

# happy healing:

HOW POSITIVE THINKING CAN  
SPEED THE RECOVERY PROCESS

Scientific studies are beginning to show that positive thinking has a direct impact on

how fast and how well you heal.

When scientists at the University of Michigan fooled study participants into believing they had been given a painkiller,

the participants' bodies immediately produced endorphins - the body's natural painkillers - in response to the suggestion.

Hold positive thoughts, and get better faster!

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## finding support in your recovery process

Your physical therapist must be aware of your individual needs and design a personalized treatment plan at a pace that is comfortable for you.

Little will disrupt your life more than an injury that inhibits your movement and keeps you from your normal activities. Such an experience can cause you a great deal of anxiety, as you worry about pain and the length of time it will take before you're back to your old self.

That's where your physical therapist comes in. The right physical therapist will become your health advocate, your cheerleader, your support system, and a collaborator in your recovery. A skilled therapist will be able to evaluate your body to determine the best treatment plan based on your injury or ailment, your range of motion, your history, your lifestyle, and your personal goals. The plan will include home exercises and follow-up evaluations after treatment has ended.



Your therapist will empower you to keep going when you grow tired but won't push you beyond your limits. A gentle approach that moves gradually toward healing will bring steady results as you move toward your objective.

Of course, the objective is always 100% relief from pain and dysfunction. When this is not possible, however, your therapist will strive to help you achieve a result as near 100% as is possible for you.

## WELLNESS TODAY

### 3 EASY STEPS TO INCREASING MOBILITY



1. Stretching is vitally important to increase mobility and prepare for exercise. Hold each stretch for 15 seconds, until you feel tension, but not pain.



2. Joint rotation exercises are a great way to increase mobility. Gently rotate your neck, shoulders, wrists, arms, and ankles in both directions. Making these exercises a part of your warm-up routine will reduce your risk of injury.



3. When your hip joint is stiff, you are at greater risk of injuring your back and knees. Gentle leg swings will lubricate the hip joint and increase hip mobility.