

NEWSLETTER



MARCH 2022

WHAT'S INSIDE

**LIVING WITH
LYMPHEDEMA?**

PT & OT
Can Help

MARCH IS...

Athletic Training
Recognition Month

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*Thinking
Positively:*
WHY IS IT SO HARD?



Thinking Positively:

WHY IS IT SO HARD?

HOW 'NEGATIVITY BIAS' DISRUPTS OUR MOOD

Be on the lookout for Part 3 of the Mental Health Series about Being Present in April's newsletter!



Have you ever found yourself dwelling on an insult or fixating on your mistakes? Remembering an insult longer than a compliment? Noticed that many people tend to have negativity oozing out of them? The reason for this is that negative events have a greater impact on our brains than positive ones. This is called "negativity bias" and has a significant impact on our mood.

"The brain is like Velcro for negative experiences, but like Teflon for positive ones." (Rick Hanson, PhD)

Research has shown that the part of our brain that registers emotions, the amygdala, uses about two-thirds of its neurons to detect negativity and quickly stores it into long term memory. This is useful to detect danger and promote survival, but not very helpful in promoting quality of life. In fact, a positive experience has to be focused on for 10-20 seconds or it will disappear.

There is good news, however! Research articles are showing that we can train our amygdala to respond more actively to positivity. Deliberate focus on positive images and images of compassion prompts greater 'positive' amygdala activity. Happier people tend to have a more responsive amygdala to positive experiences, and greater "compassionate instinct" -

Business research has shown that the highest performing teams focus on positives to negatives in at least a 5 to 1 ratio. Poor performing teams focus more on negatives than positives.

- ▶ We CAN develop a more positive outlook
- ▶ Negative comments are like Velcro, positive ones are like Teflon
- ▶ Actively dwell on positive experiences to get them to 'stick' in our mind
- ▶ Practice developing a 5:1 ratio of positive memories or thoughts about your day to the negative thoughts or memories
- ▶ We can develop the ability to respond more effectively to positive experiences and can develop our compassionate instinct

It is no wonder(!), then, that we are given this instruction in the Bible:

Philippians 4:8 *"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things."*

If you find yourself focusing on the negative, and want to talk to someone about changing that, call us at Therapy Solutions, to make an appointment and **Take Your Life Back!**

LIVING WITH LYMPHEDEMA?

PHYSICAL & OCCUPATIONAL THERAPY CAN HELP

Do you or a loved one have lymphedema? If so, you know firsthand how difficult it can be to manage various symptoms as they develop. Lymphedema is a painful, chronic swelling condition that will inevitably progress.

The unfortunate truth is that currently, there is no cure for lymphedema, however, Therapy Solutions strives to help our patients with this condition to manage their symptoms effectively and safely, and also lessen the impact it has on your lifestyle.

There is good news on the horizon though; therapy can help with the pain and daily discomfort that lymphedema brings. The goal of therapy at Therapy Solutions is to help you to enjoy the things you love doing without worrying about limitations caused by your condition. Call our clinic today to learn more about combatting the symptoms of lymphedema, and let us set up an appointment for you!

CAUSES AND SYMPTOMS OF LYMPHEDEMA

The lymphatic system is an important part of your immune and circulatory systems, so lymphedema may occur when it is not working properly. It's a network of vessels that carry lymph fluid to the core.

Lymphedema is categorized as a disease involving swelling that usually occurs in the upper or lower extremities due to excessive build-up of lymph fluid. If your lymphatic system is blocked, you can feel swelling of your arms or legs as the fluid is not able to drain properly.

Improper drainage results in the build-up of lymph fluid in your arms and legs, which can pose potential health hazards if left untreated. There are two kinds of lymphedema. Both of these conditions are difficult to deal with, but they occur for different reasons.

Primary lymphedema is either hereditary or develops on its own. The cause of primary lymphedema is not always apparent. Your primary care physician may want to take additional imaging tests to look at your lymphatic system and to rule out any potential conditions.

Secondary lymphedema occurs as a result of a disease or disorder. It can also happen after a person is treated for cancer; oftentimes during surgical treatments, lymph nodes are weakened or removed entirely.

If you're experiencing the following symptoms, speaking with a licensed therapist at Therapy Solutions is a great way to learn more about managing your discomfort. Signs to look out for include restricted range of motion, heaviness/tightness, aching/discomfort, fibrosis, infections, and swelling.

Our therapists know how to recognize and treat these aspects of lymphedema, and they have a variety of methods that may help you find much-needed relief.

BENEFITS OF PT AND OT FOR PATIENTS WITH LYMPHEDEMA

Therapy is supported on many research fronts as the safest, most cost-effective treatment method for people living with either primary or secondary lymphedema. The goal of therapy treatment is to lessen and/or improve pain symptoms as well as maximize current function.

Functional improvement is also the main focus of therapeutic treatment for lymphedema. This condition can cause a major decline in a person's independence levels and quality of life. Even the most simple of tasks can prove to be difficult, such as dressing oneself, walking and moving around comfortably, and occupational tasks.

Our therapists employ a variety of therapeutic methods, including manual lymphatic drainage massage, compression garments, limb-wrapping techniques, therapeutic exercises, and complete decongestive therapy. These therapeutic methods can successfully minimize pain, swelling, aches, and other symptoms of lymphedema.

HOW DOES LYMPHATIC MASSAGE WRAPPING WORK?

The lymphatic system does not have a pump the way the heart does. It depends on the contractions of your muscles to help lymph fluid drain and flow between cells and back into lymph vessels. Similar to the circulatory system, the lymphatic system also has some valves that prevent the backward flow of lymph, but there's still no pump to help move things along. This is why lymphatic massage wrapping at Therapy Solutions is so beneficial; it helps to provide flexible compression that allows for the movement of lymph.

While you're wearing your wraps, know that you will be giving your lymph vessels some extra help, especially when you're moving around or engaging in light exercise. The compression your bandages create will give your lymph vessels the right amount of resistance they need to improve their ability to pump your lymph fluid towards your trunk. This is what helps lessen fluid buildup and swelling.

CONTACT OUR CLINIC FOR AN APPOINTMENT

Lymphedema may currently be ruling your life, but it doesn't have to be this way forever. If you are struggling to handle symptoms of lymphedema at home, and are looking for help, your journey to great pain management begins here. Therapy Solutions is here to help you make improvements to your overall health and everyday life, so don't wait any longer! Contact us today to make an appointment at our office.

Therapy Solutions

TAKE YOUR LIFE BACK.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

Learn more by visiting our website at Therapy-Solutions.net or schedule your consultation today by calling 701.483.1000!



MARCH IS... **ATHLETIC TRAINING RECOGNITION MONTH**

March is National Athletic Training Month. It is held every March in order to spread awareness about the important work of athletic trainers. We are proud to have two wonderful Athletic Trainers who provide services to area schools and intercollegiate sports teams. Our athletic trainers work to keep athletes safe through physical exams, injury treatment and management, hydration and nutrition solutions, concussion care and many other comprehensive athletic health care programs. Athletic trainers provide health care to student athletes and are a critical link to parents, coaches, teachers, administrators, and other medical professionals.

When our athletic trainers are not at the schools, they are developing in clinic athletic health care programs. Programs offered at Therapy Solutions include Free Injury Evaluation, Functional Movement Screen, Home Exercise Program Customization, and Prehabilitation Programs. No matter your age or activity level there is an athletic healthcare program to fit your needs. BEFORE YOU GET SIDELINED WITH AN INJURY, MAKE SURE YOU CONSULT AN ATHLETIC TRAINER, WHO SPECIALIZES IN THE PREVENTION, ASSESSMENT, TREATMENT AND REHABILITATION OF INJURIES AND ILLNESSES. ATHLETIC TRAINERS PROVIDING HEALTHCARE EVERYWHERE.

A big THANK YOU to Tori Nelson, LAT, ATC and Victoria Kuntz, MSAT, LAT, ATC. for all the work they do! For more information on Athletic Training services feel free to contact us at 701-483-1000.



STAFF SPOTLIGHT

MENTAL HEALTH AND CLINICAL MENTAL HEALTH PROFESSIONALS

Did you know that up to 21% of Americans experience a mental illness, and 5% experience a serious mental illness? Did you also know that during the pandemic, up to 40% of adults experienced some symptoms of anxiety and depression?

March is clinical mental health/social work month! We are excited to spotlight our great mental health team here at Therapy Solutions, which was voted Best of the Western Edge for 2022!

Our clinicians have many combined years of experience, and use some of the most recent research-based therapies, as well as offering faith based therapy, telehealth, and Spanish-speaking therapy. They bring hope and healing to those with anxiety, depression, trauma, and other mental health issues – from ages 5 to 95!

Therapy Solutions mental health clinicians are:

- ▶ Brenda Erie, LCSW
- ▶ Russ Fast, LCSW
- ▶ Jenny Skachenko, LCSW
- ▶ Jennifer Rosario, LMSW

SUPER BOWL WEEK COMPETITION WINNERS!



Congratulations to our Big Kick Winners!

- ▶ 1st Place: Brian Laumb
- ▶ 2nd Place: Victoria Kuntz