



Recover From **Workers' Compensation & No-Fault Injuries** With Physical Therapy



Take the first step to a healthier, stronger,  
and more active you! Call today!

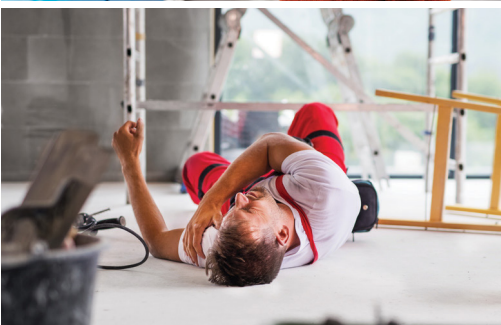
**253.220.4317**



## Recover From **Workers' Compensation & No-Fault Injuries** With Physical Therapy



Have you or someone you love been injured in a car accident? Or did you or someone you love get injured on the job? Get a referral to our clinic so we can help you get to the root of your problem and be back to living a pain-free life! At Kintsugi Physical Therapy & Wellness, our physical therapists have proven results in helping people recover from all types of injuries.



According to the National Safety Council, there are nearly 13,000 work-related injuries daily in America. These injuries lead to, on average, 21 days of disability, where the worker cannot do their normal job duties.

In America, non-fatal car accidents are another significant cause of pain and disability from injuries. It is estimated that between two and three million people each year suffer injuries from car accidents, and 90% of those are passengers in the car.

**Coming into Kintsugi Physical Therapy & Wellness could mean the difference between complete recovery and persistent pain. Call today to learn more about how our team can help you get back to doing what you love!**

### Common Ways We Get Hurt On The Job

The most common complaint people endure from a work-related injury is the feeling of soreness caused by overusing the muscles, tendons, and ligaments. These injuries typically occur as the result of an activity that the body is not used to or a repetitive movement required at work. In other cases, it is related to prolonged positions, like sitting at a desk all day or working on an assembly line.

Most injuries that involve bending and lifting strains will typically go away on their own, but the severity of the damage determines how long the body will need to recover. This is why scheduling a consultation with our therapists at Kintsugi Physical Therapy & Wellness is so important.

There are obvious signs of more significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body.

Fortunately, we are trained at identifying and treating musculoskeletal injuries. Get a referral today and let our physical therapists help you resolve any injury caused on the job!

*Continued inside.*



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## Injuries Common from Motor Vehicle Accidents

If you are still dealing with persistent aches and pains from a car accident, our physical therapists are experts at helping you find lasting relief!

People involved in a car accident often experience symptoms immediately. In contrast, some symptoms appear later the same day or the following day, and for some, the symptoms don't start for days afterward. Unfortunately, it is also fairly common for symptoms to last for months or even years.

For some people, the violent nature of an accident can cause severe head, neck, and back injuries and even multiple regions of the body simultaneously. One of the most common injuries associated with a car accident is whiplash.

Whiplash is a painful condition caused by sudden neck and head movements, resulting in injury to multiple joints and different types of soft tissues all at once. Whiplash can make normal neck movement impossible.

There are also cases where the accident seemed minor, but the damage was significant and long-lasting. Regardless of the impact, the most common injuries related to a motor vehicle accident that is referred to our clinic include the following:

- Muscles strains
- Whiplash
- Broken bones
- Joint sprains (i.e., cartilage, ligaments, and nerves)
- Concussions

If you were in a car accident recently or a long time ago, seeing one of our physical therapists can help you find relief and get back to feeling your best!

### Request an appointment at Kintsugi Physical Therapy & Wellness today!

An integrated team of physical therapists is the most effective way to deal with injuries sustained in a car accident or an injury at work. At Kintsugi Physical Therapy & Wellness, we offer comprehensive evaluations to help determine the root cause of your pain and/or injuries.

Our specialists will provide research-backed programs that have been proven to effectively alleviate pain, restore joint range of motion and improve your strength so you can resume your normal activities.

We can also assess if you are compensating due to an underlying issue causing the pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

If you were in a motor vehicle accident or injured on the job and looking for solutions to your struggles, request an appointment at our clinic. We have helped many patients recover from car accident injuries and work-related injuries, and we are confident we can help you!

**Call today to make an appointment!**



## HEALTHIER RED VELVET BAKED CAKE DONUTS

### INGREDIENTS

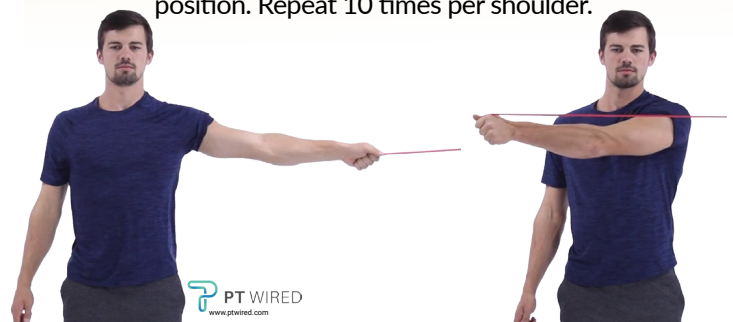
- $\frac{3}{4}$  c all-purpose flour
- $\frac{1}{4}$  c cocoa powder
- 1 tsp baking powder
- 6 tbsp sugar
- 1 tbsp vegetable oil
- 2 tsp vanilla extract
- 6 tbsp natural or Greek yogurt
- 5 tbsp milk
- 1 tbsp lemon juice
- 1 tsp red food coloring
- 1 egg
- 3 tbsp low-fat cream cheese
- 1 tbsp low-fat condensed milk
- Cute candy hearts optional

**DIRECTIONS:** Preheat the oven to 350°F and lightly grease two six-hole donut pans or one six-hole donut pan and one mini 12-hole donut pan. In a medium bowl, stir together the flour, cocoa powder, baking powder and sugar. Pour the vegetable oil, vanilla extract, yogurt, milk, lemon juice, food coloring and egg into the bowl with the dry ingredients and beat until everything comes together. Pour the donut batter (it will be thin) into a large piping bag and pipe into the donut pans, filling each mold  $\frac{3}{4}$  of the way full. Bake in the preheated oven for around 10 minutes, until the tops are springy to the touch. Remove the donuts from the oven and leave to cool in the pan on a wire rack for about 2 hours, or until at room temperature. To make the icing, use a fork to beat the cream cheese and condensed milk together. Spread the icing evenly on top of the cooled donuts and sprinkle with cute candy hearts.

## EXERCISE TO TRY AT HOME

### HORIZONTAL SHOULDER ADDUCTION

Start by anchoring an exercise band at shoulder height. Grab the band with one arm raised to the side and stand perpendicular to the site of the anchor. Pull your arm across your body while keeping it at shoulder height. Keep your arm straight the whole time. Slowly return to the starting position. Repeat 10 times per shoulder.



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# 5 TIPS FOR BETTER HEART HEALTH!

- 1. **Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. **Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. **Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. **Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

**5. Find out if you have diabetes.**  
Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

Call today to learn more about how Kintsugi Physical Therapy can help you care for your heart.



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## PAST PATIENTS DOING WHAT THEY LOVE

**Wearing Kintsugi PT t-shirts.**

Send us your pics wearing our shirt and you may see yourself in the newsletter.



## PATIENT EXPERIENCE

### MIKAELA'S STORY

**"I am in better overall health!"**

*"Jackie has been an amazing PT and made a tremendous impact on my recovery and overall health. The front desk staff are always friendly and greet me by name each time I come in. Kintsugi is a clean and open space that I enjoy training in."* —Mikaela C.

Scan the QR code to see Kelsey's story on our Testimonial Page and hear in her own words how Kintsugi Physical Therapy helped her.



**We want to hear your PT Success Story!**  
We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!  
Just scan the QR code and visit our review page.

**Thank You!**

## Has Your Pain Come Back? Come Back to PT!

- 1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

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