The Galloway Therapy Newsletter

Welcome to another edition of the Galloway Therapy Newsletter. We hope that you are enjoying reading about various physical therapy topics each month.



Just a Reminder Keep the victims of Hurricane Harvey and Irma in your thoughts and prayers.

So much damage has been done in Texas and Louisana, with more damage imminent off the Florida coast. Many people have been affected by these storms and we want them to know that we care! Please keep them in your thoughts and prayers.

In The News

In a recent study at the University of Eastern Finland, researchers found that impaired movement control may result in chronic lower back pain. However, the study shows that by combining manual

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CASUAL COOKING WITH JOHN

As we approach fall and the cooler weather shows its face, a good old fashioned pot of chili hits the spot. Check out John's chili recipe below. 2 lbs ground chuck (flavor with garlic and season salt)

- 2 cans chili style Rotel
- 4-6 cans of various diced tomato flavors (roasted garlic, basil and oregano, sweet onion)
- 1 can Ranch Style Beans
- 2-3 Tablespoons Jalepenos (and juice)
- 2 Tablespoons A-1 Sauce
- 1-2 Tablespoons Brown Sugar

Brown the meat and then add all other ingredients.

Cook on medium high until done.



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therapy and exercise, patients can learn to combat movement control impairment in the lower back, which reduces the disability patients experience. In addition, their functional ability is improved. If an individual is challenged by movement control impairment, a unique and tailored exercise program is just what the doctor ordered. Generic treatment plans appeared to lack the same success as those plans tailored for individual patients. However, if you are suffering from lower back pain, some techniques that may help you

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to improve are to exercise your core. Your abs and lower back muscles work together to support your spine, but the problem is that those muscles do not see a lot of action throughout the day, and must be targeted through specific exercises. It's also important for patients to get good rest. Poor sleep habits can make the pain worse. Stretching your hamstrings (muscles that run down the back of the thigh) can alleviate some of the pain as well. Another method to relieve back pain is using heat and ice correctly, which can speed up the healing process and decrease recovery time.



Did you know that you have all the muscle fiber you will ever have at birth or that the human tongue consists of 16 seperate muscles?

Did you know that your hand alone has 20 individual muscles or that the longest muscles in your body (Sartorius) runs from the hip diagonally across the thigh to the inside of the knee.

SCHEDULE YOUR APPOINTMENT TODAY

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