



NEWSLETTER



HOW WE CAN HELP YOU GET HEALTHIER IN 2024

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like "exercise regularly" can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At **Dresher Physical Therapy**, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too.

We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you. Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!



BACK BY POPULAR DEMAND **BONUS LASER SALE!!!**

3 PACK \$199... +1 BONUS TREATMENT FREE!

6 PACK \$299... +2 BONUS TREATMENTS FREE!

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temporary increase of microcirculation.*

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*Call us to schedule your laser treatment today or
to inquire about **A FREE LASER TRIAL** if you've
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FORT WASHINGTON P: 215.461.3688



TELL US ABOUT YOUR REHAB EXPERIENCE WITH DPT!

**Help us help more people! Click
here to leave your review today!**

WHAT IT EVEN MEANS TO "BE HEALTHY"

CALL FORT WASHINGTON 215.461.3688 OR BLUE BELL 267.458.5063 TODAY!

The World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity," which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of "healthy."

SIMPLE TIPS FOR HEALTHY LIVING FROM THE DRESHER PHYSICAL THERAPY PHYSICAL THERAPISTS.

- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- 3. Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of "health food" status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.
- 4. Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.

- 5. Meditate Daily:** Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

PHYSICAL THERAPY'S ROLE IN PROMOTING GOOD HEALTH

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road— and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we'll create a customized program that addresses your unique needs.

FIND GOOD HEALTH WITH DRESHER PHYSICAL THERAPY!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/> · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/> · <https://www.who.int/about/governance/constitution> · <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>

VIDEO TIP OF THE MONTH

ADVANCED CORE STABILIZATION EXERCISES



CLICK HERE TO WATCH NOW





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We'll Be There For You!



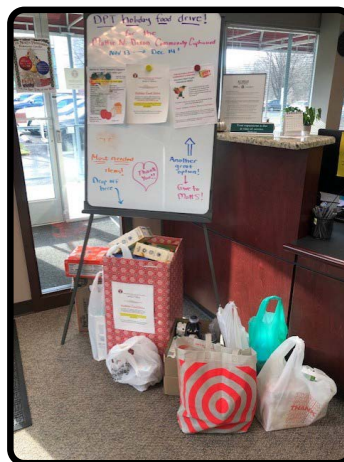
If you or a loved one need high-quality rehab but cannot get into one of our offices...**WE CAN COME TO YOUR HOME!** Our Home PT staff are wonderful and compassionate PTs and will bring their orthopedic expertise right to the comfort of your own home.

- Home PT is covered by insurance exactly as it would be in our office.
- If you would like to transfer to one of our office settings in the future, it's a very easy transition.
- Great for those with transportation, mobility, or significant health concerns.

CALL 267.227.1109 TO LEARN MORE!

CLICK HERE TO SCHEDULE YOUR HOME PT EVALUATION!

WHAT'S BEEN HAPPENING AT DRESHER PT



Local DPT Happy Hour! Getting the team together after work is always FUN!

The Dresher PT teamed up with our very generous patients to collect goods for The Mattie N. Dixon Community Cupboard. What a wonderful way to support those in need in the surrounding community during the Holiday Season! Thank you all!



5-STAR GOOGLE REVIEWS



"Michael O. and his supporting staff at Dresher PT are the BEST in my opinion. I recommend them for all of your physical therapy needs. Give Dresher PT Blue Bell a call!" — Bonnie

"I recently had a total knee replacement and went to Dresher PT for my physical therapy. If I summed up my experience in one word, I would say "family"! Although Sue and Nina were my main therapists (who are awesome BTW), so many others at DPT helped me along the way. I was helped not only physically, but mentally and emotionally as well! A total therapeutic recovery! Everyone was professional, kind, and supportive, a true reflection of owner Matt Seabrook. If you're reading this because you're looking for a physical therapist, look no further. This is YOUR place! Thanks again DPT family!!" — Jim



Staff Spotlight: Nate Randazzo, PTA, Ft. Washington Office

Nate Randazzo is a licensed Physical Therapist Assistant (PTA). He graduated from Central Penn College's Lancaster Campus in 2020 and also has a Bachelor of Arts degree in Psychology from Shippensburg University (2017). Nate has a wide variety of clinical experience ranging from skilled nursing to outpatient orthopedics. He has worked with a dynamic assortment of conditions including, but not limited to, end-of-life geriatrics, joint replacements, gait and assistive devices training, POTS, balance, orthopedics, and neurological disorders.

While not in the clinic, Nate enjoys snowboarding, video games, reading, and spending time with his fiancée and dog.