



South Jersey Physical Therapy

September Newsletter



WE IDENTIFY AND TREAT THE ORIGINS OF PAIN OR "ROOT CAUSE ISSUES" INSTEAD OF SIMPLY MANAGING THE SYMPTOMS. OUR ONE-ON-ONE PHYSICAL THERAPY SESSIONS ALLOW US TO DEDICATE OUR UNDIVIDED ATTENTION TO EACH AND EVERY PATIENT.

UPCOMING COMMUNITY EVENTS,
FALL WORKSHOP, FALL RECIPES
AND MORE....



I3 MODEL DESCRIPTION

Incomplete mechanics is not being able to complete a given technique correctly.

Mobility, Stability and Strength are lacking. This will eventually lead to an Incident (sprains, strains, tightness, spasms, tension), which is caused by a forced movement. Reoccurring incidents lead to Injury (disc herniation, joint issues, chronic inflammation, fractures), causing the inability to perform daily task.

Be sure to check out this video below!

I3 Model Demo

Click this link to leave us a Google review!




I3 MODEL



Contact us today for Your Initial Consultation or to register for our workshop

 (609) 845-3585

 info@southjerseypt.com

 www.southjerseypt.com

HELLO *fall*

Productivity & Mindset Workshop

Dr. Ken and Dr Leo educate us on how our mindset affects our productivity, focus and overall health. As we say, "The sight of pain is often NOT the cause of the pain". Some of the chronic pain, fatigue and feelings of failure we can experience as adults, has to do with our lack of strategy in prioritizing our health. Learn effective ways to plan ahead and accomplish goals, in order to increase overall health, wellness and productivity.

Registration Information

- **Date: Tuesday, September 26 (6-8pm)**
- **Location: 1299 Route 38, Suite 9, Hainesport**
- **Cost: \$25 per guest**
- **Email: info@southjerseypt.com**
- **Phone: (609) 845-3585**

southjerseypt.com





COME AND
SEE US AT
HOLISTIC HEALTH & HEALING
EXPO

 **OCTOBER 1, 2023**

 **11AM-5PM**

 **THE WESTIN
MT. LAUREL, NJ**

MORE INFORMATION

 info@hhhexpo.com

 hhhexpo.com

REGISTER TODAY FOR FREE TICKETS!

VISIT US



**Come see the SJPT Team and many other
holistic healers at this years expo!!**



Fall Recipes

Creamy Roasted Butternut Squash Pasta with Sausage and Spinach

Prep Time: 30minutes

Total Time: 1hour 10minutes

Cook Time: 40minutes

Servings:4 people

Ingredients

- 2 cups butternut squash
(peeled, seeded, and cubed)
- 1 tablespoon olive oil
- salt and pepper
- 1 tablespoon olive oil
- 1/2 lb ground sausage

Creamy Pasta Sauce

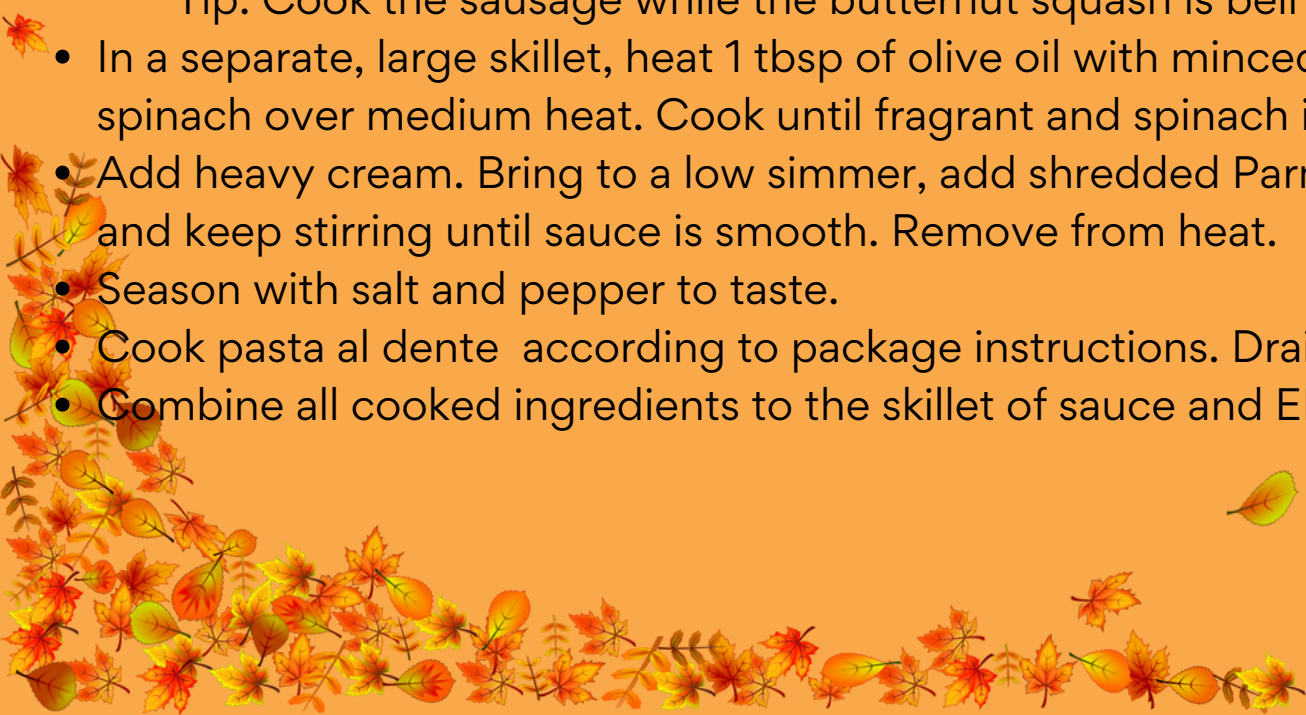
- 1 tablespoon olive oil
- 4 garlic cloves minced
- 6 oz spinach
- 1 cup heavy cream
- 1/3 cup Parmesan cheese shredded
- 1/4 teaspoon salt
- 8 oz farfalle (bow tie pasta)

Instructions

- Preheat oven to 400 F.
- Toss cubed butternut squash with olive oil, salt, and pepper on a parchment paper-lined baking sheet. Roast in the preheated oven for 30 minutes
- In a medium skillet, heat 1 tablespoon of olive oil on medium heat.
- Add crumbled sausage and cook through. Remove from heat and set aside.

Tip: Cook the sausage while the butternut squash is being roasted.

- In a separate, large skillet, heat 1 tbsp of olive oil with minced garlic and spinach over medium heat. Cook until fragrant and spinach is wilted.
- Add heavy cream. Bring to a low simmer, add shredded Parmesan cheese and keep stirring until sauce is smooth. Remove from heat.
- Season with salt and pepper to taste.
- Cook pasta al dente according to package instructions. Drain.
- Combine all cooked ingredients to the skillet of sauce and ENJOY!



Fall Recipes

No Bake Pumpkin Spice Energy Bites

Prep Time: 30 Minutes

Total Time: 30 Minutes

Yields: 24 bites

Ingredients

- 1 cup peanut butter
- 1/2 cup pumpkin puree
- 1 tsp vanilla extract
- 1/2 cup maple syrup
- 1 1/2 cups rolled oats
- 1/4 cup chia seeds
- 1 tbsp. pumpkin spice
- 1/2 cup dark chocolate chips
- 1/4 cup pumpkin seeds



Instructions

- Add the peanut butter, pumpkin purée, maple syrup, and vanilla extract to a mixing bowl and use a wooden spoon to stir until well combined.
- Next, add rolled oats, chia seeds, pumpkin seeds, chocolate chips, and pumpkin pie spice to the bowl. Stir until everything is well combined and you have a “dough”. (add a bit more oats if your batter is too sticky)
- Place the mixture in the freezer for fifteen to twenty minutes to chill and firm up a bit.
- Remove the dough from the freezer and use a cookie dough scoop to scoop the mixture and use your hands to roll into balls. Store the energy bites in an air-tight container in the fridge or freezer
- Enjoy whenever!