

VOL. 2 | FEBRUARY 2026

STAY IN THE GAME



Newsletter for all our Form & Function Family



OVERVIEW:

Healing Isn't One-Size-Fits-All

Every month, we see patients who arrive at our clinic after completing physical therapy somewhere else. Most share a similar experience: some early improvement, followed by frustration when progress suddenly stops.

Recently, a patient came to us after relocating from New York following a motor vehicle accident. Although he had already been through physical therapy, his recovery had plateaued. After evaluating him, we discovered that much of his initial relief came from natural healing, not targeted treatment. What he never received was hands-on care to properly address the soft tissue damage from his injury.

His story highlights an important truth: not all physical therapy is the same and the difference can significantly impact your recovery.

- Healing Isn't One-Size-Fits-All
- 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.

Why So Many PT Clinics Feel the Same

Across the United States, physical therapy has become increasingly standardized. While consistency can be helpful in some areas of healthcare, rehabilitation requires personalization. Today, many clinics rely heavily on generic exercise programs with limited one-on-one time with a licensed physical therapist. Patients are often guided through routines by aides or students while therapists rotate between multiple people at once. This model isn't based on what produces the best outcomes, it's driven by insurance reimbursement. As reimbursements decline, clinics are pressured to see more patients per hour just to stay afloat. The result is the rise of high-volume practices where therapists may treat dozens of patients in a single day. Time-intensive techniques like soft tissue mobilization, joint work, and therapeutic

touch are frequently skipped because they aren't well reimbursed. Instead, patients are given exercises they could easily find online.

While movement is important, exercise alone doesn't repair damaged connective tissue or restore proper mechanics after trauma.

Feeling Better vs. Actually Healing

One of the biggest misconceptions in rehabilitation is confusing pain relief with true recovery. As inflammation settles, discomfort often decreases naturally. But without addressing deeper restrictions, scar tissue and adhesions can remain beneath the surface. Over time, these unresolved issues change how the body moves, placing extra strain on surrounding joints and muscles. Many people return to daily life thinking they're healed, only to develop chronic pain or experience

reinjury months later. True progress comes from combining hands-on care with purposeful movement which treats both symptoms and root causes.

The Growing Divide in Physical Therapy

Today's physical therapy landscape is increasingly polarized. On one end are large corporate clinics focused on standardized care and patient volume. On the other are smaller, specialized practices that prioritize individualized treatment and manual therapy, often requiring out-of-pocket payment.

There's very little middle ground.

This system affects everyone. Physical therapists face burnout as they're forced to choose between quality care and productivity demands. Patients are left confused, wondering why their experience varies so dramatically from one clinic to another.

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.

Why Manual Therapy Matters

For injuries involving trauma, such as car accidents, sports injuries, or long-standing musculoskeletal pain, manual therapy isn't optional. It's essential. Skilled hands-on treatment helps reorganize damaged tissue, restore mobility, and retrain the body to move efficiently. Without it, connective tissue can heal in a disorganized way, leading to stiffness, compensation patterns, and prolonged recovery. While insurance limitations can make accessing this level of care challenging, patients deserve to understand their options. Asking whether you'll receive one-on-one time with a licensed therapist, whether manual therapy is included, and how personalized your treatment plan will be can make a meaningful difference.

The Hidden Cost of Rushed Care

When physical therapy becomes rushed, the impact goes far beyond inconvenience, it affects long-term health. Short appointments and split attention make it difficult to identify subtle movement patterns, compensations, or lingering restrictions that often contribute to chronic pain.

Many patients don't realize they're adapting around unresolved injuries. They learn to move differently without noticing, placing added stress on other joints and muscles. Over time, this can lead to secondary issues like back pain or hip discomfort.

Proper rehabilitation takes time. It requires listening to the patient, observing how their body moves, and adjusting treatment based on real-time feedback.

Quality physical therapy isn't just about getting someone back on their feet, it's about

restoring confidence in movement, preventing future injury, and helping people return to their lives stronger than before.

Choosing Care That Supports Real Recovery

At our clinic, we believe physical therapy should be personal, intentional, and results-driven. Every treatment plan is tailored to the individual, combining hands-on care with targeted movement to address both immediate symptoms and underlying dysfunction. Because when it comes to recovery, how you're treated matters just as much as that you're treated.

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

FEBRUARY PROMO

SHARE THE LOVE

GET A **FREE** STRETCH OR COLD LASER SESSION BY REFERRING A FRIEND

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

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



How Assisted Stretching Helps Improve Mobility and Reduce Muscle Tension

By: Trevor Field

Many people stretch on their own and still feel tight, stiff, or limited in their movement. While self-stretching can be helpful, it does not always address deeper restrictions or movement patterns that develop over time. Assisted stretching offers a more targeted approach by using professional guidance to help the body move more efficiently. This method supports flexibility, mobility, and overall comfort for active individuals and those dealing with everyday stiffness, and the experts at Form & Function Physical Therapy can help!

What Assisted Stretching Is and How It Works

Assisted stretching is a hands-on technique where a trained professional helps guide your body through specific stretches. Unlike stretching on your own, assisted stretching allows for better control, positioning, and range of motion. The provider can adjust pressure and movement based on how your body responds in real time. This approach helps target muscles and connective tissues that are difficult to stretch independently. The result is a more effective and intentional stretch experience.

Why Assisted Stretching Improves Mobility

Limited mobility often comes from tight muscles, restricted joints, or imbalances caused by repetitive movement. Assisted stretching focuses on improving how the body moves rather than just how far it stretches. By guiding the body through proper movement patterns, assisted stretching helps restore functional range of motion. Improved mobility can make everyday activities feel easier and reduce the strain placed on surrounding areas. Over time, better movement can support improved performance and reduced discomfort.

Reducing Muscle Tension and Everyday Stiffness

Muscle tension builds gradually through daily activity, stress, and prolonged sitting or standing. Assisted stretching helps release this tension by addressing muscles that are overworked or held in shortened positions. Because the stretch is guided, it can be more precise and effective than self-stretching alone. Many people notice a feeling of relief and lightness after a session. Reducing tension helps the body move more freely and comfortably throughout the day.

Supporting Recovery and Injury Prevention

Assisted stretching can be a valuable part of recovery and injury prevention routines. When muscles remain tight, they can pull joints out of alignment or limit proper movement patterns. Assisted stretching helps correct these issues before they lead to strain or overuse injuries. It can also support recovery by improving circulation and promoting relaxation in stressed tissues. When combined with physical therapy, assisted stretching contributes to a more well-rounded approach to movement health.



How To Make Turkey and Rice Meatballs

- 1. Preheat oven to 450 degrees F. Line a rimmed baking sheet with foil and oil the surface lightly.**
- 2. Mix ground turkey, cooked rice, garlic, parsley, egg, salt, paprika, cumin, pepper, oregano, cayenne, and olive together in a bowl using a fork. Portion mixture with a small scoop (between 1/4 and 1/3 cup) and place on prepared foil-lined baking sheet. Use your (wet) hands to form into round meatballs. Bake in preheated oven until browned, about 15 minutes.**
- 3. Pour chicken broth and prepared tomato sauce in a saucepan. Whisk in creme fraiche, sherry vinegar, and paprika. Transfer meatballs to tomato sauce. Set heat to medium high and bring to a simmer. Reduce heat to low and simmer until tender, 60 to 90 minutes. If sauce gets too thick, add a splash or 2 of broth or water. Remove from heat. Stir in parsley, salt, and pepper.**

Ingredients

- 1 pound ground turkey thigh meat
- 1 cup packed, cooked white long grain rice
- 3 cloves crushed garlic
- ¼ cup chopped Italian flat leaf parsley
- 1 large egg
- 2 teaspoons kosher salt
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon dried oregano
- ⅛ teaspoon cayenne pepper
- 1 tablespoon olive oil
- Sauce:
- 2 ½ cups prepared tomato sauce
- 1 cup chicken broth, plus more as needed
- ⅓ cup creme fraiche
- 1 tablespoon sherry vinegar
- 1 teaspoon paprika
- 2 tablespoons chopped Italian flat leaf parsley
- salt and pepper to taste