



# IMPROVE YOUR OVERALL HEALTH

*With Our  
Help.*

INSIDE

- What Does it Mean to be Healthier?
- Peanut Butter Blossoms • Patient Success





iMOVEPT®

[imovephysicaltherapy.com](http://imovephysicaltherapy.com)

WELLNESS NEWSLETTER



## HOW WE CAN HELP YOU GET HEALTHIER

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At iMove PT, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with

physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education and prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact iMove PT today to find out more about how our services can help you live a healthier, stronger, and more active life!

Learn more at [imovephysicaltherapy.com](http://imovephysicaltherapy.com)

ST. LOUIS, MO (CLINIC):  
**636.590.6827**

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KANSAS CITY, MO:  
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TULSA, OK:  
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JOPLIN, MO:  
**417.695.5367**

# WHAT DOES IT MEAN TO BE HEALTHIER?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

**Some tips you can do on your own to become healthier, stronger, and more active include:**

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

## How Physical Therapy Can Help You

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

## Contact our clinic today to make an appointment

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at iMove PT would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3508938/> + <https://academic.oup.com/ptj/article/95/10/1433/2668492>

## Peanut Butter Blossoms

### Ingredients:

- Nonstick cooking spray
- 2 3/4 cups all-purpose flour
- 1 1/4 teaspoons baking soda
- 1/2 teaspoon fine salt
- 1 cup smooth peanut butter (not natural)
- 12 tablespoons (1 1/2 sticks) unsalted butter, at room temperature
- 1/4 cup vegetable shortening
- 1 3/4 cups packed light brown sugar
- 2 large eggs
- 1 tablespoon vanilla extract
- 2 cups peanut butter chips
- 48 to 60 chocolate kiss candies

**Instructions:** Adjust the oven racks to the upper and lower thirds and preheat the oven to 375 degrees F. Coat 2 baking sheets with cooking spray. Combine the flour, baking soda and salt in a medium bowl. Set aside. Beat the peanut butter, butter and shortening in a large bowl with an electric mixer on medium high until smooth, about 1 minute. Add the brown sugar and continue to beat until light and fluffy, about 4 minutes. Add the eggs and vanilla and continue to beat until incorporated. Add the flour mixture in two batches and beat on medium until incorporated. Fold in the peanut butter chips. Scoop out level tablespoons of dough, roll into balls and space about 2 inches apart on the prepared baking sheets. (You will need to bake the cookies in batches, allow the baking sheets to cool in between batches.) Bake until the bottoms and edges of the cookies are golden brown but the middles are still soft, about 10 minutes. (The cookies will bake a bit after they come out of the oven.) Indent the warm cookies with the rounded bottom of a teaspoon. Top each with a chocolate kiss candy. Allow the cookies to cool on the baking sheet for a few minutes and then transfer to a rack to cool completely.

From: <http://www.foodnetwork.com/recipes/henry-fisher/peanut-butter-blossoms-348533>





**"I am so grateful to be feeling back like myself again."**

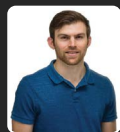
"I had been dealing with left hip pain for a few years. I received an MRI which showed a moderate tear in my hip labrum. Being a physical therapist myself, I knew there had to be a way to decrease pain and improve functional mobility without surgery. I had tried chiropractic care and other physical therapy, which provided minimal relief and it did not last. It wasn't until I met the team at iMove that I truly found relief. After only 6 visits of therapy my hip range of motion improved significantly! I am so grateful to be feeling back like myself again." — J.S.

## OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



### Introducing iMove PT's 5<sup>th</sup> Franchisee!

Jordan was born and raised in Collinsville, Illinois, just 15 minutes east of downtown St. Louis. He graduated from Truman State University in Kirksville, Missouri with a Bachelor's degree in Exercise Science before pursuing a doctorate in physical therapy at Northern Illinois University in DeKalb, Illinois. After graduating in 2019, he began working in a hospital-based outpatient clinic where he treated patients with a wide variety of orthopedic and neurological conditions. In 2021, he started his next career journey by joining iMove PT so he could treat patients one-on-one in Missouri and Illinois. While Jordan enjoys treating most conditions, he does have a specific passion for helping those with Parkinson's Disease. He is certified in LSVT BIG, a therapy program designed specifically for individuals with Parkinson's Disease, however, it has also been shown to benefit those with other neurological disorders such as stroke, MS, and even cerebral palsy.

Aside from his passion for physical therapy, Jordan enjoys golfing, watching movies, and hiking with his partner, Anne, in his free time. He is also a big fan of the St. Louis Cardinals, St. Louis City SC, and Arsenal Football Club. Starting January 1st, 2024, Dr. Jordan VanDyke will be opening iMovePT's 5th franchise in the Mid-County region of St. Louis. He is excited to begin his next adventure as an iMove PT franchisee!

## GET STARTED TODAY

**We are here to help you.**

Call the location closest to you to get on our schedule or learn more about our at home services today.

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