

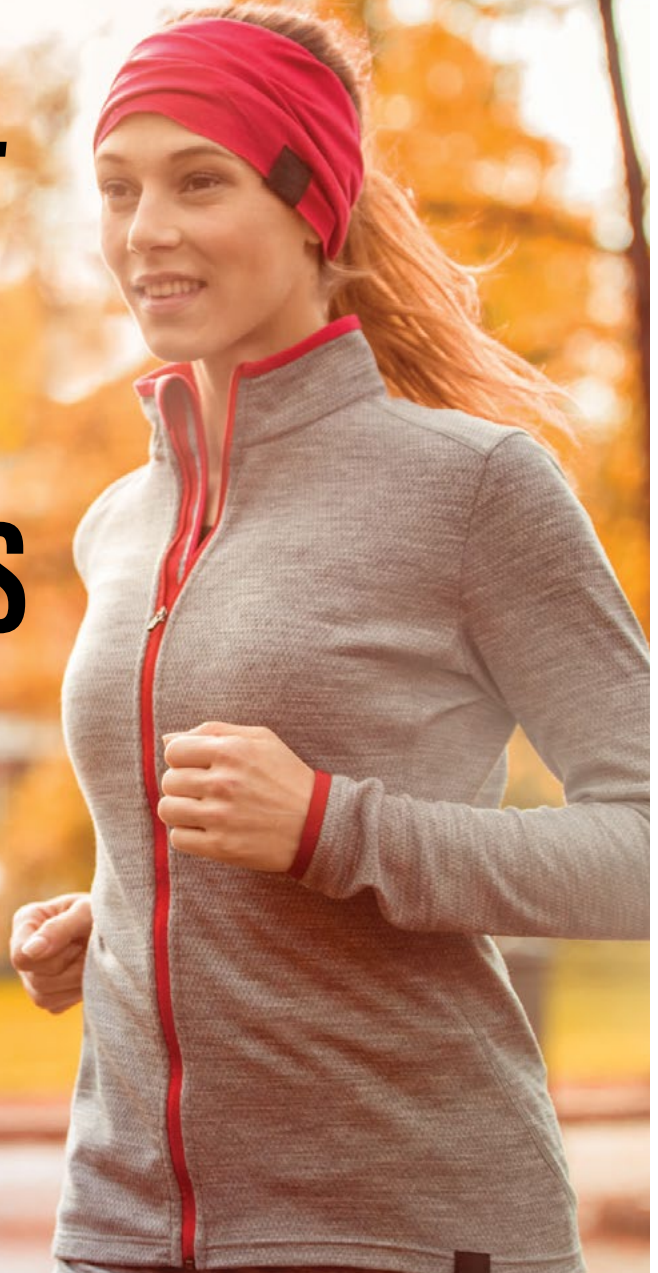
HEALTH & WELLNESS



MARKETPLACE
PHYSICAL THERAPY
& WELLNESS CENTER

NEWSLETTER

HOW PHYSICAL THERAPY CAN HELP MANAGE YOUR DIABETES



Physical Therapy Can Also Help You Mentally Feel Better

Discover ways to manage
demanding mental diabetic
symptoms.

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3 Nutrition Tips For Thanksgiving

Discover 3 simple tips to help
prioritize nutrition during
Thanksgiving.

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NEWSLETTER



PHYSICAL THERAPY CAN HELP WITH YOUR DIABETES

Understanding Diabetes. National Diabetes Month is an annual awareness event each November aimed at spreading awareness towards the risks, symptoms, and different types of diabetes. Diabetes occurs when the body does not produce enough insulin and can also occur when the cells in your body don't react to insulin. According to Choose PT, "When diabetes is present, the level of sugar in the blood becomes too high. High blood sugar can cause many health problems."

It is important to note that diabetes can affect anyone, regardless of age, and is a genetic disease - meaning that you are more at risk to be diagnosed with diabetes if it runs in your family. Diabetes can lead to loss of muscle and endurance, blurry vision, fatigue, nerve damage, heart disease, and more. Although diabetes has no cure, there are steps you can take to lower your risk of developing these diabetes-related health problems and manage your symptoms. One way to manage your diabetes symptoms and lower your blood sugar is through physical activity. Our physical therapists at Marketplace Physical Therapy & Wellness Center are movement experts who can help improve your quality of life through hands-on care and teach you safe ways to manage your diabetes symptoms.

Your Treatment Plan. Your physical therapy treatment plan will consist of activities to help restore your normal movement. Diabetes can lead to tingling and general discomfort in your hands and feet, so your physical therapist at Marketplace Physical Therapy & Wellness Center will work one on one with you to gently move your joints and perform light to moderate exercises and stretches to build up your endurance.

Strength and flexibility will play a big role in your treatment. Not prioritizing physical activity and building your muscle strength can result in achy joints and higher blood sugar. As you work with your physical therapist to stretch out your muscles and restore your strength, this will in turn help with balance and coordination. Fatigue and dizziness are common symptoms of diabetes, so regaining your sense of balance and learning techniques to maintain your steadiness will help you walk safely and reduce your fear of falling.

Along with the many symptoms that can occur from diabetes or diabetes-related health problems, nerve pain is one of them. In fact, half of all people who have diabetes have reported having nerve damage, according to the Centers for Disease Control and Prevention. Nerve damage occurs in diabetes when you have high blood sugar for a long time that goes unchanged. This can cause symptoms from mild numbness to difficulty performing daily activities. It is important to not let your nerve pain go on without treatment because if left untreated, diabetic nerve damage can lead to infection.

At Marketplace Physical Therapy & Wellness Center, we are trained to help relieve your nerve pain and teach you exercises you can perform at home if you have a flare-up of pain. Our physical therapists will work with you to provide hands-on treatment aimed at reducing inflammation and discomfort that comes with nerve damage. *(continued inside)*

PHYSICAL THERAPY CAN ALSO HELP YOU MENTALLY FEEL BETTER

(continued from outside) Managing diabetes symptoms can be physically and mentally exhausting, so at Marketplace Physical Therapy & Wellness Center, we are here to help get you back in your normal routine and feeling like your new and improved self. As you start working with your physical therapist and performing different exercises, your body will release endorphins that help improve your mental health and are associated with positivity.

It is important for your physical therapy sessions to not only improve your physical well-being but also your mental well-being. Our physical therapists aim to help build your confidence and show you that proper management of diabetes symptoms is possible. We hope to show you through physical therapy that being able to perform your day-to-day activities without pain and discomfort is possible.

Get Started Today. Physical Therapy is a safe and non-invasive way to help manage your diabetes symptoms and lower your risk of developing severe health-related problems. Diabetes can be hard to manage on your own, but our physical therapists are here to help. Contact one of our offices today to get started on a treatment plan so you can have peace of mind and get back to enjoying your daily activities. We will work with your primary care physician to create the best plan for you moving forward.

Source: <https://www.choosept.com/guide/physical-therapy-guide-diabetes>



3 NUTRITION TIPS FOR THANKSGIVING

1. Be mindful of your hunger and satiety cues.

Holiday meals usually mean large portions of home cooked meals and desserts. This often results in overeating at meals to get a taste of everything to enjoy. While building your plate, take notice of how hungry you are and portion accordingly. Keep in mind you can always have seconds of your favorite dishes if you are still hungry. Perhaps you will want to leave room for the different types of dessert.



2. Eat your favorite food first! Clients are often surprised to hear this strategy, however, it can be a game changer in your meal enjoyment. Think of it this way, if you ate your favorite food first and all you had left on your plate are foods that you cared less for, it would be easier to stop when your satiety cues kick in and you won't feel as though you need to necessarily finish your plate.

3. Eat throughout the day before the Thanksgiving meal. It may sound logical to skip an earlier meal to treat yourself to the typically large Thanksgiving meal, however, it's best to eat a variety of foods earlier on to keep your metabolism in check, blood sugars normal, and lower your risk of being hungry. Therefore you can simply enjoy the family meal whenever it is time to eat.

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today at a clinic nearest you to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

RIVERSIDE
3191 Mission Inn Ave.
Suite B
Riverside, CA. 92507

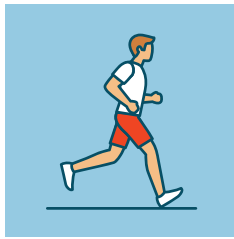
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Suite 114
Riverside, CA. 92505

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Chino, CA 91710

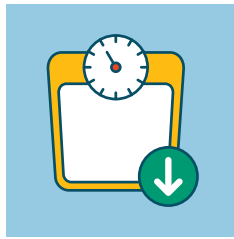
REDLANDS
500 N. Orange St.
Redlands, CA 92374

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1620 E. 2nd St.
Beaumont, CA 92223

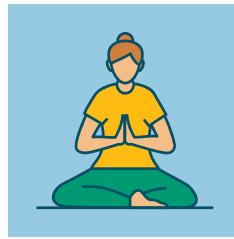
TIPS TO A HEALTHY LIFESTYLE WITH DIABETES



BE MORE ACTIVE



LOSE EXTRA WEIGHT



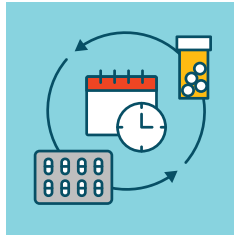
CONTROL STRESS



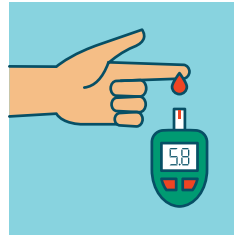
QUIT SMOKING,
REDUCE ALCOHOL



SEE A DOCTOR
FOR REGULAR
CHECK-UPS



TAKE MEDICATIONS
AS PRESCRIBED



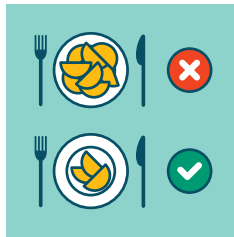
MONITOR
BLOOD SUGAR LEVELS



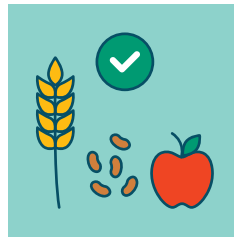
CHECK
BLOOD PRESSURE



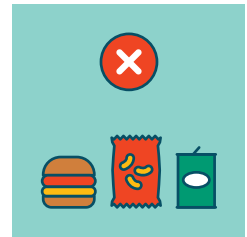
EAT A BALANCED DIET



CONTROL
PORTION SIZES



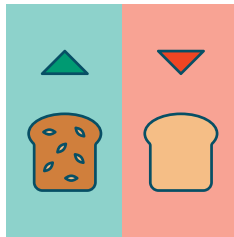
EAT FIBERS



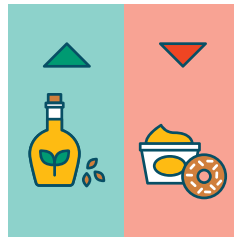
AVOID
PROCESSED FOODS



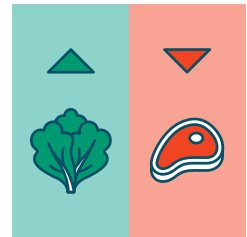
DRINK WATER,
TEA, COFFEE,
REDUCE
SUGARY DRINKS



PREFER
WHOLE GRAINS
OVER REFINED GRAINS



CHOOSE HEALTHY FATS



PREFER
A PLANT-BASED DIET

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