

VOL. 2 | DECEMBER 2025

STAY IN THE GAME



Newsletter for all our Form & Function Family



From Foggy To Focused: A PT Concussion Recovery Approach

Over the past few months, our team has noticed something unexpected: a steady rise in patients coming in with concussion-related symptoms.

What's interesting is that many of them share a similar story, they didn't realize how significant their symptoms were at first. A lot of people assumed the headaches, dizziness, or brain fog would fade on their own. Others tried resting for days, only to feel stuck, frustrated, or even worse than before.

If that sounds familiar, you're in good company. Concussions can be tricky, and symptoms don't always follow a clear pattern. However, one thing is certain: you don't have to wait it out or try to figure it out alone. Recovery is faster, smoother, and far less stressful with the right kind of guidance.

And that's exactly where physical therapy comes in.

OVERVIEW:

- From Foggy To Focused: A PT Concussion Recovery Approach
- 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.

What Is a Concussion... Really?

A concussion is considered a “mild” brain injury, but mild refers only to the initial trauma and not the experience. Many people describe feeling disconnected from themselves, mentally slow, or unusually tired. You might struggle to think clearly, feel overwhelmed in busy environments, or notice that screens suddenly give you a headache. Some people develop irritability or mood swings they can’t explain. Others feel like they’re constantly walking around in a fog.

None of these symptoms mean anything is “wrong with you.” They’re simply signs that your brain is asking for support as it heals. Just like you wouldn’t ignore a sprained ankle, you shouldn’t ignore a brain injury.

Why Physical Therapy Makes Such a Big Difference

For many years, the best-known advice for concussion recovery was to “just rest.”

While rest is important for the first 24–48 hours, we now know that staying inactive for too long can actually delay recovery. The brain thrives on stimulation, the right amount, at the right time.

Physical therapy provides exactly that. It offers a structured, guided, and safe way to help your brain and body return to normal function. Instead of guessing or hoping you’re doing the right things, you have a professional helping you move through each stage of recovery with confidence. Here’s how physical therapy helps concussion patients feel better, faster:

Helping You Overcome Dizziness and Balance Problems

Dizziness is one of the most common and most bothersome concussion symptoms. Many people describe feeling wobbly, lightheaded, or like they’re on a boat. Others experience sudden waves of motion

sickness or a sense that the room is spinning when they turn their head too quickly. This happens because the vestibular system, which is the part of your brain and inner ear that controls balance and spatial awareness, often gets disrupted after a concussion. Physical therapy uses specific vestibular exercises designed to retrain this system. These exercises are gentle, controllable, and customized to your tolerance. Over time, they help your brain relearn how to interpret movement properly, reducing dizziness and rebuilding your confidence in daily activities.

Treating the Neck to Ease Headaches

One of the most overlooked contributors to post-concussion symptoms is the neck. After any impact, even a small one, the neck muscles and joints can tighten, stiffen, or become irritated. This can lead to headaches, pressure behind the eyes, difficulty concentrating, or even

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.

dizziness.

We assess your neck movement, posture, and muscle tension to identify what's contributing to your symptoms. With a combination of hands-on treatment, stretching, mobility work, and strengthening, we help restore normal function.

Many patients are surprised by how much their headaches improve once the neck is addressed.

Guiding You Back Into Exercise Safely

When is it safe to move again? How hard should you exercise? How do you know if you're doing too much? This is where PT is invaluable.

A well-designed, individualized return-to-exercise program helps improve blood flow to the brain, reduces lingering symptoms, and safely rebuilds your stamina. Instead of navigating this alone, you have a coach monitoring your progress,

adjusting your plan, and making sure each step supports healing instead of slowing it down.

Many patients find that once they return to structured movement, their mood improves, their energy stabilizes, and they start feeling more like themselves again.

When Should You Reach Out?

If your symptoms last more than a couple of days, or if things are getting worse instead of better, it's a good idea to get checked out. And if your concussion happened weeks or even months ago, don't count yourself out because persistent symptoms often respond really well to targeted rehab.

You Deserve to Feel Like Yourself Again

Concussions can be confusing, frustrating, and emotionally draining but with the right guidance, recovery is not only possible, it's expected. You don't have to wait it out, hope for the best,

or wonder if what you're feeling is normal. With a personalized plan and a supportive team behind you, you can get back to thinking clearly, moving confidently, and living life fully again.

If you or someone you love is struggling with a concussion, we're here to help you through every step of the healing process. Reach out whenever you're ready, we'd be honored to guide you back to feeling like yourself.

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

A graphic designed to look like a gift box. It has a green top section with a white dotted border and a white bottom section. The text is centered in the green section. The bottom section contains the company logo and name.

DECEMBER PROMO

**Get \$10 Off Any
Pillowise Pillow
or \$20 Off When You
Buy 2 or More!**

 **FORM & FUNCTION**
PHYSICAL THERAPY

SPORT • INJURY PREVENTION • PAIN • WELLNESS

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



The Power of Pause: How Rest Fuels Your Fitness Journey

By: Trevor Field

In fitness, the spotlight often shines brightly on rigorous workouts, cutting-edge training techniques, and the latest nutritional trends. However, one crucial element often gets overshadowed: rest and recovery. While pushing our limits is a vital part of any training regimen, understanding the significance of recovery can make the difference between progress and plateau, performance and injury.

The Science Behind Recovery

When we exercise, we put our bodies under stress. This stress causes micro-tears in muscle fibers, which is a natural part of building strength. However, it's during the recovery phase that our bodies repair these tears, building muscle and improving overall performance. This process involves:

1. **Muscle Repair:** Post-exercise, muscles need time to heal. Adequate rest allows for the replenishment of energy stores and the repair of damaged tissues.
2. **Hormonal Balance:** Intense training can disrupt hormonal balance. Recovery helps restore levels of hormones like cortisol and testosterone, which are crucial for muscle growth and overall health.
3. **Nervous System Recovery:** High-intensity workouts can lead to central nervous system fatigue. Rest allows the nervous system to recuperate, improving coordination and reaction times.
4. **Mental Refresh:** Training isn't just a physical endeavor; it's mental too. Taking time off helps reduce burnout and keeps motivation high.

Signs You Need More Rest

Recognizing when your body needs a break is essential. Here are some signs that you may need to prioritize recovery:

- **Persistent Fatigue:** If you feel tired even after a good night's sleep, it may be time to rest.
- **Decreased Performance:** Struggling to lift weights or complete workouts that you once found easy can indicate overtraining.
- **Increased Irritability:** Mental fatigue can manifest as mood swings or irritability, signaling a need for recovery.
- **Frequent Illness:** A weakened immune system can lead to more colds or infections, suggesting you need more rest.

Strategies for Effective Recovery

To optimize your recovery, consider implementing these strategies:

1. **Prioritize Sleep:** Aim for 7-9 hours of quality sleep each night. Sleep is when your body does much of its repairing and rebuilding.
2. **Active Recovery:** Incorporate low-intensity activities, such as walking or yoga, to keep blood flowing without stressing your body.
3. **Nutrition Matters:** Fuel your body with a balanced diet rich in proteins, healthy fats, and carbohydrates to support recovery. Don't forget to hydrate!
4. **Plan Rest Days:** Schedule regular rest days into your training program to ensure you're not pushing yourself too hard.

The Balance of Training and Recovery

Achieving a balance between training and recovery is crucial for long-term success. Just as you wouldn't run a car without stopping for fuel, you shouldn't push your body relentlessly without allowing it time to rest and recuperate.

Incorporating sufficient recovery into your training plan can lead to improved performance, reduced injury risk, and a more enjoyable fitness journey. Remember, rest isn't a sign of weakness; it's a powerful tool for growth. Embrace it, and watch your progress soar!



How To Make Orange Cranberry Bread

Ingredients

- 2 cups all purpose flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup fresh cranberries
- 1 teaspoon orange zest
- 1/3 cup coconut oil, melted
- 3/4 cup fresh orange juice
- 1 teaspoon vanilla extract
- 1 egg

Nutrition

- Serving Size: 1 slice
- Calories: 177
- Sugar: 11 g
- Sodium: 164 mg
- Fat: 7 g
- Saturated Fat: 5 g
- Carbohydrates: 25 g
- Fiber: 3 g
- Protein: 3 g

1. Grease a 8"x 4" loaf pan. Set aside.
2. Preheat oven to 350°F.
3. In a large bowl, add flour, sugar, baking powder, baking soda, salt, and orange zest. Gently stir.
4. In a medium bowl, add coconut oil, fresh orange juice, vanilla extract and an egg.
5. Add wet ingredients to dry ingredients.
6. Stir to combine everything together.
7. Add cranberries to the bowl and mix together.
8. Scrap the batter into prepared loaf pan.
9. Bake for 40-45 minutes or until a toothpick comes out clean from the center of the loaf.
10. Remove and let cool for 5 minutes. Serve