

Resources

Blog

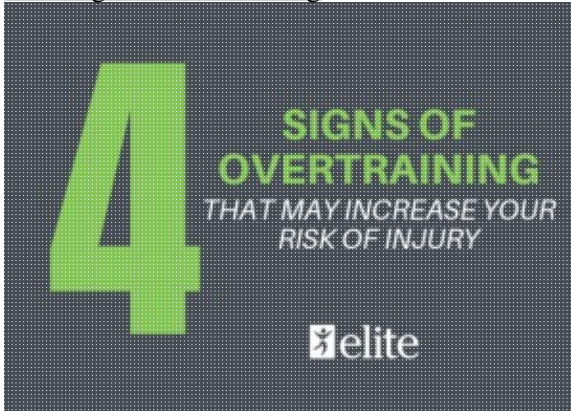
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Page 1 of 9

[Next >](#)

[Four Signs of Overtraining](#)



4 SIGNS OF OVERTRAINING THAT MAY INCREASE YOUR RISK OF INJURY Exercise and persistent training is critical if you want to reach new heights and improve your performance. However, it comes with a caveat...overtraining. Overtraining can have a diminishing impact on your performance, moods, and overall health, and can even make you more susceptible to experience an injury. This would not only put you back in your training, but would likely cause even MORE frustrations than trying to comba...

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Posted on **2019-10-07**

[Garden Fresh Protein Pasta Salad](#)



By Holistic Health by Holly, Certified Nutritional Therapy Practitioner Are you looking for a quick, flavorful recipe that utilizes some of your fresh summer produce? We've got you covered! Today we are sharing a pasta salad recipe from Holly, a Certified NTP. This pasta salad was developed with the intention to embrace all things summer -- cool food, with fresh produce, and summer spices. Many times we overthink recipes and healthy eating, or we simply do not know what to do with a fr...

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Posted on **2019-08-19**

[Lemon Blueberry Thumbprint Cookies \(Gluten & Dairy Free\)](#)



By Holly Smothers, Certified Nutritional Therapy Practitioner One of the great things about thumbprint cookies is that you can create a spread of flavors in just one batch. You can switch up the flavor extracts within the cookie dough, and/or you can use various jams on top of different cookies! And if you are feeling really creative, you could even combine two jams on one cookie. A great flavor combination for the summer months is lemon and blueberry! This is created by using lemon oil in t...

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Posted on **2019-07-24**

[Shoulder Strength, Stability, & Injury Prevention For Combat Athletes](#)



Shoulder Strength, Stability, & Injury Prevention For Combat Athletes By Justin Snead, DPT Calling all combat sports athletes...Have you ever been doing any grappling or ground fighting where you've had to post on your hand to keep your balance? There is a reason for that... This is an unnatural movement for your shoulder, because you are putting a lot of pressure and force down through those shoulder muscles. It forces the ball, from the ball and socket joint in the shoulder, back...

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Posted on **2019-07-15**

[Core Workout For Seniors](#)



CORE WORKOUT FOR SENIORS By Biagio Mazza Is your body different as a senior than when you are in your 20's? For sure there are things that are different, BUT biomechanically, it's the same. However, because of the aging process, we may experience weakness or control issues within the core. The way to reactivate the core is to get back to the basics of core exercises. So, while we can call these "Core Exercises For Seniors" they are all just basic things that if...

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Page 1 of 9

[Next >](#)