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STAY IN THE GAME



Newsletter for all our Form & Function Family



Pilates and Physical Therapy: The Key to Stronger, Safer Recovery

When most people think about physical therapy, they think about recovery, getting out of pain, rehabbing an injury, or returning to daily activities after something has gone wrong. Pilates, on the other hand, is often viewed as a fitness method focused on core strength, posture, or flexibility. While each is powerful on its own, the real magic happens when Pilates and physical therapy are combined intentionally.

At their core, both physical therapy and Pilates share the same goal: helping people move better, more efficiently, and with greater control. When used together, they create a comprehensive approach that not only helps resolve pain and injury but also builds a stronger, more resilient body for the long term. Let's talk about it!

OVERVIEW:

- Pilates and Physical Therapy: The Key to Stronger, Safer Recovery
- Products We Love
- Monthly Offers
- 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.

The Shared Foundation: Movement Quality Over Intensity

One of the biggest misconceptions about rehabilitation and fitness is that progress comes from pushing harder or doing more. In reality, sustainable results come from improving how you move. Physical therapy prioritizes restoring proper mechanics, correcting imbalances, and retraining movement patterns that may have contributed to pain or injury in the first place. Pilates follows the same philosophy. Pilates is built around controlled, precise movements performed with intention. Rather than relying on momentum or brute strength, each exercise emphasizes alignment, coordination, breathing, and control. This focus makes Pilates an ideal complement to physical therapy, where quality of movement is far more important than how much weight you lift or how fast you

move.

Core Strength That Actually Transfers to Real Life

“Strengthening your core” is a phrase that gets used frequently, but true core strength is about much more than visible abdominal muscles. The core includes the deep muscles that stabilize the spine and pelvis, allowing the arms and legs to move efficiently without unnecessary strain.

Physical therapy often begins by addressing this foundation, especially for individuals dealing with back pain, hip issues, postural problems, or lower-extremity injuries. Pilates builds on that foundation by training the core to engage dynamically during movement. Instead of isolating muscles, Pilates teaches the body how to coordinate stability and mobility simultaneously exactly what’s required for daily activities, exercise, and sports.

This type of integrated

strength helps reduce compensations, improve balance, and protect vulnerable joints over time.

Improved Mobility Without Sacrificing Stability

Many people struggle to find the balance between flexibility and stability. Stretching alone can improve range of motion, but without control, that mobility may actually increase the risk of injury. On the flip side, strengthening without adequate mobility can lead to stiffness and restricted movement.

Pilates addresses both. Movements are performed through controlled ranges of motion, encouraging joints to move freely while remaining supported. When paired with physical therapy, this approach allows individuals to safely regain mobility after injury or surgery without pushing the body beyond what it’s ready for.

This is especially beneficial for people dealing with chronic pain, desk-related stiffness, or

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.

recurring injuries that stem from poor movement habits rather than a single traumatic event.

Body Awareness: A Missing Piece in Recovery

One of the most underrated benefits of Pilates is improved body awareness. Many injuries occur not because someone is weak, but because they don't recognize faulty movement patterns or compensations as they happen. Pilates encourages individuals to slow down, pay attention to how their body moves, and recognize subtle imbalances. Physical therapy often introduces this awareness during rehab, but Pilates reinforces it long after symptoms improve. Over time, people begin to recognize when they're overusing certain muscles, losing alignment, or moving inefficiently allowing them to self-correct before pain develops.

This heightened awareness

plays a major role in long-term injury prevention and overall movement confidence.

Bridging the Gap Between Rehab and Long-Term Fitness

One of the most common challenges people face after completing physical therapy is knowing what to do next. They may feel better, but they're unsure how to safely continue progressing without risking setbacks. Pilates serves as an excellent bridge between rehabilitation and independent exercise. Because Pilates can be scaled and customized, it allows individuals to continue building strength, endurance, and control at an appropriate pace. It provides structure without high impact, making it accessible for a wide range of ages, fitness levels, and activity backgrounds.

For athletes, Pilates can enhance performance by improving efficiency and control. For active adults, it

supports longevity and movement confidence. For those recovering from injury, it offers a safe path forward beyond traditional rehab exercises.

So there you have it !While physical therapy often begins with pain or injury as the primary concern, the ultimate goal is long-term health and independence. Pilates supports this by helping people develop strength, control, and confidence that extends far beyond the clinic.

Instead of constantly reacting to pain or setbacks, individuals learn how to proactively care for their bodies. Over time, this reduces the likelihood of recurring issues and empowers people to stay active, capable, and resilient.

We're excited to share that we are now offering one-on-one Pilates sessions designed to work seamlessly alongside physical therapy or as a standalone service. If you're interested in learning how Pilates can enhance your recovery or support your long-term movement health, call us at (888) 619-2885

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

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

January Promo

20% Off First IV Service

10% OFF Any IV Services
For You and a Friend You Refer

FREE Vitamin B12 Boost
with Hydration IV Therapy

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



New Year's Resolutions That Actually Support Your Body (Not Just Your Motivation)

By: Trevor Field

Every January, millions of people set New Year's resolutions with the best intentions. "Get in shape." "Work out more." "Lose weight." While these goals are well-meaning, they often overlook the most important factor in long-term success: how your body moves.

The truth is, many resolutions fail not because of a lack of motivation, but because the body isn't prepared for the demands being placed on it. That's where physical therapy plays a powerful, and often misunderstood, role in creating resolutions that last. Instead of focusing solely on doing more, this year is an opportunity to focus on moving better.

Resolution #1: Move Without Pain

One of the most common unspoken goals people carry into the new year is simple: "I just want things to stop hurting." Lingering back pain, stiff shoulders, knee discomfort, or recurring tightness often get brushed off as normal parts of aging or a busy lifestyle. Pain, however, is not something you should just "push through."

Physical therapy helps identify the root cause of pain rather than just treating the symptoms. Often, pain develops due to poor movement patterns, muscle imbalances, or limited mobility that builds up over time. Addressing these issues early in the year can prevent small problems from becoming long-term setbacks. A realistic New Year's resolution isn't to ignore pain, it's to finally address it.

Resolution #2: Build Strength the Right Way

Strength training is one of the most popular resolutions every January. Unfortunately, many people jump straight into workouts without considering whether their body is ready for them.

Physical therapy focuses on foundational strength the kind that supports joints, improves posture, and allows larger muscle groups to function properly. When strength is built on a stable foundation, workouts become safer and more effective. Rather than chasing heavier weights or more intense workouts, a smarter resolution is to build strength that supports longevity and performance.

Resolution #3: Improve Mobility and Flexibility

Stretching is often added as an afterthought to fitness routines, yet mobility is essential for efficient movement. Limited mobility can lead to compensations, decreased performance, and increased injury risk.

Physical therapy addresses mobility in a controlled and intentional way. Instead of generic stretches, mobility work is targeted to areas that truly need improvement while maintaining joint stability. This year, consider setting a resolution to move more freely not just farther or faster.

Resolution #4: Prevent Injuries Before They Happen

Many people wait until something goes wrong before seeking help. A smarter approach is to treat physical therapy as preventative care, similar to how you would approach dental cleanings or routine checkups.

Preventative physical therapy can help identify movement limitations, asymmetries, or weaknesses before they turn into injuries. For active individuals, athletes, or anyone planning to increase their activity level in the new year, this proactive approach can make all the difference.

An injury-free year starts with preparation, not reaction.

A Smarter Way to Approach New Year's Goals

New Year's resolutions don't have to revolve around punishment or pushing harder. They can be about support, preparation, and progress. Physical therapy isn't just for people recovering from surgery or injury, it's for anyone who wants to move better, feel stronger, and stay active without setbacks.

As you set goals for the year ahead, consider resolutions that support your body for the long term. Better movement leads to better workouts, better performance, and a better quality of life.

Because the best resolution you can make isn't just to do more, it's to move better.

Recipe We Love *Baked Dijon Salmon*



How to Make Baked Dijon Salmon

- Preheat the oven to 400 degrees F (200 degrees C).
- Stir together butter, mustard, and honey in a small bowl. Set aside.
- Mix together bread crumbs, pecans, and parsley in another bowl.
- Brush each salmon fillet lightly with honey mustard mixture.
- Sprinkle the tops of fillets with bread crumb mixture.
- Bake salmon in the preheated oven until it flakes easily with a fork, 12 to 15 minutes. Season with salt and pepper, and garnish with a wedge of lemon.

Ingredients

- ¼ cup butter, melted
- 3 tablespoons Dijon mustard
- 1 ½ tablespoons honey
- ¼ cup dry bread crumbs
- ¼ cup finely chopped pecans
- 4 teaspoons chopped fresh parsley
- 4 (4 ounce) fillets salmon
- salt and pepper to taste
- 1 lemon, for garnish

Nutrition

Servings Per Recipe 4
Calories: 422
Total Fat: 29g
Saturated Fat: 10g
Cholesterol: 97mg
Sodium: 480mg
Total Carbohydrate: 18g
Dietary Fiber: 2g
Total Sugars: 7g
Protein: 24g
Vitamin C: 27mg
Calcium: 53mg
Iron: 1mg
Potassium: 500mg