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STAY IN THE GAME



Newsletter for all our Form & Function Family



OVERVIEW:

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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.

The Secret To Faster Muscle Recovery

If you've ever finished a tough workout and immediately grabbed your massage gun or foam roller, you're not alone. These recovery gadgets are everywhere and they can feel great. But here's the truth: while tools like these have their place, they're not the real secret to faster recovery.

At Form and Function PT, we work with athletes, weekend warriors, and active adults every day who are doing all the right things, or so they think. They're hydrating, stretching, maybe even doing cold plunges yet they still feel sore, tight, and drained for days after training.

The good news? You don't need to spend hundreds of dollars on recovery devices to feel better. What your body really needs is simple, science-backed, and completely within your control. Let's unpack the most common recovery myths and what to do instead.

Myth #1: “Soreness means I need more recovery tools.”
A little soreness after training is normal. It’s your body adapting to new stress. But if you’re constantly sore or stiff, that’s a red flag that your body isn’t getting enough time, movement, or nutrients to heal.

Here’s the real secret: recovery doesn’t mean resting, it means moving smarter. Active recovery, like light mobility work or gentle walking, increases circulation, delivers oxygen and nutrients to your muscles, and speeds up waste removal. Basically, you’re helping your body flush out the “leftovers” from a hard workout.

Try this quick 5-minute recovery flow after your next session:

- 30 seconds of deep breathing (in through the nose, out through the mouth)
- 1 minute of light walking or marching in place
- 1 minute of hip circles and

shoulder rolls

- 1 minute of bodyweight squats or lunges
- 1 minute of gentle stretching for your tightest areas
- Your muscles will feel looser, and you’ll notice less stiffness the next day.

Myth #2: “As long as I drink water, I’m hydrated.”

Water is essential but it’s only half the story. When you sweat, you lose electrolytes like sodium, potassium, and magnesium that keep your muscles functioning properly. Without them, you can feel fatigued, cramp easily, and recover more slowly.

The fix: balance water with electrolytes.

After intense workouts, add a pinch of sea salt or a sugar-free electrolyte mix to your water. Coconut water is another natural option packed with potassium. And don’t forget that fruits and veggies like oranges, cucumbers, and leafy greens also help replenish hydration

stores naturally.

Think of hydration like oil in your car’s engine without it, things start to grind instead of glide.

Myth #3: “Sleep doesn’t affect recovery that much.”

It’s easy to overlook, but sleep is where all the magic happens. During deep sleep, your body releases growth hormone, the key to repairing muscle tissue, restoring energy levels, and keeping your nervous system balanced.

If you’re skimping on rest, your muscles never fully repair, meaning every workout digs a deeper recovery hole.

The fix: make sleep a training priority.

- Aim for 7–9 hours per night
- Keep your room cool, dark, and quiet
- Avoid screens 30 minutes before bed
- Try magnesium or a calming bedtime routine if you struggle to wind down

Even one week of consistent, quality sleep can dramatically improve energy, performance,

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.

and soreness levels.

Myth #4: “Protein shakes are enough for recovery.”

Protein is vital for rebuilding muscle, but it’s not the only thing your body needs.

Recovery depends on a balanced mix of nutrients including carbohydrates (to restore energy), fats (to reduce inflammation), and micronutrients that support your joints and connective tissue.

The fix: eat for performance, not just recovery.

After training, aim for a meal with:

- Lean protein (chicken, fish, eggs, or plant-based options)
- Complex carbs (sweet potatoes, rice, oats, or fruit)
- Healthy fats (avocado, olive oil, nuts)

And don’t forget your joints. Over time, repetitive stress can wear down cartilage and connective tissue — especially if you train hard or sit for long hours. To support

your long-term mobility and reduce inflammation, consider adding Joint Nutra Care, our research-backed formula created to promote joint health and faster tissue repair. It’s a simple daily habit that helps you move and recover pain-free.

Bonus Tip: “The 24-Hour Recovery Window”

What you do in the first 24 hours after a workout can make or break your recovery.

Here’s your checklist:

- Refuel within 60 minutes
- Rehydrate with water + electrolytes
- Move lightly (don’t just crash on the couch)
- Stretch or foam roll areas that feel tight
- Sleep well that night

Repeat this routine

consistently, and you’ll notice huge improvements in how your body feels day to day.

The Bottom Line

Recovery doesn’t have to be complicated. It’s not about gadgets, trends, or chasing the next quick fix, it’s about

respecting your body’s natural healing process.

When you stay consistent with the basics, movement, hydration, sleep, and nutrition, your muscles repair faster, your performance improves, and you dramatically lower your risk of injury.

If you’ve been feeling stuck in a cycle of soreness or slow recovery, we can help.

At Form Function PT, our recovery-focused physical therapy sessions are designed to reset your body, improve mobility, and get you back to training at your best, faster.

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

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



November promo

REFER A FRIEND
GET A *FREE* SESSION OF YOUR
CHOICE:
LASER, PEMF, ASSISTED STRETCH



FORM & FUNCTION
PHYSICAL THERAPY
SPORT • INJURY PREVENTION • PAIN • WELLNESS

BIGGEST DISCOUNTS OF THE YEAR

BLACK FRIDAY

4 Sessions, 30 Minutes-\$840

9 Sessions, 30 Minutes-\$1800 (Buy 8 Get 1 Free)

18 Sessions, 30 Minutes-\$3200 (Buy 16 Get 2 Free)



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

By: Trevor Field

When it comes to recovering from an injury, surgery, or chronic pain, most people think about stretching, strengthening, and hands-on treatment and they're absolutely right. Physical therapy plays a vital role in restoring movement, improving function, and helping you return to the activities you love.

But healing isn't just about what happens in the clinic or on the treatment table. What's happening inside your body is just as important and often overlooked. Hydration levels, nutrient status, immune function, and inflammation control all impact how quickly and effectively you recover. That's where IV therapy comes in.

Hydration plays a far greater role in recovery than most people realize. Every muscle contraction, joint movement, and tissue repair process depends on adequate fluid and electrolyte balance. Dehydrated muscles are more prone to cramps, fatigue, and injury, and even slight dehydration can impair performance and slow healing.

IV therapy delivers fluids directly into your bloodstream, ensuring faster and more effective rehydration than simply drinking water, especially important for patients recovering from surgery, intense exercise, or those with limited mobility who may not be hydrating adequately on their own.

Your body needs a steady supply of vitamins and minerals to rebuild tissue, reduce soreness, and maintain energy throughout your rehab. While a healthy diet is essential, absorption can be inconsistent, especially when your body is under stress.

IV therapy allows us to deliver targeted nutrients such as Vitamin C, B-complex vitamins, and magnesium directly into your bloodstream. These nutrients are critical for collagen synthesis, nerve function, cellular repair, and energy production. When combined with your physical therapy treatment plan, they help support your body's natural healing processes from the inside out.

Inflammation is a natural part of healing but when it lingers or becomes excessive, it can slow recovery and increase discomfort. For patients in the early stages of injury rehab or post-surgical care, managing inflammation effectively can make a big difference in their progress. Many IV therapy blends include antioxidants like glutathione and alpha-lipoic acid, which help neutralize oxidative stress and regulate the body's inflammatory response. This can lead to reduced pain, improved mobility, and a more efficient recovery process when paired with physical therapy interventions.

Who Can Benefit from IV Therapy?

IV therapy isn't just for high-performance athletes or hospital patients. It can benefit a wide range of people who are going through physical therapy or simply looking to feel their best. This includes:

- Patients recovering from orthopedic surgeries
- Individuals healing from soft tissue injuries (like sprains or strains)
- Athletes dealing with overuse injuries or training fatigue
- People experiencing general muscle stiffness, soreness, or fatigue
- Anyone looking for proactive, whole-body maintenance to stay ahead of injury

Because IV therapy is customizable, we can tailor each session to meet your specific needs whether that's hydration, immune support, energy, or inflammation control.

At Form and Function Physical Therapy, our goal is to support every aspect of your recovery both inside and out.

Recipe We Love

Sausage Stuffing



Ingredients

- 1 cup butter
- 2 cups chopped onion
- 2 cups chopped celery
- 12 ounces sliced mushrooms
- ¼ cup chopped fresh parsley
- 12 cups dry bread cubes
- 1 ½ teaspoons salt
- 1 ½ teaspoons dried sage
- 1 teaspoon poultry seasoning
- 1 teaspoon dried thyme
- ½ teaspoon dried marjoram
- ½ teaspoon ground black pepper
- 4 ½ cups chicken broth, or as needed
- 2 large eggs, beaten

How to Make Sausage Stuffing

- Gather all ingredients.
- Melt butter in a skillet over medium heat. Cook and stir onion, celery, mushroom, and parsley in butter until slightly softened, 5 to 8 minutes.
- Place bread cubes in a very large mixing bowl. Spoon cooked vegetables over bread cubes. Season with salt, sage, poultry seasoning, thyme, marjoram, and pepper.
- Pour in enough broth to moisten, then mix in eggs.
- Transfer mixture to a slow cooker.
- Cover and cook on High for 45 minutes, then reduce heat to Low and cook for 4 to 8 hours.

Nutrition

16 servings

- Calories: 197 per serving
- Carbohydrates: 17g
- Protein: 4g
- Fat: 13g
- Saturated Fat: 8g
- Cholesterol: 54mg
- Fiber: 5g