



**APRIL 2021**

## **WHAT'S INSIDE**

### **EQUIPMENT SPOTLIGHT**

Check out our newest  
piece of top-of-the-line  
equipment

### **WHAT IS OT?**

How Occupational Therapy  
can help you live a more  
full life!

### **SHARE YOUR SUCCESS STORY!**

We Make It Easy To Leave  
A Review!



**DID YOU KNOW?  
APRIL IS...**

(See Inside To Find Out!)

# **NEWSLETTER**



## **ARE YOU STRUGGLING WITH PANIC ATTACKS?**

***HOW TO PREVENT A PANIC/  
ANXIETY ATTACK***

# ARE YOU STRUGGLING WITH PANIC ATTACKS?

## HOW TO PREVENT A PANIC/ ANXIETY ATTACK



Today, many people suffer from anxiety. Teens looking on social media compare themselves to others, the division in the nation, the COVID pandemic creating isolation, and other pressures in life all contribute to the increasing number of people who suffer from anxiety. Here is a simple technique called Grounding that may provide temporary relief.

### STEPS:

- ▶ Breathe deeply in through your nose and out through your mouth for 60 seconds very, very slowly.

### *Slowly look around you and find:*

- ▶ 5 things you see
- ▶ 4 things you can touch
- ▶ 3 things you can hear
- ▶ 2 things you can smell
- ▶ 1 emotion you feel and where you fill it in your body.

If you are looking for something more than temporary change, it may be time to seek counseling to learn new ways to think and feel. Anxiety is NOT just a worry that we can “tell” to go away. Anxiety has many faucets. Even though our rational brain tells us not to worry we have to learn what is going on in the right part of our brain to learn what implicit memories are being triggered. Understanding why and how anxiety works is the first step. When you understand what is going on, you can name it to tame it. How can you solve any problem if you don't know what needs to be “fixed.”

If you are ready to Take Your Life Back and stop letting anxiety rule your life, call us at Therapy Solutions to make an appointment with one of our counselors. We provide both male or female counselors and we provide English speaking or Spanish speaking.

**Contact our counselors today at 701-483-1000 or visit our website at [Therapy-Solutions.net](https://www.therapy-solutions.net) to find out how we can help you cope with your anxiety.**

# DID YOU KNOW? APRIL IS...



## ...NATIONAL ADMINISTRATIVE PROFESSIONAL MONTH!

**Pictured Left to Right:** Brooke Rykowski, Brandi Aguilar, Sierra Burgess, Nikki Taylor, Tera Gifford, & Lori Weiler

Happy Administrative Professionals Month to our amazing team! They keep our office running, schedule appointments, help us stay organized, and enthusiastically help our patients with a smile! Thank you to our billing staff for their great customer service, keeping our company up to date on the latest codes, managing accounts, and so much more.



## NEW EQUIPMENT HIGHLIGHT! SHUTTLE SQUARE REBOUNDER

► A top-of-the-line rebounder, the engineering behind the Shuttle Square Rebounder has been carefully researched and has resulted in the production of a rebounder that gets the job done, and done well.

Rebounding is beneficial in that it can help work the muscles in the lower body and core, increase your endurance, and improve bone strength, among a number of other benefits. This type of exercise is gentle on the joints but allows you to work your cardiovascular system without taxing the body.

### **Additional benefits of rebounding include:**

- Stimulation of the lymphatic system.
- Helps to improve balance, coordination, and motor skills.
- Supports bone density, bone strength, and bone formation, while decreasing bone resorption
- May support pelvic floor health. Bouncing works the muscles of the deep core that help prevent urinary incontinence and stabilize hip joints.

For more information, call Therapy Solutions at **701.483.1000** or visit us online at **Therapy-Solutions.net** today!



## ...NATIONAL OCCUPATIONAL THERAPY MONTH!

**Pictured Left to Right:** Jared Erie, Haylee Peters, Terry Halverson, Adrienne Belland & Eric Halverson (Not Pictured is Sondra Kolling)

Happy OT Month! Our OT's work hard to improve the lives of our patients and help them participate in the things they want & need to do in their everyday activities!

**Therapy Solutions**  
TAKE YOUR LIFE BACK.

Learn more by visiting our website at [Therapy-Solutions.net](https://www.therapy-solutions.net) or schedule your consultation today by calling **701.483.1000!**



## WHAT IS OCCUPATIONAL THERAPY?

April is Occupational Therapy Month, and in honor of this, Therapy Solutions would like to take the opportunity to educate our patients and readers on the benefits of occupational therapy methods!

Do you have an injury or medical condition that is causing you pain, limiting your daily activities, and preventing you from enjoying the things you love? Occupational therapy is a great way to learn how to get over these hurdles, improve performance and lower your pain symptoms.

Would you like to learn more about how occupational therapy can help you eliminate your pain and improve performance? If so, Contact Therapy Solutions today to request an appointment.

### WHAT IS OCCUPATIONAL THERAPY?

The American Occupational Therapy Association defines occupational therapy as “the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—*injury, illness, or disability.*”

*For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).*

**Therapy Solutions**  
TAKE YOUR LIFE BACK.

Occupational therapy can benefit people of all ages, from helping children with disabilities participate in school and social settings, to helping seniors improve their physical and cognitive health.

One example of the ways an OT can improve a patient’s daily function is through adaptations. For instance, if a patient is having trouble feeding themselves, an occupational therapist can help them to make adjustments and adaptations to utensils to make mealtimes easier. This unique approach makes occupational therapy a vital part of health care.

Occupational therapy is also a very common form of treatment for patients recovering from surgery, healing from injuries, or living with chronic conditions that affect their quality of life.

### WHAT TO EXPECT FROM OCCUPATIONAL THERAPY

If you’re struggling to do everyday activities such as shower, get out of bed, open doors, or get dressed, occupational therapy could be a great option for you.

#### **Therapy Solutions’ occupational therapy plans include:**

- An individual assessment to determine conditions, pain points, abilities, and patient goals.
- Customized activities focused on the improvement of daily tasks and activities.
- A final evaluation to determine if goals were met and to make changes to the plan/create another treatment plan of action if necessary

Occupational therapy and physical therapy go hand in hand and can be integrated into care plans to help patients of all kinds to regain mobility, flexibility, improve range of motion, and regain a sense of independence in their daily routine.

*If you want to begin improving your quality of life and ability to do the things you love, contact us today to learn more about the benefits of occupational therapy, and how it can help you Take Your Life Back!*



## WANT TO SHARE A SUCCESS STORY?

**We Make It Easy To Leave A Review!**

Scan the code with your camera app, and post your success story on our Google reviews page!



Learn more by visiting our website at [Therapy-Solutions.net](http://Therapy-Solutions.net) or schedule your consultation today by calling 701.483.1000!