



No Referral Needed!

You no longer need a referral for physical therapy! Come see us and take hold of a changed life today!

Don't Let Your Back Suffer This Holiday Season

COMPLEATREHAB.COM

Compleat Rehab
and Sports Therapy

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Don't Let Your Back Suffer This Holiday Season

The holidays are upon us! Family events, gift-giving, and great food are all in store for us. But guess what else might be too?

Back pain!

As we prep for our holiday season, it's essential to understand ways to prevent back injuries from occurring. Compleat Rehab & Sports Therapy has put together some tips for taking care of your health during this busy time of year!

3 Tips For Avoiding Back Pain

With all the decorating and heavy lifting that the holiday season brings, it's easy to pull a muscle in your back. You might not even notice until days after the injury occurred!

Here are three tips for avoiding back pain this season.

1. Warm-up and stretch first!

Don't just jump out of bed and begin setting out fake reindeer and decking the halls! Stretch your body out a little bit. Aim to lat east be up and moving for about 45 minutes before starting bending or lifting heavy decoration boxes down from the attic!

2. Lift with your knees, not your back.

You knew this one was coming! Always lift with your knees and not

your back. Tighten your stomach muscles as you lift an object or lower it to the floor. Avoid twisting your trunk to prevent back injuries.

3. Safety First

You can take simple steps to ensure you are safe while hanging lights or putting up the tree. Take breaks every 30-60 minutes to make sure you aren't over-extending the muscles in your back as you bend, lift, and reach for items.

Call Our Clinic Today

You deserve to enjoy your holidays without back pain. If you're already suffering from a back injury or would like to learn about more ways to prevent one, we're here for you!

A physical therapist can assess your condition and symptoms, and create a customized plan that will be aimed at relieving your back pain.

Call Compleat Rehab & Sports Therapy to schedule an appointment with a physical therapist so that you can have the best possible holiday season!

**Our goal is to help you reach yours!
Come back into our clinic for treatment
and take a step towards better health.**

Let's get you better ASAP! Call today to schedule your appointment.

China Grove	(704) 859-5040	Lincolnton	(704) 748-0516	South Gastonia	(704) 830-2136
Gastonia	(704) 824-7800	Locust	(704) 781-4090	Steele Creek	(704) 295-4121
Harrisburg	(980) 255-3610	Mint Hill	(980) 729-6525	Mount Holly	(980) 477-8420
Highland Creek	(980) 288-5440	South Charlotte	(704) 751-0532		

Use Your Insurance Benefits Before The End Of The Year!



There's no way around it: health insurance benefits can be absolutely mind-boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Compleat Rehab & Sports Therapy could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Compleat Rehab & Sports Therapy for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!

CompleatRehab.com



Our Patients Get Great Results!

"I love this location. They greet me by name when I come in and are super friendly. Harrisburg is such a nice area. I highly recommend this location!"

Google 5-Star Review
Harrisburg Clinic

Roasted Butternut Squash



- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tbsp good olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper

Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

<https://www.foodnetwork.com/recipes/ina-garten/roasted-butternut-squash-recipe-1921606>



Seasonal Superfoods Spotlight

Every season brings a new selection of nourishing, whole foods. Though supermarkets typically have a vast selection of produce year round, there are some serious benefits to eating foods that are in season.

To start, food that's in season just tastes better– it's fully ripened and harvested at the perfect time– and you can taste the difference. Eating seasonal food is also better for the environment and can save you money!

Check out this list of superfoods for the upcoming seasons:

Fall

- Sweet potatoes and pumpkin: These superfoods boast huge amounts of vitamin A– and excellent flavor too! Sweet potatoes specifically are rich in potassium, calcium, vitamin C, and antioxidants.
- Cruciferous vegetables: Vegetables in this category include turnips, collards, brussel sprouts, cauliflower, cabbage, and broccoli.
- Pomegranates: These fruits are rich in antioxidants and can actually boost brain function! Impressive, right?

Winter

- Kiwi: These fruits are full of nutrients, vitamins, and minerals. In fact, there is more vitamin C in a kiwi than in an orange!
- Pears: There are many different types of pears, each with their own season, though the majority are available throughout the winter. Pears are high in vitamin C, antioxidants, and fiber.
- Rutabaga: These are a bigger, more nutritious relative of turnips that are in season from October to March. This vegetable is high in Vitamin C, Potassium, and fiber.

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Exercise Essentials



Trunk Rotation Chair

Sit tall on the edge of the chair with feet flat on the ground. Inhale and raise arms over head. Exhale and turn your trunk to one side as you lower arms. Keep feet flat on the floor and do as large a rotation as possible while maintaining balance. Switch directions. Repeat 6 times.



*Exercises copyright of
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We Offer Free Consultations!

Call your nearest Compleat Rehab & Sports clinic or visit us online at CompleatRehab.com today to schedule your free consultation!