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GET YOUR HEALTH BACK ON TRACK

WITH PHYSICAL THERAPY

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► Happy October! Now that fall is here, it's time to crack out the knives for pumpkin carving, and put out bowls of candy for trick-or-treaters! Did you know that October is also National Physical Therapy Month? It's true! Therapy Solutions wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that make everyday activities way harder than they should be. Therapy Solutions provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning out your scary costume this year and read up on these 5 reasons why physical therapy is a great option for pain relief from chronic conditions and injuries.

5 REASONS TO CHOOSE PHYSICAL THERAPY

There are several reasons to choose physical therapy over pricey surgeries and medications. Therapy Solutions has chosen 5 of the best ones for you to consider!

1. Physical therapy can help to strengthen your joints and improve your range of motion.

Increasing muscle strength and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This can also help you improve your functional activity tolerance, which is essential for work, leisure, and simple daily function.

2. It's a safe, holistic method of pain management/elimination.

The sad truth is that right now, we're experiencing an opioid epidemic. People are relying so heavily on over-the-counter medications to ease their pain, they don't realize the long-term effects these pills have on their bodies.

You don't have to rely on over-the-counter or prescription painkillers to ease those achy, stiff, swollen joints! Physical therapy modalities that have been shown to ease pain, reduce spasms, increase circulation, and promote healing include electrical stimulation, diathermy, cold laser therapy, dry needling, and therapeutic ultrasound.

3. You can learn to move without limits again.

According to the Arthritis Foundation, exercise is one of the best ways to manage hip pain and knee pain caused by osteoarthritis. Your physical therapist can help you get back to regular exercise in a way that is safe and effective for you, based on your current abilities, goals, and needs. This is especially helpful if you're currently on a weight loss journey since being overweight is a major risk factor for knee and hip pain.

SEASONAL AFFECTIVE DISORDER: WAYS TO COPE

1. Get more light. Start by spending more time outdoors to make the most of what sunlight there is. Morrison suggests getting up early to take in the morning sunshine. "If necessary, go to bed earlier to help combat fatigue and daytime sleepiness," she said.

However, because it can be dark in the early morning, she said to consider using a light box. "This is a bright lamp which can be used for 30 minutes a day or more, to expose the eyes to extra light," said Morrison.

Thornton agrees, stating that there are a variety of light therapy boxes. "There are even some that gradually increase in intensity as you wake up, so they simulate the sun rising even if it's pitch black outside," she said.

2. Exercise every day. Morrison suggests exercising daily for at least 30 minutes. "Once the hot summer weather has subsided, autumn is a great time for enjoying the outdoors, so do make the most of it by taking long walks or cycle rides. Alternatively, start a new sport or join the gym," she said.

Thornton agreed, noting that she advocates exercise with all her clients. "Exercise is key across the board for mental health disorders. Every study shows improved mood after exercise," Thornton said.

3. Change your diet. Autumn is an excellent time to think about what you eat, said Morrison. Thornton agreed, saying the autumn season is a great time to make your favorite seasonal soups and warm meals you didn't get to eat over the summer.

4. Start something new. Because autumn is a time of fresh starts, a new term, and a new season, Morrison says to think of it as a time to declutter, tidy the house, garden, and reorganize. She added to consider a new image, hobby, or evening class you've been hoping to take.

5. Reframe your outlook. Rather than associating autumn with negative experiences, Thornton said to try to look at it differently by reframing. "Humans are very focused on loss. In this case, the loss of sunlight and being outside, so try to think about what you can do about being inside," she said. "Rather than thinking, 'It's cold and I'll be stuck inside,' try to think of being inside as, say, cozy," she said.

6. Seek out professional help. Cognitive behavioral therapy (CBT) has been shown in research Trusted Source to effectively treat anxiety and seasonal affective disorder. Additionally, antidepressants, such as SSRIs, are often prescribed for SAD.

"This is because SAD is more about depression. However, it does tend to start in autumn because of the anticipatory anxiety and because the days are getting shorter," said Thornton. If you find yourself feeling overwhelmed, Morrison says to see your doctor.

"Don't wait until things get really bad," she said. "If you start to feel anxious and depressed, take prompt action to improve your mood."

For more information about seasonal affective disorder, contact us. Schedule your appointment by calling 701.483.1000 or visiting our website at [Therapy-Solutions.net](https://www.therapy-solutions.net) today!

START LIVING YOUR BEST LIFE WITH THERAPY SOLUTIONS

4. Physical therapy can uncover the underlying reasons for your pain.

Many of the impairments you and your physical therapist work to correct—including weakness, poor posture, and limited range of motion—may have been caused or worsened by things you're unknowingly doing. This includes sitting too much, using poor body mechanics, breathing improperly, and having an ineffective ergonomic set-up at work. A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care.

5. You'll experience improved joint health.

When you see a physical therapist for hip or knee pain, there's a good chance they'll use joint mobilizations or manipulations to help promote healing and attract circulation to the inner joint surfaces. These techniques have also been shown to reduce pain and improve joint alignment...and they feel good, too!

WHY CHOOSE THERAPY SOLUTIONS?

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We pride ourselves on providing outstanding and personalized skills as movement and rehabilitation physical therapists, through exceedingly high customer service. Our goal is to positively impact people's lives and improve their quality of life.

During your first appointment with your therapist, they will do a thorough evaluation of your physical condition. If you're feeling pain, your symptoms will be taken into account. If there are things you cannot do because they cause you discomfort, tell your therapist so that they can make note in your treatment plan. Your therapy will be centered around helping you get back to doing the things you love without pain. Targeted exercises and stretches will be a huge part of your treatment, and your therapist will work with you to ensure your success and satisfaction.

When you see a therapist at our clinic for an evaluation, it doesn't matter what your diagnosis ends up being. We're here for you every step of the way and assure you that a comprehensive treatment plan will be created specifically for your needs. There is nothing we desire more than to see you feeling better, and we'll stop at nothing to ensure that happens!

CALL US TODAY TO SET UP AN APPOINTMENT

Here at our clinic, the ultimate goal is to help you achieve your full potential and maximum functional level in work, sport, and life activities. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Therapy Solutions to learn more about the benefits of physical therapy. After all, it is National PT Month, so if you're struggling with a painful condition, there's no better time than the present to seek help!

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

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!

AUTUMN ANXIETY: WHY YOU MAY FEEL MORE STRESSED THIS SEASON

► As pool time, sunshine, and longer days are on the way out, and autumn makes its way in, some people find themselves feeling anxious. "Autumn anxiety is the tendency for people to suffer from anxiety and low mood during the autumn months," Dr. Clare Morrison, medical advisor at MedExpress, told Healthline.

"Unlike other anxiety, there often isn't an obvious external trigger, and it tends to recur annually," she said. She says many people don't realize how common anxiety in autumn is, and may not recognize it. "However, if it occurs every year, the pattern will become obvious, and one can take steps to prevent it," she said.

Morrison points to the following as symptoms of autumn anxiety:

- low mood and depression
- anxiety and excessive worry
- irritability
- lethargy, sleepiness, and fatigue
- loss of interest in everyday activities

"One of the causes is the reduction in sunlight, leading to falling levels of serotonin. This important hormone affects mood, appetite, and sleep patterns. There is also an increase in the hormone melatonin, which tends to make one feel sleepy and depressed," Morrison explained.

Less vitamin D is another effect of being exposed to less sunlight. "Lack of this has also been linked with depression," said Morrison. "Other factors include behavioral changes, because as the weather deteriorates, we spend less time outdoors and do less exercise."

IS IT AUTUMN ANXIETY OR SOMETHING ELSE?

Patricia Thornton, PhD, licensed psychologist in New York City, agreed that changes in the season can bring about mood changes and anxiety, however, she said autumn anxiety isn't a recognized condition.

"We usually talk about SAD — seasonal affective disorder. The days are shorter, the nights are longer, the weather is getting colder. There can be anxiety of going back to school and pressure to be academically successful and socially successful," Thornton told Healthline. "Autumn anxiety could be the anticipatory anxiety about getting SAD."

She says transitions can also cause anxiety.

"People who struggle with transitions or any kind of change in life circumstances, like a change in schedule with going back to school, might be anxious because now they have to get up earlier and might get less sleep. This can cause anxiety, particularly if their anxiety is caused by less sleep," said Thornton.

However, she notes that many clients of hers who have OCD and anxiety disorders feel better when they're back at school or work and have a routine.

"This is because OCD and anxiety can explode when there is not enough to do," Thornton said. "If someone is idle during the summer, they are eager to get back to school because they have something to focus on, and that helps them to alleviate their thoughts, worries, and rumination."

Another explanation for negative feelings during autumn could be what Thornton refers to as, "anniversary reaction."

For instance, as you get into the cooler months and receive less sunlight, you recall that wintertime is tough.

"This is a phenomenon that occurs usually around anniversaries of events. Sometimes they are traumatic events, like death or assault, but sometimes it's just a remembrance of a feeling around the time of the anniversary that can invoke feelings, and you might be unaware why you are feeling anxious or depressed," said Thornton.

"There is a body awareness and unconscious awareness that, 'Oh, this is generally a tough time, so I'm going to have a tough time again,'" she said.

The end of summer can also bring about feelings of regret for not doing everything you planned to experience or accomplish during the summer months.

"Or if you had a fabulous summer and it's over, that can be depressing," said Thornton. Lastly, the impending holidays are often a source of stress.

"Holidays are fraught for people. They're not like Hallmark cards, so if you anticipate you are getting into the cooler months and the holidays are coming, and you're not sure how you'll deal with Thanksgiving, there can be a lot of stress — especially if you think you should be happy because it's a celebration," said Thornton.

Source: <https://www.healthline.com/health-news/autumn-anxiety#What-can-you-do>



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