should definitely consider making an appointment for a FREE consultation. These are often signs of an underlying problem, such as tight hamstrings or underdeveloped glutes.

If you have old or new sports or orthopedic injuries such as tendonitis, arthritis, a stress fracture or low back

pain, let our team design a treatment program to promote wellness and minimize the chance of re-injury. Schedule your FREE consultation today so you can get back to work or play!

DID YOU KNOW?

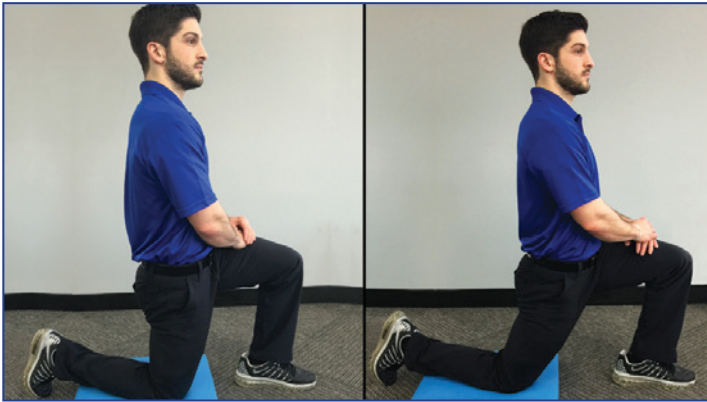
STUDIES SHOW THAT ATHLETES WHO HAVE BEEN ASSESSED PRIOR TO THE START OF EACH SEASON AND TRAINED APPROPRIATELY PRIOR TO AND DURING THE SEASON HAVE 70% LOWER INJURY RATES.

Voskanian N. ACL Injury prevention in female athletes: review of the literature and practical considerations in implementing an ACL prevention program. Current Reviews in Musculoskeletal Medicine. 2013;6(2):158-163.

**AT HealthQuest
WE MOTIVATE, EDUCATE AND
REHABILITATE, ON OUR
QUEST TO HELP PEOPLE
LIVE LIFE WELL!
CALL TODAY TO SCHEDULE
YOUR FREE CONSULTATION OR
MOVEMENT SCREEN.
1-855-477-8463.**

EXERCISE ESSENTIALS | EASY EXERCISES

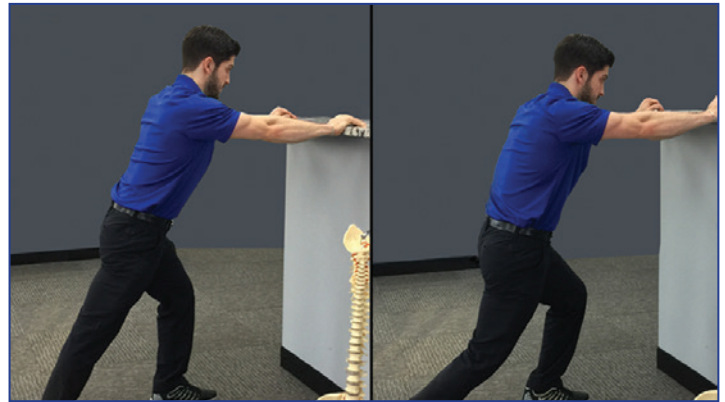
Always consult your physical therapist or physician before starting an exercise regimen.



Hip Stretch (Hip Flexor Muscle)

- Get into a “marriage proposal” stance (down on one knee).
- Stand tall, engage your core/brace (tighten stomach muscles). Keep your shoulders down and back.
- Squeeze your glute (buttock) of your down leg.
- Shift forward until you feel a stretch in the hip of your down leg, being sure to keep your back straight.

Hold 30 seconds, 2 minutes on both sides, repeat once a day.



Calf Stretch (Gastrocnemius & Soleus Muscles)

- Stand one foot in front of the other, in front of a wall or counter, with your hands in front of you. Toes are pointed forward with both heels firmly on the ground.
- Gastrocnemius stretch (pictured on the left)- keep your back knee straight and shift your body weight forward until a stretch is felt in the back of your calf.
- Soleus stretch (pictured on the right)- bend knee behind you until you feel a stretch in the back of your calf.

Hold 30 seconds, 2 minutes on both sides, repeat once a day.

HOMETOWN TRIVIA...

How many miles long is the Mackinac bridge?

Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on March 31, 2016.)

Last Month Q/A:

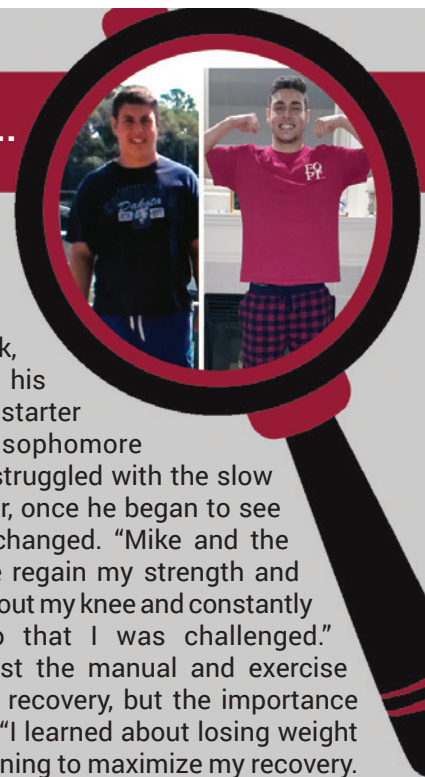
Q: In 1866, a Detroit pharmacist introduced the world's first carbonated soft drink, what was it?

A: Vernors Ginger Ale

*Congratulations
to our February
HomeTown Trivia
winner, Charleen S.*



PATIENT SPOTLIGHT...



A junior starting offensive lineman tore his ACL during a scrimmage, just before the 2014 season began. For Nick, this was not only reality but his worst nightmare. He was a starter during his freshmen and sophomore year at Dakota. Nick initially struggled with the slow recovery progression, however, once he began to see results, his attitude quickly changed. “Mike and the HealthQuest team helped me regain my strength and confidence. Mike taught me about my knee and constantly progressed my program so that I was challenged.” Nick said that it was not just the manual and exercise prescription that aided in his recovery, but the importance of the education he received. “I learned about losing weight and continuing with strengthening to maximize my recovery. Because of Mike’s constant support and attention to detail, I became motivated and worked hard in the medical fitness program.” To this day, Nick remains focused on fitness and is proud to say that he has lost almost 100 lbs and has become much stronger since his days with Mike.

ASK THE THERAPIST...



WILL I EVER BE ABLE TO GET BACK TO WHERE I WAS BEFORE MY INJURY/SURGERY?

Although there are multiple factors that affect recovery (i.e. age, severity of injury, lifestyle), there is an extremely strong likelihood to that you can get back to where you were prior to your injury or surgery. In order to achieve this and maximize your recovery, you need a combination of skilled physical therapy (PT), proper movement refinement, training, and education. PT is just like anything, what you put into it, you'll get out of it.



HOW CAN I IMPROVE MY SKILLS WITH PT?

As PTs, we know movement! If your golf or baseball swing is lacking power, you can achieve the swing you want with physical therapy believe it or not. We evaluate your total body movements, even if it's something like swinging or even your running/walking (gait) limitations. Reason being is because we look at your functional limitations, daily life, goals and needs and develop a path and course of treatment that is perfect for you and your needs.

SHARE THE GIFT OF GOOD HEALTH!

*Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!*



This month's 'Ask the Therapist' is brought to you by the Director of our (NEW) West Bloomfield location, Mike Pizzimenti, DPT.

Mike started as an Exercise Technician at our Rochester location. He then became a certified trainer and transitioned to a Trainer at our Macomb location (FitnessQuest). From there, he earned his Doctorate of PT from Oakland University and joined the staff at our Macomb location. Now, he's ecstatic to have his very own location.

As is evident in Mike's journey with HealthQuest, he loves to learn about movement (exercise) and nutrition. He is constantly researching and trying new things. Mike loves CrossFit training, playing sports and attending Red Wings, Tigers or Lions games, and playing sports. When he's not involved in sports or in the gym, you'll find him with his family, enjoying great food and traveling.

He's excited to be joining the West Bloomfield community and can't wait to help more people.

**SUFFERING FROM AN INJURY?
WE CAN HELP YOU GET BACK
TO WORK OR PLAY!**

HELPING OUR COMMUNITY ATHLETICS



Did you know that we are heavily involved in many of our local schools' athletics? We work closely with Athletic Directors and Trainers providing them with a PT Team they can trust. Their athletes receive the best care, education and path to stay (or get back) on the field. Our presence ranges from supporting individual teams with endurance training to individually evaluating students' movement patterns and providing corrective movements for imbalances and potential injuries. We pride ourselves on being able to not only give back to our schools but also help our students learn how to move properly and stay injury-free.



Dan Garr, Director of our Oxford location, is often seen on the field, ready to lend a helping hand.

12 LOCATIONS TO SERVE YOU

Chesterfield
(586) 713-5590

Clarkston
(248) 922-9001

Clawson
(248) 435-8230

Clinton Township
(586) 783-7590

Lake Orion
(248) 393-7707

Macomb Township
(586) 231-0043

New Baltimore
(586) 436-3900

Oxford
(248) 236-0035

Rochester Hills
(248) 650-4404

Romeo
(586) 336-4022

Shelby Township
(586) 532-9602

West Bloomfield
(248) 788-6100

CALL US TOLL FREE TODAY TO SCHEDULE YOUR FREE FITNESS ASSESSMENT!

1-855-HQPT-4-ME

www.HQPT.com