

## STAFF SPOTLIGHT: KIM SUMMERS, DPT

“The thing that I love about being a physical therapist is being a part of someone’s journey in recovering from an injury. I enjoy being able to form relationships with individuals and seeing them as a whole person, rather than just their injury. Being able to see someone return to their activities is one of my favorite aspects about this job.



As a physical therapist, I enjoy being able to treat orthopedic and neurological injuries, with a special interest in vestibular and balance rehabilitation. I enjoy working with individuals from various walks of life and all ages. I strive to build treatment plans based on an individual and their goals along with evidence-based treatments to best treat patients.”

Kim grew up in Albuquerque, New Mexico and currently resides in Lehi with her husband and her dog. Kim enjoys being active and has participated in various races including triathlons, half marathons, and Spartan races. She also enjoys baking, cooking, and throwing a ball with her dog.

•DPT: Rocky Mountain University of Health Professions, Provo, UT

•BS: Exercise Science, Utah Valley University, Orem, UT

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- **Healthy Recipe:**  
Grilled Chicken Kebabs
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## PHYSICAL THERAPY CAN HELP YOU GET READY FOR FUN & FITNESS THIS SUMMER

Have you been looking forward to getting out on the trails this summer? Are you concerned about your fitness level or an old persistent injury? At Beyond Limits Physical Therapy, we are experienced in dealing with all summer season injuries. We can help you recover from an injury, give you the programs to prepare you for the season, and even help prevent new injuries!

We've finally gotten past the cold winter months, and now with the warmer weather here, it's time to make sure you are ready for a fun, active season. Hiking is one of the most popular recreational activities in the US. It is estimated that as many as 45 million Americans will hike this year.

At Beyond Limits Physical Therapy, we know that getting active improves your health, mobility, and overall quality of life and can help ensure you are physically ready for whatever activity you choose. If you're struggling with chronic pain, dealing with a new injury, or looking for tips to get in better shape, Beyond Limits Physical Therapy can help!

Request an appointment today, and let us help you get prepared for pain-free fun in the sun!

### Things you can do to prevent hiking-related injuries?

Hiking is one of the best activities for health and fitness. It is also one of the best ways to get into nature for our mental well-being. Our physical therapist understands how vital hiking is to your overall health, and we love helping make sure you get to experience nature through hiking.

The two main types of hiking injuries are traumatic and overuse injuries. Traumatic injuries include falls or rolling the ankle (sprains and strains). Overuse injuries are typically tendon-related due to long hikes or repetitive strains from going up and down steep inclines.

Our team will examine other factors like your fitness levels, pre-trip training, and planning to determine appropriate strategies to reduce the risk of musculoskeletal injuries on your hike. Some important considerations include:

**Boots:** There are a lot of considerations for determining proper footwear. Making sure your boot fits appropriately can eliminate the risk of blisters and other injuries. Next to comfort, support for the ankle and foot is crucial in a hiking boot.

Not a lot of people know that your boot height and the stiffness of the boot can influence your ankle joint range of motion. Because the ankle and knee joint work together, a boot with a high shaft will redistribute the load from the ankle to the knee joint. This can lead to overuse strains at the knee.

**Hiking/trekking poles:** Trekking poles can help to protect your knees, especially when walking down steep hills. The poles help absorb some of the load on the knees while aiding your balance on the uneven ground.

Hiking poles also help to improve your power and endurance when you walk uphill. And using the poles helps to improve your posture and assist in a more natural gait, which helps improve your efficiency and tolerance to hiking.



**Be prepared:** Making sure to dress appropriately, stay hydrated and bring healthy, high-energy foods are a must for any hiker!

If you are ready to get in shape and improve your fitness levels for the warmer months ahead, let's work together to ensure you have an awesome summer!

### What to expect in your physical therapy sessions

The overall goal of physical therapy is to treat any injury, help resolve your pain, restore motion and strengthen the affected area to prevent additional injury. Our rehabilitation programs depend on a thorough history to understand the exact nature of the pain/injury and your goals. We use the information gathered in the initial evaluation to identify the underlying condition and pathology of the symptoms.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Your physical therapist will incorporate treatment manual techniques and modalities to reduce your pain and inflammation.

As you progress, our therapists will design a comprehensive program that includes restoring range of motion, strengthening, neuromuscular control,

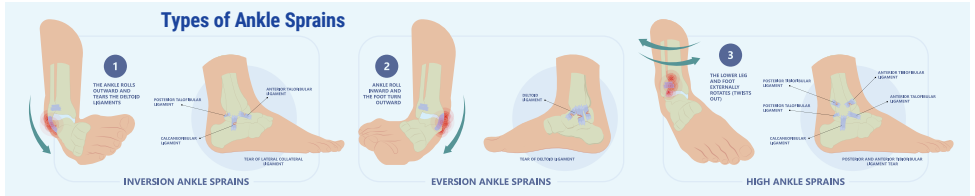
proprioceptive responses, and activity-specific exercises. We will address any underlying issue, such as a weakness contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries.

At Beyond Limits Physical Therapy, our physical therapists will evaluate your current physical condition and assess your fitness levels. It doesn't matter if you need an assistive device (i.e., a walker or cane) or if you're a serious athlete; physical therapy can help you get into better shape, reduce your chance of injury, and eliminate pain from sore muscles and joints.

If you are rehabilitating an injury, unsure of your exercise tolerance, or battling a particular chronic pain issue, it's a great idea to get in touch with a Beyond Limits Physical Therapy physical therapist. Our team will help you create a plan to make sure you are ready this summer!

### Call our clinic today to set up an appointment!

Sources:  
<https://www.sciencedirect.com/science/article/abs/pii/S0021929021004139>  
<https://activesafe.ca/wp-content/uploads/2018/04/Hiking.pdf>  
[https://www.wemjournal.org/article/S1080-6032\(10\)00303-0/fulltext](https://www.wemjournal.org/article/S1080-6032(10)00303-0/fulltext)



## HEALTHY RECIPE: GRILLED CHICKEN KEBABS

- 1/4 c. hoisin sauce
- 3 tbsp. reduced-sodium soy sauce
- 1 tbsp. plus 2 tsp. sesame oil
- 1\* piece ginger, grated or minced
- 2 cloves garlic, grated or minced
- 1 lb. chicken thighs, cut into 1\* pieces
- 1 lb. baby bok choy, rinsed, cut in half lengthwise
- 1 bunch scallions, cut into 2\* pieces
- 2 tbsp. vegetable oil
- Kosher salt
- Freshly ground black pepper
- Toasted sesame seeds

In a medium bowl, whisk together hoisin, soy sauce, sesame oil, ginger, and garlic until thoroughly combined. Set aside. In a large bowl, add chicken, bok choy, and scallions. Drizzle over vegetable oil, season thoroughly with salt and pepper, and toss to coat. Preheat grill to medium-high for 3 minutes, and soak skewers in a shallow pan filled with water for 10 minutes to prevent scorching. Once soaked, thread chicken, bok choy, and groups of 3 scallions onto skewers. Transfer skewers to the grill and cook for about 4 minutes, flipping occasionally. After the first 4 minutes, begin brushing the skewers with the hoisin mixture after each flip. Cook for an additional 4 to 5 minutes, or until the thickest piece of chicken reaches 165°F on an instant read thermometer. Transfer to a platter, sprinkle on sesame seeds and serve.



Photo: Andrew Bui; Food Styling: Spencer Richards

<https://www.delish.com/cooking/recipe-ideas/a39539870/grilled-chicken-kebabs-recipe/>

# CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

HERRIMAN: (801) 302-7232 • EAGLE MOUNTAIN: (801) 789-7333 • SOUTH JORDAN: (801) 878-9868

# 3 TIPS TO MAKE HYDRATION A HABIT

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Drinking enough water each day is crucial for a variety of reasons. Drinking water helps regulate body temperature, lubricates joints, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Hydration also improves sleep quality, cognition, and mood.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.

## 1. Drink a glass of water first thing in the morning.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.

To make things easier on yourself, try placing a glass of water on your nightstand the night before, so you can start drinking immediately in the morning!

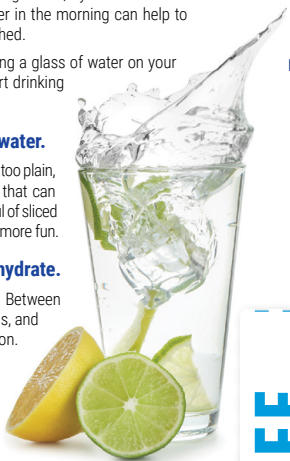
## 2. Add fruits or vegetables to your water.

If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

## 3. Set reminders on your phone to hydrate.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.

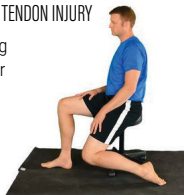


## At-Home Exercise

### TIBIALIS ANTERIOR STRETCH

STRENGTHEN SHIN MUSCLE, PREVENT ANKLE AND TENDON INJURY

Sit on the side of a chair. Stretch one leg off the side of the chair against the floor as shown. You should feel the stretch from the top of your foot through your shin. Hold for 15-20 seconds. Repeat 2-5 times on each leg.



## Patient Success Spotlight

**"I have had an awesome experience at Beyond Limits and with Colby as my Physical Therapist. I came in with debilitating lower back pain and they were able to provide some pretty quick relief initially so I could function better. Since then they have gotten me on the road to improvement and better back health. Colby is a great guy! He is very patient and explains the exercises and stretches very clearly. I would highly recommend Beyond Limits!"**

— R.G.

FREE

15 MINUTE PHYSICAL THERAPY

CONSULTATION

BIG

DEAL



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

Suffering from aches and pains? Give us a call to schedule an appointment today!

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