

VOL. 2 | AUGUST 2025

STAY IN THE GAME



Newsletter for all our Form & Function Family



Leg Day Without Limping: Your Guide to a Safe Return

If your gym shoes are collecting dust and your foam roller is doubling as a doorstep, this one's for you. We know jumping back into a fitness routine can feel a little overwhelming (and occasionally painful). Whether you've been on a workout hiatus, are stepping into the gym for the very first time, or you're recovering from a "new year, new me" attempt that went a little sideways this issue is for you.

This month, we're walking (not sprinting) you through how to ease back into exercise without getting sidelined by soreness, burnout, or injury. We're covering how to prepare your body, avoid common rookie mistakes, and know when to scale up or slow down. Because yes, fitness is important but so is staying pain-free, energized, and actually enjoying the process.

OVERVIEW:

- Leg Day Without Limping: Your Guide to a Safe Return
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Where to Start (Before You Even Enter the Gym)

Before you grab the weights, grab this golden rule: Prepare your body before you push it. Start with mobility work. Think gentle stretches, joint rotations, and light activation movements. This helps your muscles “wake up” and your body move more freely. Not only will this improve your workout, but it’ll help you avoid those “why can’t I turn my neck?” moments the next day.

Easing Into the First Week Back

Rome wasn’t built in a day, and neither are glutes of steel. Keep it light for the first week. Focus on bodyweight exercises, resistance bands, or low-impact cardio. And never skip your warm-up and cool-down. They’re not just filler; they’re your injury prevention insurance.

Quick tip:

- Warm-Up: Dynamic moves like leg swings, arm circles, or light walking.

- Cool-Down: Static stretches, deep breathing, and maybe a little self-high-five.

Beginner Mistakes to Avoid

Let’s have some real talk.

Here are the top three ways people sabotage their comeback:

- Skipping warmups – Don’t expect your muscles to perform cold.
- Doing too much, too fast – Leave the hero workouts for week 4, not day 1.
- Ignoring mobility – Flexibility and range of motion matter just as much as strength.

Trust us, your future self (and your hamstrings) will thank you.

10-Minute Warm-Up & Cool-Down

Pressed for time? No excuses. Dedicate 5 minutes pre-workout to dynamic movement (think: high knees, torso twists) and 5 minutes post-workout to targeted stretching. This little habit

pays off in reduced soreness, better performance, and fewer “uh-oh” moments.

Your 30-Minute Smart Workout

Don’t have an hour to spare?

No problem.

Here’s a quick structure to get results without burnout:

- 5 min: Warm-up
- 20 min: Circuit of low-impact strength and cardio (bodyweight squats, light dumbbell rows, walking lunges, etc.)
- 5 min: Cool-down and stretch

Consistency > intensity.

Soreness vs. Injury: Know the Difference

You crushed your workout, and now everything hurts. But is it good hurt... or bad hurt?

This is one of the most common questions we get and an important one. Understanding the difference between normal post-workout soreness and actual injury pain can save you from making things worse.

Let’s break it down:

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
- Boosted energy, circulation, and oxygenation of blood and tissue
- Improved sleep quality, blood pressure, and cholesterol levels
- Balanced immune system and accelerated cell regeneration
- Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

Normal Muscle Soreness:
This is your body's way of adapting to new movement or increased intensity. It's common, it's expected, and it usually shows up 12–48 hours after exercise. It includes dull, aching discomfort in the muscles (not joints) and stiffness or tightness when moving. Gentle stretching, hydration, light activity (like walking or yoga), and some heat or foam rolling. It should resolve within 2–3 days.

Injury Pain:

Unlike soreness, injuries usually involve sharp, sudden, or localized pain and they don't get better with time or movement. Common causes can include lifting too much too soon, improper form or technique, overuse or lack of proper recovery, and not warming up or cooling down

Got Injured Anyway?

Here's What to Do

First, don't panic. (And don't Google it.)

Make sure to rest and use heat or ice depending on the injury. If it's been a couple days and you haven't seen much of a change, it's most likely time to seek professional help. Early intervention makes a huge difference in recovery time and we'll help you get back on track safely.

How to Step Things Up

Once your workouts start to feel easier, it's a good sign your body's adapting. That's your green light to increase weight, reps, or time but only one at a time. No need to go full superhero mode.

Listen to your body. If it says "more," go for it. If it says "not today," honor that too.

Progress isn't about pushing harder, it's about moving smarter.

So there you have it. Getting back to the gym doesn't have to mean diving into the deep end and hoping for the best.

With a little planning, patience, and a focus on mobility and recovery, you can build a sustainable fitness routine that actually feels good and keeps feeling good.

And remember, your journey doesn't have to be a solo mission. We're here to support you whether you're rehabbing a recent injury, trying to stay pain-free, or just want a plan that works with your body.

If you experience any of these, you should call us at 888-619-2885 to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back in the game quickly.

You can find out about the cost and availability of a physical therapy assessment by [Scheduling Here.](#)

Product We Love



Joint NutraCare

The #1 supplement to Feel Your Best at Any Age Stop Joint Pain, Swelling & Stiffness Without Harmful Side-Effects No Matter Your Age Or How Bad Your Joints

**Why Joint NutraCare stands apart from other supplements on the market?
REVOLUTIONARY ALL-NATURAL SUPPLEMENT**

Joint Nutra Care is a revolutionary supplement that helps your body feel better and younger all naturally. The combination of ingredients provides long lasting benefits that include:

Improve joint comfort by providing the building blocks for joint cartilage and ligaments

Naturally reduce inflammation

Reduce wrinkles and improve skin health

Naturally improve hormone levels

Improve bone density

Increase antioxidant levels to help reduce aging and many more health benefits...

Promos of the Month

AUGUST PROMO

\$35 PEMF SESSION

Knock pain out of the park! Swing in' to summer feeling your best with a PEMF session!



**25% Off Joint
NutraCare For First
Time Buyers On the
Website**



Your Body's On Fire (and That's a Good Thing)

By: Trevor Field

For years, the R.I.C.E. method—Rest, Ice, Compression, Elevation—has been the go-to advice for treating injuries like sprains, strains, and muscle pulls. It's what most of us were taught: if you get hurt, slap on some ice, wrap it up, keep it still, and wait for the swelling to go down.

But here's the truth: inflammation isn't the problem. In fact, it's part of the solution.

R.I.C.E. Was Built on an Incomplete Understanding

When the R.I.C.E. method was introduced in the late 1970s, the goal was to minimize pain and swelling. It made intuitive sense—if something is swollen, reduce it. If it hurts, numb it. Rest seemed like the logical step to avoid further damage.

But as medical science has progressed, we've learned that this approach oversimplifies how the body actually heals—and in many cases, gets in the way.

Pain and swelling are signals, not threats. And in the rush to shut them down, we may be short-circuiting the body's natural repair system.

Inflammation Isn't Just "Swelling." It's Communication.

Inflammation is the body's biological alarm system. When tissues are damaged—whether from a rolled ankle, a strained muscle, or a minor tear—the immune system springs into action. Increased blood flow brings a wave of white blood cells, healing proteins, growth factors, and nutrients directly to the injury site.

This is not a mistake. It's biology doing what it's supposed to do.

Suppressing this process too early with ice or anti-inflammatory drugs can actually delay tissue regeneration. You're not just turning down the volume on discomfort—you're muting the entire healing orchestra.

Why Inflammation Is a Critical Part of Healing

Here's what inflammation actually does when you're injured:

- Delivers nutrients and oxygen to damaged tissue via increased blood flow
- Signals the immune system to clean up cellular debris and prevent infection
- Triggers tissue regeneration, helping muscles, tendons, and ligaments rebuild
- Stimulates pain, which reminds you to protect the area while it heals

Yes, it's uncomfortable. But that discomfort is purposeful—and temporary if healing is allowed to run its course. Trying to skip the inflammation phase is like fast-forwarding through the most important part of a movie and expecting to understand the ending.

So, Should You Never Use Ice?

That's not what we're saying. Ice has its place. It can help with immediate pain relief and reduce excessive swelling in the short term—particularly.

But it should be used with intent, not as a default response to every ache, bruise, or pull.

Overuse of ice, especially days after the injury, may reduce circulation, slow cellular activity, and even increase stiffness. When healing is the goal, circulation is your ally—not something to shut down.

The Bottom Line

Your body isn't broken when it's inflamed. It's healing.

Instead of rushing to shut down inflammation with R.I.C.E., we should be asking smarter questions:

- What's the body trying to do right now?
- Am I supporting that process—or interfering with it?

Recovery isn't about numbing the symptoms. It's about respecting the body's built-in intelligence and working with it. The more we understand inflammation, the more we realize: it's not something to fight—it's something to honor.

So next time you reach for the ice pack, pause for a moment. Your body might already be doing exactly what it needs to do.

Recipe We Love

Turkey and Rice Bowl



Ingredients

- 2 cups water
- 2 cups instant rice
- olive oil
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- ¼ teaspoon minced garlic
- 1 pound ground turkey
- 1 (15 ounce) can dark red kidney beans, drained and rinsed
- 1 (15 ounce) can tomato sauce
- ½ (14.5 ounce) can diced tomatoes
- ½ tablespoon chili powder, or more to taste
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- salt and ground black pepper to taste

How to Make a Turkey and Rice Bowl

- **Stir water and rice together in a microwave-safe bowl. Cover and cook in the microwave on high for 8 minutes. Remove from the microwave, wait until water is fully absorbed, about 5 minutes, then fluff with a fork.**
- **While rice is cooking, heat a large skillet over medium-high heat. Pour in just enough olive oil to coat the skillet. Add both bell peppers and garlic. Cook, stirring every so often, until the peppers are no longer hard and crunchy, about 10 minutes. Transfer peppers to a bowl.**
- **Add ground turkey to the skillet and reduce heat to medium. Cook turkey, crumbling it up as you stir, until no longer pink, 7 to 10 minutes. Add cooked peppers, kidney beans, tomato sauce, diced tomatoes, chili powder, garlic powder, cumin, salt, and pepper to the skillet. Mix until everything is incorporated and heated through. Serve over rice.**

Nutrition

Servings: 5 per recipe

Calories: 414

Carbohydrates: 53g

Protein: 28g

Fat: 10g

Fiber: 8g

Sugar: 7g