

# MEDIA

## BLOG

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### **Spice Up Your Walk**

How to Spice up Your Walking Routine. By: CPR Physical Therapy + Performance Co-founder & Partner: Julie Ellis PT, dipACLM Walking is the easiest and quickest access to exercise and can be enjoyed by all ages. This article will address the best tools to spice up your walking regimen, improve your brain function, increase agility, strength and balance while enjoying your daily walk. Neuroscience research proves that you can strengthen the connections in your brain that focus on memory, atte...

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Posted on **2024-03-18**

### **Balance**

Enhancing Balance:. The Science Behind Effective Balance Training. -Marc Lambert, DPT; CPR Employee Balance is a fundamental aspect of human movement and functionality. From simple daily tasks like walking and standing, to more complex athletic activities. Maintaining balance is crucial for injury prevention, performance optimization, and overall well-being. As a physical therapist, I've observed the impact that balance training can have on individuals of all ages and abilities. In this guide...

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Posted on **2024-02-09**

### **Post-Concussion Syndrome**

Post-Concussion Syndrome. Written By CPR Employee: Brandon Walker, DPT, ATC The year is 1996, you're watching your favorite sitcom and a Snickers commercial pops on. During the commercial a football player takes a hard hit. As he goes to get up his coach runs over to him, tells him to hold on, and asks: "Where are you?" "New York" "Who am I" "You're Coach" "And who are you? .....in a deep voice &ldqu...

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Posted on **2023-12-11**

### **Stress & Pelvic Pain**

Stress and its Relation to Pelvic Pain. -By Sami Ashenbrenner, DPT, PCES; Partner at CPR One fact of life is that stress is a universal aspect of living. Although many of us learn successful coping skills over the course of a lifetime, stress may lead to processes within our body which are unseen but may have physical effects and addition to emotional symptoms. From a physical therapy standpoint, mental stress, anxiety, and depression can be a major piece of the puzzle when addressing pain, thu...

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Posted on **2023-11-08**

### **Bone Bruising**

Bone Bruising Can Affect Anyone. -Buck Taylor, PTA; CPR Employee My son came to me last year after a game complaining of excruciating knee pain. So naturally we sent him to the dr and prayed for the best. The results were a blessing in that nothing was ruptured, torn or avulsed. However that didn't mean the

pain wasn't nearly debilitating. Bone bruising, often overlooked compared to fractures and other orthopedic injuries, can be a painful and debilitating condi...

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