

# CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

## Newsletter

### Remain Positive:

Have you heard of or read Norman Vincent Peale's 'The Power of Positive Thinking' (1952). This self-improvement classic has inspired countless people over the years in a variety of fields. While Peale is often criticized for the religious overtones of 'Positive Thinking', there is no doubt that positive thoughts can influence daily living for the better.

Recovery from traumatic injury is one area where a positive attitude can make a big difference. Increasingly, Physical Therapists are emphasizing the mental and psychological aspects of their patients' approach to rehabilitation in making a full recovery.

Acute and chronic back pain is but one example of where positive thinking can make a difference. As recently as October 2008, the U.K.'s Chartered Society of Physiotherapy (CSP) focused on the role of positive thoughts in long-term pain treatment and management during its 'Back Care Awareness Week'. There are no magic bullets when it comes to the back, so it's important to follow an integrated approach to healing that emphasizes both our thoughts and actions.

Mental barriers to physical recovery often become a self-fulfilling prophecy. A patient may be stressed or fearful of attempting certain activities, motions and skills and thus needlessly prolong her recovery.

What does this mean for long suffering patients? Hopefully, a future without addictive painkillers, unnecessary surgeries, or additional health issues. This is where family, support groups, and a responsible physical therapist can all play vital roles. They are well-positioned to keep spirits high and encourage us during rough times.

A positive mental attitude is a prerequisite for achieving personal and professional goals. Conversely, negative thoughts are a roadblock to success and are sure to prevent you from:

- Getting to physical therapy appointments on time and meeting performance goals.
- Carrying through on home exercises recommended by your physical therapists.
- Maintaining good post-treatment lifestyle habits (e.g. better posture and breathing habits).

During rehabilitation, it's important to set manageable milestones and celebrate small wins as they occur. Do whatever it takes to remain hopeful, and be especially vigilant about avoiding negative people and pessimists. Keep body and mind working together.

Commencing pt treatment provides an excellent base for healing. However, staying positive and remaining hopeful throughout the recovery process is also very important. Regardless of your injury, regaining full use of an arm, leg or other body part is as much a mental exercise as it is brute physical effort.

### STRATEGIES FOR DEALING WITH STRESS

1. **Recognition:** Knowing what types of events affect you the most.
2. **Stress management:** See what works for you; exercise, gardening, music, reading, meditation and deep breathing are all possible answers.
3. **Stress prevention:** Becoming a more decisive person, refusing to procrastinate, delegating authority to a strong team at work; remaining positive and acting within your capabilities.

A great way to work off stress is to get moving. You can join a gym, work out in your bedroom or garage, or just take a walk to get your endorphins going. You can also try exercising together with your family and friends. Another great way to de-stress is to get a massage. When stressed, parts of your body may tense up even without you noticing – massage is fantastic to loosen up any tension and make you feel great.

[www.aspleyphysiotherapyclinic.com](http://www.aspleyphysiotherapyclinic.com)



## Meet Casandra

The primary focus of Casandra's training method is to introduce the power of wellness through human connections. Casandra's magnetic life story offers a candid non-textbook personal connection to your fitness and wellness experience. Understand the importance of true authenticity through Casandra's positive coaching skills allowing you the freedom to express your true uniqueness in a positive uplifting way. Experience how to better ignite your own strength through Casandra's wellness based instructing.

Many instructors and trainers recognize the importance of "Personal story" but, only one has devoted her attention and true passion of sharing a humble beginning and powerful crossings. She's crafted her trainings in a way that allows others to physically show how they get through a challenge: possibly remembering a moment in their life where they push and overcame a challenge. Casandra Stouder, Fitness Instructor, Native American Female Fitness Power House! Mother, wife. Health and wellness advocate, promoter, model, events coordinator, motivational speaker, team building facilitator and much more.

"I'm always humbled and certainly glad to share that I'm a Mom first, I have two children my daughter who is 13 and my son, he's 9. I currently stay very busy with my very active family through athletics/travel/extra curriculums and try my best to balance my home life as mother and wife. I'm Native American, representing as both Navajo and Seminole tribes. Navajo on my mothers side from Teesto, AZ. and Seminole from Oklahoma on my Fathers side. My grandparents are the reason why I love my work and the reason I think personal story is so important to each persons wellness journey. It's through their traditional Native American teachings that connects me better to those I serve. My grandfather would wake me to an early 4:30 am prayer run most mornings and he taught me to set up each day with self connection & spirituality. This practice has uniquely and efficiently taught me how to endure challenges with myself and my career. My oldest sister with Cerebral Palsy, is the reason why I live to the fullest in every positive way because she will never experience daily speech, sight, physical movement or communication. For work I push and strive as a Motivational Speaker, Wellness Coordinator and Fitness Trainer both locally in the Prescott area and Nationally with Native American Fitness Council.



In line with the many things I do I'm excited to share that I'm a lead fitness instructor on all levels (8 years experience) I've worked at all the fitness facilities/ gyms in my previous hometown of Payson, AZ. as well as all the schools, K-Community College and surrounding businesses as well as gated communities in Payson. I represent myself and kindly greet (usually) as the only Female Native American Fitness Guru, I am a youth, adult and elderly educator and coach (running, softball, football, team building, non-profits & more), Master trainer for Native American Fitness Council nation wide, health and fitness promoter advocate (public speaking nationally). I push hard everyday to motivate and strive for my Native race and ALL PEOPLE I can inspire! I love my work. I connect greatly to people and their unique stories. I'm a "need to know person"... I need to know you, where you come from and how I can spend a short time in your journey to be a positive influence somehow~ Health and Wellness is what I believe in and something I will always love doing for myself, my family and those I connect with!

I have a story just like you. I tell my story every chance I get and awesomely enough... It's become a very fulfilling career. Thank you for reading my share. Let's workout!

Favorite style of instructing: High energy, group icebreaker and games, boxing, core training, athletic yoga, kickboxing, interval training and team building.

## STIMULATING YOUR BRAIN THROUGHOUT LIFE PROVIDES PROTECTION LATER ON

By Dr. Mercola

The research suggests that the sooner you start challenging your mind, the better, as those with more frequent cognitive activity over their lifespan fared the best, cognitively, in their later years. Researchers wrote: *“More frequent cognitive activity across the life span has an association with slower late-life cognitive decline that is independent of common neuropathologic conditions, consistent with the cognitive reserve hypothesis.”*

The cognitive reserve hypothesis suggests that people with greater cognitive abilities (education, knowledge, etc.) have better cognitive function later in life, and may even be able to delay some symptoms of dementia despite physical changes in the brain that would typically be related to such symptoms in others.

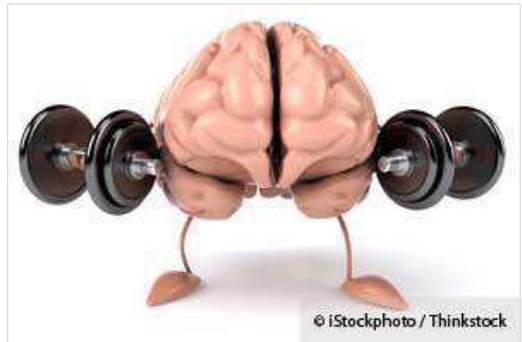
The latest study supports this hypothesis, as have many before it. One such study showed, for example, that mice with the rodent equivalent of Alzheimer’s disease given high levels of cognitive activity throughout their lives were protected against memory impairment.<sup>2</sup> The researchers noted: *“... our data suggest that humans who emphasize a high lifelong level of cognitive activity (over and above social and physical activities) will attain the maximal environmental protection against AD [Alzheimer’s disease].”*

### YOUR BRAIN: USE IT OR LOSE IT

Research into brain plasticity has proven that your brain continues to make new neurons throughout life in response to mental activity, which means that cognitive function can be improved, regardless of your age, and cognitive decline can be reversed.

However, if you don't sufficiently challenge your brain with new, surprising information, it eventually begins to deteriorate. In my interview with Dr. Michael Merzenich, professor emeritus at the University of California, who has pioneered research in brain plasticity (also called neuroplasticity) for more than 30 years, he explained:

*“Generally, by the third or fourth decade in life, you're in decline. One of the things that happens across this period is that you go from a period of the acquisition of abilities to largely using those abilities that have been acquired earlier in life. By that I mean to say, the fundamental skills that you apply in your profession or in your everyday life are things you master, and you're doing them without thought. To a large extent, you're operating most of your day without really being consciously engaged in the things you're doing... I've gone without really thinking very much about the physical acts of driving. I'm substantially disengaged.”*



### 5 TIPS TO STRENGTHEN YOUR COGNITIVE FUNCTION

There are multiple strategies you can use on a daily basis, as part of your day-to-day lifestyle, to help maintain optimal brain fitness:

1. **Get 15-30 minutes of [physical exercise](#) each day**, and while exercising, think about using your brain to control your actions. Exercising while [listening to music](#) has also been shown to prompt beneficial brain changes.

2. **Spend about five minutes every day working on the refinement of a specific, small domain of your physical body.** Dr. Merzenich explains:

*“That is to say, move in a very variable and controlled way – variable in speed, variable to reach a target, for example, with your big toe or your little finger. Do that every day. I do that in a systematic way, because I'm trying to maintain the fidelity of the neurological control movement. I know that I'm very much thinking about the feeling in my movements as I do that.”*

3. **Find ways to engage yourself in new learning** as a continuous aspect of your life, such as taking on new hobbies and purposefully learning new skills.

4. **Stay socially engaged.**

5. **Practice "[mindfulness](#),”** in which you're attentively focusing on the world around you again, as if you're seeing it for the first time.

JULY—OCTOBER 2015

CANYON PHYSICAL  
THERAPY & AQUATIC  
REHABILITATION

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**Hours**

Monday, Wednesday, Friday - 7am-6pm  
Tuesday, Thursday - 8am-7pm  
Saturday - 8am-5pm

September/October  
2015 Calendar of  
Events

September 7 – CLOSED  
September 11 – Patriot Day  
October 3 - CLOSED  
OPEN-October 12 Columbus Day  
October 31 - CLOSED  
Happy Halloween!

**Canyon Wellness Program**

**Our facilities are available to Wellness Program members  
Monday—Friday during regular business hours.**

**[AquaFit Class Monday, Wednesday, Friday 12:00 pm-1:00pm](#)**

**[RealFit Strength Class Tuesday & Thursday 12:30pm—1:30pm](#)**

CPTAR Services

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).

**Visit our website:  
[www.canyonpt.com](http://www.canyonpt.com)**

