

## STAFF SPOTLIGHT: BREANNE REDFORD

- DPT: University of Utah, Salt Lake City, UT
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I have a great appreciation for the body, and love learning about all its facets. I especially love learning about the diversity of each individual and having the tools to customize physical therapy treatments to reach people in all walks of life and help them achieve their goals. Nothing is more rewarding for me than to see a person come in the clinic in pain and/or weak, not very excited to see me, and return a couple weeks later, smiling, having met their goals, grateful for our work together.

In my time practicing as a physical therapist, I have spent much time working with the geriatric and post-operative populations treating neuro/balance deficits, functional limitations, gait training, and teaching fall prevention techniques. I also treat individuals with pelvic dysfunction including pelvic pain, urinary incontinence, and pelvic organ prolapse. Pelvic dysfunction can be a difficult subject to address for many people, and I thoroughly enjoy helping them address their pain/dysfunction in a professional, and comfortable manner, so they can live life to its fullest in every respect.

Breanne (Bre) loves to exercise, especially high-intensity exercise. If Bre isn't putting miles on her running shoes, in beautiful City Center Eagle Mountain, she's in a HIIT class getting her heart rate on. She and her husband are avid Disneyland fans, they love "Disney-ing" together... and with kids. Bre loves playing board games, watching movies, riding bikes and spending time with her 4 kids. To Breanne, it doesn't get much better than spending time with family and being active.



## INSIDE:

- Are You Moving Correctly?
- Relieve Pain In Minutes
- Patient Success Spotlight
- Healthy Recipe

# Newsletter

## KICK YOUR KNEE & HIP PAINS TO THE CURB!

### INSIDE:

- Are You Moving Correctly?
- 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 find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact Beyond Limits Physical Therapy today for relief!

#### **Correcting your knee and hip pains with PT treatments:**

At Beyond Limits Physical Therapy, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries.

This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

# ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
- Standing near a countertop, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.

## Contact us today:

As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At Beyond Limits Physical Therapy, we help provide treatment for patients through movement and physical manipulation. If you are suffering from knee and/or hip pain, don't hesitate to contact Beyond Limits Physical Therapy to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!



# TIPS FOR PLANTING A POTTED HERB GARDEN



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Beyond Limits Physical Therapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

**1. Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you

will use the most and notice how convenient it is to have them growing right outside your home.

**2. Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- **1 foot in diameter:** chives, cilantro, parsley, dill
- **2 feet in diameter:** summer savory, thyme, basil, tarragon
- **3-4 feet in diameter:** sage, mint, rosemary, marjoram, oregano

**3. Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

**Looking for more spring activities? For more tips, don't hesitate to contact Beyond Limits Physical Therapy today! We can help you enjoy a fun and safe spring.**

## CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

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## Healthy Recipe: Lentil Salad

### INGREDIENTS

- 2 c cooked lentils
- 3 c spring veggies- your choice of snap peas, English peas, snow peas, green beans, asparagus, radishes or chard
- 3 tbsp red onion, chopped fine
- 2 garlic cloves, finely minced
- ¼ c chopped mint leaves
- 2 tbsp olive oil
- 1 lemon, zest and juice
- salt and pepper to taste

### Optional Yogurt Sauce:

- 1 c plain thick Greek yogurt
- 1 tablespoon lemon juice
- 2 tbsp fresh chopped dill
- 2 garlic cloves finely minced
- 1/4 teaspoon salt

### DIRECTIONS

Cook the lentils in salted water until tender, but not falling apart. Lightly steam, grill or blanch the veggies. If adding radishes, you can keep those raw and crunchy- (or feel free to grill them). If using chard, finely chop and wilt in a pan with a little olive oil, shallot or garlic, and salt and pepper. Place the lentils, veggies, onion, garlic and mint in a bowl. Toss with the olive oil, lemon zest and juice from ½ a lemon. Season generously with salt, pepper and optional sumac. Adjust lemon, adding more if you like. If it's bland, it most likely needs salt. Make the optional Yogurt Sauce to lather on the bottle of the plate or platter. Mix all the ingredients together in a small bowl. Smear the yogurt sauce on a platter (or individual bowls or plates) then top with lentil salad. Dive in.

Recipe: <https://www.feastingathome.com/lentil-salad-with-spring-veggies/>



## Patient Success Spotlight

**"Beyond Limits worked wonders for my back pain."**

"I had mainly worked with Casey, who explained each stretch and exercise with my treatment so I had a better knowledge as to why and what reason to do them correctly. Beyond Limits worked wonders for my back pain. I went from extreme pain to no pain within a month's time. Everyone at Beyond Limits are very friendly and knowledgeable which made every visit with them a good time. I was given many stretches and exercises which were easy to follow and complete at home, which also greatly contributed to my recovery. I had mainly worked with Casey, who explained each stretch and exercise with my treatment so I had a better knowledge as to why and what reason to do them correctly." **-W.W.**

## 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 from 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.

## Relieve Pain In Minutes

Try this movement if you are in pain.

Helps with knee and hip pain.

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### IT BAND STRETCH | SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds. Repeat as needed.



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