



Being Grateful is Good For You!

GRATITUDE AND HEALTH

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

GRATITUDE AND RESILIENCE

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Many survivors of the Holocaust, when asked to tell their stories, remember most strongly the feelings of gratitude for food, shelter, or clothing that was offered to them. This sense of thankfulness for the small blessings helped them maintain their humanity despite experiencing a horrific tragedy. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making—all aspects that help facilitate survival and post-traumatic growth.



A Plank a Day Keeps the Doctor at Bay

A plank is a simple exercise that anyone can do to improve their core strength. This exercise helps you strengthen so many of your muscles, guiding them to work together. Your core muscles are vital to the health of your low back and spine. If you suffer from an achy back or neck, then try doing this exercise to feel better.

How to do a plank

(If you are unsure about doing this exercise, call us first)

1. Start by lying face down. You may want to put a pillow under your abdomen if it is uncomfortable to lie flat.
2. Bring your elbows underneath you, then gently rise up onto your elbows and knees, so that your abdomen is off the floor.
3. Keep your abdomen tucked gently in so that your body is straight without sagging.
4. Try to hold this for 30 seconds if you can. You may feel your muscles shake a little while doing this, which means they are working!
5. It is important to start off with small increments and build over the course of a week as you become stronger.
6. To advance the plank and make it more difficult, lift your knees off the ground, keeping your body straight.
7. Ideally, you should be able to hold this position for 2 minutes.
8. You may have some soreness the next day as you are using muscles that have not been worked that way in a while.



Patient Spotlight

My lower back pain has disappeared!

"I came to iMotion because I was having back pain during my pregnancy. I could not walk without pain going down my leg. Every time I went from sitting to standing, I was in such severe pain I couldn't stand up straight and could hardly walk. I couldn't sit for more than 15 minutes without feeling lower back pain. After therapy, my lower back pain disappeared, I can walk long distance and sit without pain."



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Your physical therapist is the mechanic for your whole body

For a healthy spine, keep doing your exercises and remember our physical therapists need to see you for a check-up. You see your dentist every 6 months to keep you teeth and gums healthy. Why not your PT?

Your physical therapist is the mechanic for your whole body to keep your spine and extremities moving like they should. Detecting a problem early can lead to a simple treatment solution that can save you a lot of pain, and financial burden down the road. Call us today to speak with your therapist about your problem, before it becomes a PROBLEM.

You see your doctor every year, your dentist twice a year, when was the last time you saw your physical therapist?

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Have You Met Your Deductible Yet?

Have you met your annual insurance deductible or out of pocket maximum? If you have, your therapy may be free or you may have just a small co-payment. How do you check to see if you have met these limits? You can call your insurance and ask them or you can call us and we will gladly check your benefits for you.

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Give The Gift of Health

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle


iMotion
PHYSICAL THERAPY

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Pratik Shah, PT



Sweety Shah, PT

Why Choose iMotion PT?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care

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