



WE'RE HIRING!

Our Team Is Growing!

We are hiring for all positions! If you are interested in working in a team environment, continuously learning, advancing your clinical skills and getting patients back to the activities they love, we encourage you to apply. Grow with a highly motivated team who are dedicated to the highest quality of patient care and to your success.

Scan this QR code with your smartphone's camera to go directly to our Careers page or visit:



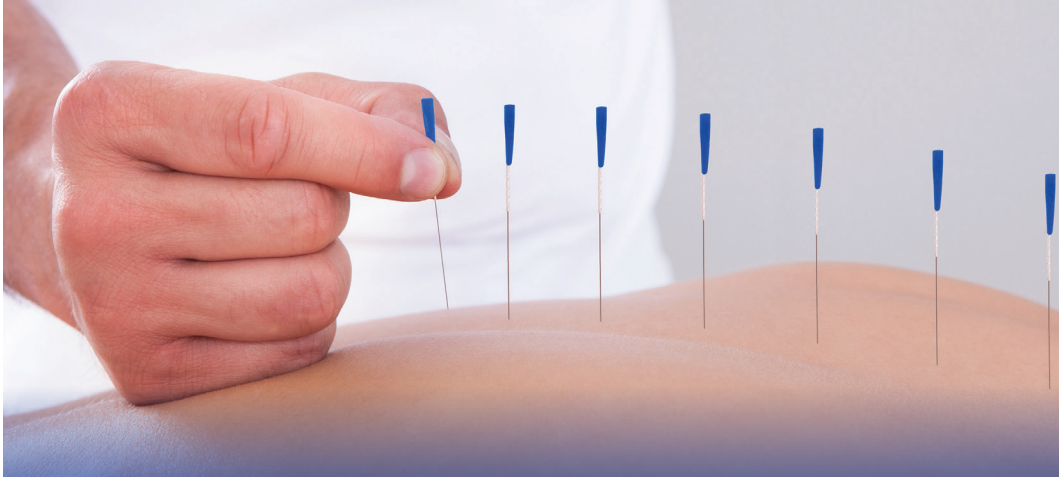
<https://beyondlimitspt.com/join-our-team/>

INSIDE: Find Pain Relief With Dry Needling

• Healthy Recipe:
Pumpkin Soup

• 3 Nutrition Tips for a
Healthier Thanksgiving

• Patient Success
Spotlight



HOW DRY NEEDLING CAN RELIEVE YOUR PAIN

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more information on how dry needling could benefit you, contact Beyond Limits Physical Therapy today!

What Exactly Is Dry Needling?

This treatment method is used by our licensed physical therapists as a way to relieve pain. When performing dry needling, our physical therapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain, decrease muscle tension, and improve mobility.

While it is a common misconception, dry needling is not acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular

systems. While there are some similarities, dry needling is strictly based on Western medicine principles and research. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.

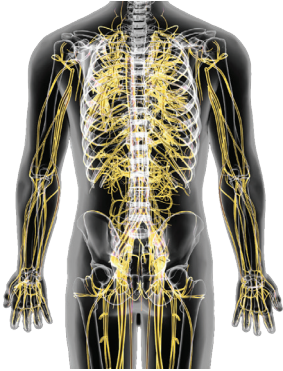
Does It Hurt?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained physical therapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle. This is comparable to a quick muscle cramp or ache. The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.

Will Dry Needling Benefit Me?

There is a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physical therapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

THE BENEFITS OF DRY NEEDLING



After conducting a comprehensive evaluation to assess the nature of your condition, our physical therapist will let you know if dry needling is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.

Dry needling may also treat the following conditions:

- Joint problems
- Disk problems
- Tendinitis
- Migraine and tension-type headaches
- Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- Whiplash

- Repetitive motion disorders (like carpal tunnel syndrome)
- Spinal problems
- Pelvic pain

CALL TO MAKE AN APPOINTMENT.

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. If you are interested in our dry needling services, don't hesitate to contact Beyond Limits Physical Therapy today to request a free discovery session. We'll get you started on the path toward recovery!

A REMINDER TO...
**USE IT
OR
LOSE IT**

**YOU'VE PAID FOR YOUR BENEFITS;
DON'T FORGET TO USE THEM!**

Can you believe that 2022 is rounding the final turn and headed for the finish line already?! In the health insurance world, that means it's almost time for deductibles to renew. If you've already met your 2022 deductible or have unused funds in your HSA account, **the cost of physical therapy could be minimal or completely covered by your insurance plan. Contact us today to schedule your appointment!**



HEALTHY RECIPE: PUMPKIN SOUP

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

Source: <https://www.allrecipes.com/recipe/9191/pumpkin-soup/>



CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

HERRIMAN: (385) 446-2873 • EAGLE MOUNTAIN: (385) 446-3647 • SOUTH JORDAN: (385) 446-3659

3 NUTRITION TIPS *for a* HEALTHIER THANKSGIVING

1. Be mindful of your hunger and satiety cues.

Holiday meals usually mean large portions of home-cooked meals and desserts. This often results in overeating at meals to get a taste of everything to enjoy. While building your plate, take notice of how hungry you are and portion accordingly. Keep in mind you can always have seconds of your favourite dishes if you are still hungry. Perhaps you will want to leave room for the different types of dessert.

2. Eat your favourite food first!

Clients are often surprised to hear this strategy, however, it can be a game changer in your meal enjoyment. Think of it this way, if you ate your favourite food first and all you had left on your plate are foods that you cared less for, it would be easier to stop when your satiety cues kick in and you won't feel as though you need to necessarily finish your plate.

3. Eat throughout the day before the Thanksgiving meal.

It may sound logical to skip an earlier meal to treat yourself to the typically large Thanksgiving meal, however, it's best to eat a variety of foods earlier on to keep your metabolism in check, blood sugars normal, and lower your risk of being hungry. Therefore you can simply enjoy the family meal whenever it is time to eat.



At-Home Exercise

SEATED HAMSTRING STRETCH

INCREASE FLEXIBILITY, REDUCE INJURIES

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge. Feel the stretch in the back of your leg.

1 SET | 2 REPS | 30 SECONDS HOLD



If you are not sure about how to do this exercise, please consult with your physical therapist before starting.



Patient Success Spotlight

“Dry needling was also an awesome technique they used...”

“Arrived with nagging back and neck pain. Less than 2 months later I left pain-free and with tons of knowledge to continue therapy on my own. Dry needling was also an awesome technique they used to soften up rock-hard knots in my traps and all over my back. Hope I never need to go back but this is where I'll go if I need PT again in the future.” – **Benjamin H.**

15 MINUTE PHYSICAL THERAPY

CONSULTATION

FREE **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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