



GET TO KNOW OUR STAFF

Kasia Romanowska, DPT

What I love about being a physical therapist is developing a therapeutic relationship with people and being by their side throughout the rehab journey. I enjoy working with different types of people of all ages and am able to treat the individual by seeing the whole person, not just the injury. I provide the tools necessary to reach goals and maximize function with less pain. I do this by incorporating evidence-based treatments including manual therapy and rehabilitative exercises. I believe that the key to successful outcomes is educating the patient so they can take control of their own health to ensure long term results.

I like to treat various orthopedic and neurologic conditions, but have a special interest in treating pelvic health, which encompasses any gender. This has led me to complete advanced coursework in this area and the ability to treat diagnoses such as pelvic pain, pregnancy/postpartum conditions, urinary

incontinence, bowel dysfunction, endometriosis, sexual dysfunction and pudendal neuralgia. Starting off as a patient before becoming a therapist, I have experienced firsthand how addressing pelvic health issues can be empowering and improve quality of life.

- **DPT:** Rocky Mountain University of Health Professions, Provo, UT
- **BS:** University of Illinois Champaign-Urbana
- **Member:** APTA

Kasia was born in Poland and grew up in Illinois before moving to Utah with her husband in 2017. Their growing family consists of a dog, cat, fish and garden so far. She is excited to keep exploring Utah and everything it has to offer. Outside of work, you can catch her doing yoga, hiking, skiing, mountain biking, rock climbing or painting.

Newsletter

INCREASE YOUR ENERGY BY GETTING UP & MOVING TODAY

INSIDE:

- How Can I Get Moving?
- Patient Success Spotlight
- Relieve Pain In Minutes

HELPING YOU LIVE, WORK & PLAY BETTER!

- EARLY MORNING, EVENING & SAME-DAY APPOINTMENTS
- PATIENTS SEEN PROMPTLY
- INSURANCE ACCEPTED & FILED
- VISA & MASTERCARD ACCEPTED
- FLEXIBLE PAYMENT PLANS
- TWO CONVENIENT LOCATIONS
- CARING, HIGHLY EXPERIENCED STAFF

**CALL
TODAY!**

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Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact Beyond Limits Physical Therapy today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

Why is physical activity so important? When you don't participate in frequent physical activity, your muscles

begin to weaken and over time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips.

These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

HOW CAN I GET MOVING?

There is one fundamental rule of the human body: it was made to move!

There are several reasons why people may not want to participate in physical activity. Perhaps your body simply doesn't move the way it used to, or perhaps painful areas of your body make it difficult to move in the ways you'd like. Whatever the case may be, the truth is that restriction in movement has the potential to lead to harmful health problems.

Some easy pain-relief and energy-boosting steps you can take on your own include:

1. Decide to get up and get moving.
2. Get up from your chair every 20 minutes and walk around, even if it is just for a few seconds.
3. Walk or exercise at least 30 minutes every day.
4. Drink plenty of water.
5. Stretch your legs, hips, spine, and neck for 10 minutes every day.
6. Don't push yourself too far if you feel pain.
7. Make sure you are sitting properly at your desk or computer.
8. Take frequent breaks for breathing exercises. Inhale and exhale deeply.
9. Stretch your arms overhead frequently throughout the day.
10. Do strengthening exercises 2-3 times per week.

In order to be healthy, there needs to be a large emphasis on movement. When your body is flexible, strong, well-balanced, and fueled by a nutritious diet, it is able to perform at its optimal levels. At Beyond Limits Physical Therapy, we are dedicated to helping you live the best life you can, and our movement experts would be more than happy to help you relieve your pain, re-align your body, and get moving once again. **If you are looking for assistance in living a more physically active life, contact us today.**



HEALTHY RECIPE: ITALIAN-STYLE STUFFED EGGPLANT

INGREDIENTS

- 2 medium eggplant (1-1 1/2 lbs each)
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning, crushed

- 1/4 tsp salt
- 1 (14.5 oz) can no-salt-added diced tomatoes
- 1 cup fat-free ricotta cheese
- 1/4 cup Parmesan cheese, finely grated
- 1/4 cup chopped fresh basil

DIRECTIONS

Preheat oven to 350 degrees F. Cut each eggplant in half lengthwise. Using a spoon and/or paring knife, scoop out the eggplant flesh, leaving 1/4-inch-thick shell. Set the flesh aside. Place the eggplant shells on a baking sheet. Brush 1 tablespoon of the oil over the shells. Bake 25 minutes. Meanwhile, chop the eggplant flesh. Heat the remaining 1 tablespoon oil in a very large skillet over medium heat. Add the chopped eggplant, garlic, Italian seasoning, and salt; cook and stir 5 minutes. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally. Fill the eggplant shells with the tomato mixture. Spoon mounds of ricotta over each filled eggplant shell. Sprinkle with Parmesan. Bake about 15 minutes or until heated through. Sprinkle with basil.

<http://www.eatingwell.com/recipe/269863/italian-style-stuffed-eggplant/>

CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

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Patient Success Spotlight

"I've been able to go on a few hikes again!"

"Preston and his team at Beyond Limits have been amazing to work with! I feel like they care about me as an individual and want what's best for me. I've been to physical therapy before but didn't feel like I was cared for this much (because I didn't go to Beyond Limits). When I hurt my knee I was told I couldn't hike anymore but thanks to Preston and his team I've been able to go on a few hikes again! 10/10 would recommend!" - M.L.

Relieve Pain In Minutes

Try this movement if you are experiencing back pain.

Strengthens Core

BILATERAL LEG LOWERING

Lie on your back, knees bent, feet flat on the floor. Place your hands on the front of your pelvis. Straighten both your knees as you slowly lower your legs towards the ground with control. Return to the starting position. Repeat 10 times.

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HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? Call us today at a clinic nearest you to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Attention Pain Sufferers

Mention or Bring in This Coupon Today For a

FREE 15 MINUTE PHYSICAL THERAPY CONSULTATION*

- ✓ Do you have problems bending?
- ✓ Are you suffering from an injury?
- ✓ Do you suffer with aches or pains?

If you have answered "Yes" to any of the questions, we can help.



*consultations do not involve a physical therapy evaluation or treatment.

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