



PEAK PERFORMANCE MESSAGE FROM THE CEO WISHING A VERY HAPPY END TO THE 2020 YEAR

INSIDE:

- Tips for Preventing Avoidable Injuries with Physical Activity
- Relieve Pain In Minutes
- Check Out Our Videos!

To All of Our Appreciated Patients:

As we begin to wrap up this year of uncertainty, we want to shed some light on the good we experienced this year.

While 2020 has certainly taken a toll on all of us, we are infinitely grateful for all the patients, old and new, that we have had the privilege meeting and

treating throughout this year.

Our patients are what keep us going - so for that, we thank you. Because of your loyalty, we are able to continue doing what we love: helping people live comfortable, active, and pain-free lives.

With the hustle and bustle of the holidays, in addition to the continued uncertainty that we are all still experiencing, we hope you can find solace in the fact that one thing will always remain true: at Peak Performance, we are still here to help you with whatever you may need to live a healthier life.

We are still open and following strict sanitary protocols to keep you safe in our clinic, should you find yourself in need of physical therapy intervention. Additionally, we want to make sure your mental health is strong as we wrap up the year.

At Peak Performance, we know that mental health is just as important as physical health - and we know that this year has been a battle to many of our mental and emotional states. If you find yourself in need of counseling services, we are also here for you.

Many of our licensed physical therapists are also well-versed in the treatment of mental health. We know how the body can move to get you feeling better - in mind, body, and spirit. & as we wrap up a difficult year, we want to help in making spirits bright!



To learn more about our services and how we can help you, don't hesitate to contact us. Until then, we hope you have a wonderful end to 2020, and we look forward to seeing you in the new year.

With warmest regards,



Jill Marlan, PT, MSPT, OMPT, CSCS
CEO & Founder of Peak Performance

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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

CHECK OUT OUR VIDEOS!

Details Inside



WISHING YOU & YOUR FAMILY

a happy & healthy

Holiday Season!

TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

What are some common injuries? At Peak Performance Physical Therapy, our licensed physical therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendonitis.

Sprains occur when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another.

Tendonitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendonitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain. Tendonitis can be corrected with physical therapy treatments, since PTs are trained in relieving pain, decreasing inflammation, and restoring you to your normal posture, motion, and function.

How can I prevent these injuries? While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. When



you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What should I do now? If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Peak Performance Physical Therapy today. **One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!**

www.peakperformanceomt.com

CHRISTMAS TOFFEE



INGREDIENTS:

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

INSTRUCTIONS:

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

Relieve Pain In Minutes

Try this movement if you are experiencing pain.

Strengthens shoulders

 SimpleSet Pro
www.simpleset.net

INTERNAL BAND PULL

Sit with good posture with a band tied to something stable next to you. Keeping your elbow by your side and at a 90 degree angle pull the band across your body. Repeat 10 times on each arm.



CALL TODAY! 517.853.6800

PEAK PERFORMANCE
Physical Therapy

Check Out Our Videos!



Hi There,
We need your help. Are these outtakes bloopers or keepers? Click the video below to watch on our Youtube Channel at <https://youtu.be/iPaj9mYmsHY>.



Check out our staff video showing appreciation and thankfulness during this season! Click the video below to watch on our Youtube Channel at <https://youtu.be/IZKwXLojLAA>.



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!

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!



WE MAKE IT EASY TO LEAVE A REVIEW!



(Lansing Location)



(Okemos 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!



(DeWitt Location)



(Mason Location)



Telehealth



Telehealth services can be accessed via your smartphone or computer, and you will be able to perform your PT treatments from the comfort of your own home during this quarantine. You will also be able to track your progress and see how you are improving throughout your treatments – without coming directly to our clinic.

At Peak Performance Physical Therapy, our telehealth services offer live consultation where you can meet and chat with your physical therapist about your treatment plan. To learn more about how you can set up our telehealth services on your smartphone or computer, give us a call today. At the end of the day, we are all in this together – most importantly, stay calm, and stay healthy. **We are here to help you with your needs.**

FIND US ON SOCIAL MEDIA