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# STAY IN THE GAME



Newsletter for all our Form & Function Family



## Beyond Exercise: A Fresh Look at Recovery with IV Therapy

**Let's be honest...** if you've been feeling low-energy, a little foggy, or just not quite yourself lately, you're definitely not the only one. Between work, workouts, stress, not-so-great sleep, and trying to keep up with life... burnout kind of sneaks up on us.

You don't have to be sick to feel like something's off.

And here's the tricky part: feeling this way becomes so normal that we stop realizing how much better things could be.

But there is something you can do to give your body the reset it's been asking for.

It's quick. It's safe. And it works surprisingly fast. That's where IV therapy comes in and no, it's not just a wellness trend for influencers or pro athletes.

## OVERVIEW:

- Beyond Exercise: A Fresh Look at Recovery with IV Therapy
- 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.

## So what exactly is it?

IV (intravenous) therapy is a way to deliver fluids and nutrients directly into the bloodstream through a small catheter inserted into a vein — typically in the arm. It's the same basic concept hospitals use for hydration or medication delivery, but in a wellness or recovery setting, it's adapted to support everyday health needs. By skipping the digestive system, IV therapy allows nutrients to be absorbed more quickly and more completely. This can be helpful if someone is dehydrated, nutrient-depleted, or experiencing issues that affect digestion and absorption.

## What's In an IV Drip?

The exact ingredients can vary based on the clinic or intended outcome, but most IV therapy blends include combinations of:

- Fluids and electrolytes for hydration
- B vitamins for energy metabolism and nervous

- system support
- Vitamin C and zinc for immune function
- Magnesium for muscle and nerve relaxation
- Amino acids or antioxidants like glutathione for recovery and cellular health
- Some formulas are designed to support general wellness; others may be geared toward specific goals like post-workout recovery, immune support, or easing fatigue.

## When Might IV Therapy Be Helpful?

In a physical therapy or wellness setting, IV therapy can be considered in certain situations, especially when someone is:

- Dehydrated or low on electrolytes
- Recovering from intense exercise or competition
- Managing chronic fatigue or low energy
- Having difficulty with oral nutrient absorption

- Experiencing increased physical or mental stress
- Trying to support immune recovery after illness

It's important to note that IV therapy isn't a replacement for nutrition, hydration, or medical treatment — but it can be a complementary tool for short-term support when used appropriately.

## Is IV Therapy Safe?

When administered by trained medical professionals, IV therapy is generally safe for healthy adults. That said, it's not appropriate for everyone. Individuals with certain medical conditions — like kidney disease, heart conditions, or electrolyte imbalances — should avoid IV therapy unless directed by a physician.

If you're considering it, it's always best to consult with a licensed provider who can assess your health history and help you determine whether IV therapy is appropriate for your goals.

# 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.

When people think of physical therapy, they usually think of hands-on treatment, mobility work, and exercise – and they're right. That's the core of what we do. But recovery is never one-dimensional. Your body heals best when multiple systems are supported, including your hydration status, immune function, inflammation levels, and energy metabolism. This is where IV therapy can play a complementary role.

### 1. Hydration and Muscle Function

Hydration is often overlooked, but it directly affects joint lubrication, muscle contraction, and tissue repair. Dehydrated muscles are more prone to cramping and fatigue, and even mild dehydration can impair physical performance. IV therapy replenishes fluids and electrolytes efficiently – which can be especially useful for patients recovering from surgery, intense exercise, or those with

limited mobility who aren't drinking enough during the day.

### 2. Nutrient Support for Tissue Healing

Physical therapy focuses on improving movement and restoring function, but the body also needs adequate nutrients to rebuild tissue, reduce inflammation, and respond to stress. IV therapy can deliver vitamins like vitamin C, B-complex, and magnesium, which are involved in collagen synthesis, nerve health, and cellular repair. This is particularly helpful for patients healing from soft tissue injuries or recovering after orthopedic procedures.

### 3. Reducing Inflammation and Oxidative Stress

Many IV therapy blends include antioxidants like glutathione, which help the body neutralize free radicals and reduce inflammation.

While inflammation is a natural part of healing, excess or prolonged inflammation can slow down

recovery and cause additional discomfort. By helping regulate the inflammatory response, IV therapy may support a smoother rehab process, especially in the early phases of recovery.

So there you have it! IV therapy is one of many tools available to support your body's natural healing processes. While it's not a magic fix or a replacement for good nutrition, rest, and physical therapy, it can offer targeted hydration and nutrient support when you need it most.

We're excited to share that **Form and Function now offers**

**professional IV therapy** as part of our expanding wellness and recovery options. Administered by trained medical staff, our IV therapy treatments are designed to complement your physical therapy and help you feel more energized, hydrated, and supported on your journey to better health.

If you're interested in learning more or seeing if IV therapy might be a good fit for you, call us at 888-619-2885 we're here to help!

## Product We Love

### Pulsed Electromagnetic Field Therapy (PEMF)



PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy. Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health.

PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

## Promos of the Month



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





# The Power of Staying Hydrated: Why Water Matters More Than You Think

*By: Trevor Field*

We all know drinking enough water is important, but many of us don't realize just how essential hydration is for our overall health, especially when it comes to physical performance and recovery.

Water makes up about 60% of our body weight and is involved in almost every bodily function. From keeping your muscles flexible to helping your joints move smoothly, hydration is the silent hero behind your daily movement and wellness.

## Why Hydration Matters for Your Body

When you're properly hydrated, your body functions more efficiently:

- **Muscle performance:** Water helps deliver nutrients to your muscles and removes waste products like lactic acid. When you're dehydrated, your muscles fatigue faster and are more prone to cramps and strains.
- **Joint health:** Your joints rely on fluid to cushion and lubricate them. Without enough water, joints can feel stiff or achy, making movement uncomfortable or even painful.
- **Energy levels:** Dehydration often leads to fatigue and sluggishness. Even mild dehydration can impair concentration, mood, and endurance, making your workouts and daily tasks feel harder than they need to be.
- **Body temperature regulation:** Sweating cools you down during exercise or hot weather, but sweating also causes you to lose fluids and electrolytes. Drinking enough water helps your body stay cool and prevents overheating.

## Hydration and Recovery: Why It's a Game-Changer

If you're going through physical therapy or recovering from an injury, staying hydrated is especially important. Water helps transport oxygen and nutrients to injured tissues, speeding up healing. It also helps flush out toxins and reduces inflammation that can delay recovery. Dehydration can increase muscle soreness and stiffness, making it harder to do your exercises or maintain progress. Drinking plenty of water supports your body's natural repair processes so you can bounce back faster.

### Tips to Stay Hydrated Throughout the Day

- **Keep a water bottle handy:** Having water nearby makes it easier to sip regularly.
- **Set reminders:** Use your phone or a hydration app to remind you to drink water throughout the day.
- **Eat water-rich foods:** Fruits and vegetables like watermelon, cucumbers, and oranges contribute to your hydration too.
- **Adjust for activity:** If you're exercising, sweating a lot, or it's hot outside, increase your fluid intake accordingly.

Hydration might seem simple, but it's a powerful foundation for feeling your best — whether you're aiming for better workouts, quicker recovery, or just more energy throughout the day. So next time you reach for a drink, remember: you're fueling your body's ability to move, heal, and thrive.



### Ingredients

- 10 cups unpeeled, cored, and sliced apples
- ½ cup white sugar
- 1 tablespoon white whole wheat flour
- 1 teaspoon ground cinnamon
- ½ cup water
- 1 cup quick cooking oats
- 1 cup white whole wheat flour
- ½ cup packed brown sugar
- ½ cup chopped walnuts
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup butter, melted

### How to Make Apple Crisps

- **Preheat the oven to 350 degrees F (175 degree C).**
- **Place sliced apples in a 9x13-inch pan. Mix white sugar, 1 tablespoon flour, and ground cinnamon together; sprinkle over apples. Pour water evenly over all.**
- **Combine oats, 1 cup flour, brown sugar, baking powder, baking soda, walnuts and melted butter together. Crumble evenly over the apple mixture.**
- **Bake in the preheated oven until golden and crisp on top, about 45 minutes.**

### Nutrition

- Calories: 280
- Carbohydrates: 44g
- Protein: 3g
- Fat: 12g
- Saturated Fat: 5g
- Cholesterol: 20mg
- Sodium: 95mg
- Fiber: 5g