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How Physical Therapy Can Help You Get Healthier

Health & Wellness Newsletter

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At Therapy West Physical Therapy, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

What It Even Means to “Be Healthy”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

New Year, New Insurance Benefits!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits may have renewed. This means a whole new year to make the most of your benefits. Let Therapy West Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.





5 Easy Tips for Sneaking In Physical Activity

1. Park at the far end of the parking lot, so you have to walk a little further to get to the store.
2. Take the stairs whenever possible.
3. Do some stretches or core exercises while you're watching TV.
4. Go for a quick walk around your building during your lunch break.
5. Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!

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Simple Tips for Healthy Living From Our Physical Therapists

- **Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- **Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- **Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of “health food” status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.
- **Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.

- **Meditate Daily:** Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

Physical Therapy's Role in Promoting Good Health

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we'll create a customized program that addresses your unique needs.

Find Good Health with Therapy West Physical Therapy!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. **To get started, call us to schedule an appointment today!**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/>, <https://www.who.int/about/governance/constitution>, <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>

Stop letting pain get in the way. Give us a call or visit www.TherapyWestPT.com today!

EMG/NCV: A Powerful Tool for Evaluating Muscle Health

One way to help identify and address any barriers between you and good health is an EMG/NCV test. This test is a simple diagnostic procedure that allows us to evaluate your muscle and nerve function.

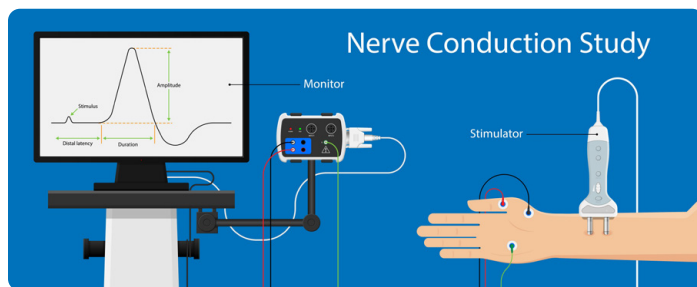
EMG/NCV testing is actually two separate tests that are typically performed together:

An EMG (electromyography) test uses needle electrodes inserted into a muscle to measure its electrical activity while flexed and at rest.

An NCV (nerve conduction velocity) test uses electrodes attached to your skin to measure how quickly nerve signals travel from one point to another.

Together, these two tests can provide a wealth of information we then use when developing treatment plans. They help us...

- Diagnose or rule out underlying medical conditions
- Gain a better understanding of your symptoms
- Monitor your progress as you work through treatment



What Can I Expect During Testing?

The process for an EMG/NCV test is straightforward. A session will generally last between 60 - 90 minutes, and you don't need to do anything to prepare beforehand.

Your referring physician will review the results once the test is completed and develop a treatment plan. Your physician receives these results within 48 hours of your EMG/NCV test.

Think you might benefit from an EMG/NCV test as part of your quest to get healthier? **Call us to schedule an appointment and learn more!**

Source: <https://medlineplus.gov/lab-tests/electromyography-emg-and-nerve-conduction-studies/>

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