



THE REAL NEWSLETTER

NOVEMBER 2015

ISSUE NO. 2



Follow Us

We are Thankful for all our awesome REAL PT patients. So, this November we are planning some fun and easy **contests** to give back to you.

You have a chance to win either a \$50 Gift Card to H-E-B or TWO Movie Passes.

Stay inside the loop by following our social media sites, so you don't miss out on one of our contests!

REAL Tip Alert!

Did you know?

A study published in The Journal

of Orthopaedic & Sports Physical Therapy suggests that pregnancy causes biomechanical changes to a runner's stride that can linger **after childbirth.**

Seeing a Physical Therapist during or after pregnancy can greatly help by teaching you how to strengthen pelvic muscles.

Our Clinic in October Lost

80.9 pounds



That's The Same as



2 Five Gallon Bottle Waters

Breaking News!

In the first month of the launch of our **Ideal Weight Loss Program** our clinic has lost 80.9 pounds!

We are so happy to see the REAL change in our patients.



Try this REAL Healthy Recipe!

Chicken Cutlet with Vegetable Pearl

What you need:

- 7 oz chicken, cut in two
- 1 cup zucchini, blanched & pearled
- 2 elephant garlic clove, baked
- 1/2 cup vegetables coulis
- 1 cup baby bok chop, blanched 1/4 tsp grape seed oil

Directions:

1. In a hot non-stick pan, add grape seed oil, chicken sprinkled with sea salt and paprika; let sear on both sides.
2. Add zucchini pearls, baby bok choy and garlic.
3. Place vegetables and chicken on a plate and drizzle with vegetable coulis on top.

For more healthy recipes check out:
LowFatLowCarb.com

Join Us!

Our Next Educational Seminar is...

November 10, 2015 at 6:15 PM

R.S.V.P. Call 210.561.8690
(Every Second Tuesday of the Month)



Basketball Season is Here!

Basketball is a fast action sport that can cause many different injuries, the most common injuries that occur deal with the foot, ankle, knee, and hand. Basketball players are high-risk for sprained ankles, jammed fingers, and stress fractures. Keep your body safe on the court with some of these simple tips.

Tips:

- Warm up by stretching before practice
- Maintain fitness and health with healthy eating habits
- Stay hydrated (Drinking an additional 8 ounces of water or sports drink right before exercise is helpful)
- Wear properly fitted shoes
- If injury occurs seek proper treatment to avoid further damage

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