

GET TO KNOW OUR PHYSICAL THERAPIST & DEWITT CLINIC MANAGER, JOE ZIELINSKI!

INSIDE:

- Improve Your Health By Strengthening Your Core
- Relieve Pain In Minutes
- Meet Our Mason Clinic Staff!



Joe grew up in Gaylord, MI as the oldest of 8 kids. He attended Central Michigan University for his Bachelors and University of Michigan - Flint for his Doctorate in Physical Therapy.

Joe also enjoys working with cervical dysfunction patients and providing hands-on manual physical therapy. His favorite thing to work with is biomechanical dysfunction, which are usually those patients who have excellent strength and mobility but still have pain and can't figure out why.

Joe and his wife moved to Dewitt, MI in August 2018. They have a daughter and a son! He enjoys running and any other outdoor activities especially hunting and fishing.

Get to know your provider!

JOE ZIELINSKI



INSIDE:

- Get To Know Our Physical Therapists, Megan Brew & Tiffany Stutzman
- Relieve Pain In Minutes
- Sudoku Corner

PEAK PERFORMANCE

Physical Therapy

ARE YOU IN PAIN?

SCHEDULE AN
EVALUATION!



SCHEDULE YOUR EVALUATION!



(517) 853-6800

Because you are a past patient of Peak Performance Physical Therapy, we invite you for:

A PAIN/INJURY EVALUATION!

7402 Westshire Drive, Suite 105
Lansing, Michigan 48917

13105 Schavey Rd. Suite 5
DeWitt, MI 48820

2301 West Grand River Ave.
Okemos, Michigan 48864

132 S. Cedar St.
Mason, MI 48854

www.peakperformanceompt.com

MEET OUR
MASON CLINIC STAFF!

Details Inside

IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck. Contact Peak Performance Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What exactly are the core muscles? When most people think of core muscles, they immediately think of the abdominals. However, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles. The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

How can I strengthen my core muscles? At Peak Performance Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it. Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

1. Improving your posture. Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. Avoiding injury. Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than



your back. Our experts can show you proper body mechanics with everyday tasks.

3. Getting adequate rest and exercise. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day.

4. Eating nutritious meals. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues.

5. Getting expert help. The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Peak Performance Physical Therapy our physical therapists are here to help you improve your function and relieve your pain. **If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!**

www.peakperformanceomt.com

ITALIAN WEDDING SOUP



INGREDIENTS:

- 4 tbsp extra-virgin olive oil, divided
- 1 ½ cups chopped yellow onion
- ¾ cup chopped carrot
- ¾ cup chopped celery
- 2 tbsp minced garlic

- 6 cups unsalted chicken broth
- 6 oz orzo, preferably whole-wheat
- 1 ½ tbsp chopped fresh oregano
- ½ tsp kosher salt
- 24 cooked chicken meatballs (12 oz)
- 4 cups baby spinach
- ¼ cup grated Parmesan cheese

INSTRUCTIONS:

Heat 1 tablespoon oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes. Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes. Serve sprinkled with cheese and drizzled with the remaining 3 tablespoons oil.

<http://www.eatingwell.com/recipe/269824/easy-italian-wedding-soup/>

Relieve Pain In Minutes

Try this movement if you are experiencing pain.

Strengthens core

 SimpleSet Pro
www.simpleset.net

BILATERAL LEG LOWERING

Lie on your back, knees bent, feet flat on the floor. Place your hands on the front of your pelvis. Straighten both your knees as you slowly lower your legs towards the ground with control. Return to the starting position. Repeat 10 times.



CALL TODAY! 517.853.6800

PEAK PERFORMANCE
Physical Therapy



Meet Our Mason Clinic Staff!

Watch a video of our Mason clinic staff introducing themselves to the community. **To schedule a visit PeakPerformanceOMPT.com or by calling (517) 853-6800.**

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our video)
3. Enjoy!

Checkout our Mason Staff Introduction video below!



WE MAKE IT EASY TO LEAVE A REVIEW!



(Lansing Location)



(Okemos Location)



(DeWitt Location)



(Mason Location)

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the desired QR code in the frame
(this will take you directly to our Google Review Page)
3. Let us know how we did!



Sudoku Corner

			7		5		3
				3		9	
	2		6	9			7
2		9					4
		1				3	
	4					7	1
7			4	6			5
	5		3				
4		6		1			

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