



NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body



**2022 CAN BE YOUR
*PAIN-FREE YEAR***

PMXPT.COM



HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

M – TH : 7 AM – 6 PM
FRI : 8 AM – 5 PM
SAT : 8 AM – 12 NOON

(818) 953-4444

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INSIDE:

The Importance Of Staying Active During Winter Months • Experience Covid-19 Policy Update • At-Home Exercise

THE IMPORTANCE OF STAYING ACTIVE DURING WINTER MONTHS



JUST BECAUSE IT IS WINTER, IT DOESN'T MEAN YOU HAVE TO STAY INDOORS. It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At PerformaX Elite, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

What are the benefits of exercising during the winter?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit

are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- **Immune system boost.** According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

AVOIDING FALLS IN THE WINTER

send a
friend
get a
\$25
gift card

Do you know someone who could benefit from physical therapy? Tell them about PerformaX and if they become a patient and bring us this filled-out referral by their second appointment, we'll send you a \$25 Visa Gift Card! It pays to refer friends and family to PerformaX!

Your Name: _____

Person You Are Referring: _____

Where to Send Gift Card: _____

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SCAN ME

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At PerformaX Elite, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall! There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- **Choose shoes with winter soles for traction.** You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- **Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.**
- **Allow at least 10 minutes to warm up when exercising in the winter.** When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- **No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform.** For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.
- **Add in any additional assists, as needed.** Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained CPTOs can help you figure out if an additional assist would benefit you.

Contact us today! Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain in your orthosis or prosthesis, PerformaX Elite can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

COVID-19 POLICY UPDATE

Several of you were not here when we established our Covid-19 policy. With the prevalence of the new Omicron variant, there's no better time to assure that we are all on the same page. This policy is in effect immediately and will continue for the month of January, 2022.

WHAT YOU CAN DO FOR US:

1. Reduce physical contact with others and do not hug or shake hands (whenever possible, maintain a distance of 6ft away from other patients in the clinic).
2. Masks worn in the clinic must be surgical, KN95, N95 or KF94. We will have surgical masks available at the front desk if you don't have one.
3. Please alert us if you have been in the clinic recently and experience symptoms or are diagnosed with COVID-19.
4. If you are over the age of 65, are considered high risk, or have any symptoms similar to COVID-19, your insurance may cover physical therapy via Telehealth services. Please inquire if this service is of interest to you..
5. Please immediately sanitize your hands upon entering the clinic.
6. Please wait in the common lobby area at a distance of 6 feet from others.
7. We will be screening every patient before their scheduled appointment time (this also applies to each PerformaX elite employee). This will include:
 - Taking your temperature to screen for fever. Anything over 99 degrees will not be seen and will be asked to re-schedule for a minimum of two weeks out.
 - Asking to verify that you do not have any exposure to or symptoms of COVID-19.

CHECK OUT OUR RECOMMENDED PRODUCTS

We sell a variety of trusted products that will help you continue your care from home!



- Therabands
- Rocktape
- TheraPutty
- Stretch Straps
- Foam Rollers
- Hypervolt
- FitAid
- Yoga Mats
- Treat Your Own Back books
- and more!

Ask Us At The Front Desk!

AT-HOME EXERCISE!

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Repeat 10 times on each leg.



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EXERCISE & PAIN RELIEF

If you have back or joint pain, there are probably some times when all you want to do is lie in bed all day. It's tempting, but it might make the problem worse.

Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance.

Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional; a physical therapist show you what is appropriate to do given your condition.

Here are 7 exercises/activities you should do to alleviate pain:

1. Walking
2. Swimming
3. Yoga
4. Tai Chi
5. Pilates
6. Stretching
7. Aerobics

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CBD CAN HELP MANAGE YOUR PAIN >>

THC which is responsible for the stoned/high feeling that the recreational drug provides. Extracted from the flowers and buds of the hemp plant, CBD is pressed into oil.

CBD oil is widely regarded as an effective product to treat and manage pain. The endocannabinoid system is a specialized system in the human body that aids in the regulation of sleep, appetite, the immune system and pain response. These naturally produced endocannabinoids are neurotransmitters that bind to cannabinoid receptors in the body's nervous system. CBD can help to reduce chronic pain by impacting this receptor activity, thus reducing inflammation and interacting with neurotransmitters.

Cannabidiol (CBD) is a naturally occurring cannabinoid derived from the cannabis plant.

It is one of over one hundred cannabinoids identified in hemp plants. CBD does not contain