



STAY STRONG THIS SEASON.
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A NOTE FROM DR. ALEXIE
HARTLEY.
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INSURANCE DEDUCTIBLES
AND COMMUNITY EVENTS.
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HAPPY THANKSGIVING!
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STAY STRONG THIS SEASON

This Thanksgiving, give thanks for your health and take proactive steps to prevent aches, stiffness, and injuries as the temperatures drop. Our team helps you move smarter, strengthen your body, and prevent cold-season injuries so you can enjoy every activity without setbacks.

NOVEMBER NEWSLETTER

STAY STRONG THIS SEASON

PREVENT INJURIES AND STAY ACTIVE AS THE TEMPERATURES DROP.

November 2025 Monthly Email/Newsletter from Midland Sports Rehab, and the Midland Stretch Center.

Our Mission

As the weather cools and the holidays approach, our routines shift — outdoor activities slow down, muscles tighten up, and the risk of aches, strains, and injuries increases. But staying active and pain-free through the colder months is possible with the right preventative care. At Midland Sports Rehab, we believe wellness isn't seasonal — it's year-round. Whether you're running a Turkey Trot, raking leaves, or simply spending long hours at a desk, the colder weather can make muscles and joints more vulnerable to stiffness and strain.

4 Ways to Protect Your Body This Season

1. Warm up before activity.
 - Cold muscles are tight muscles — add extra time for stretching and movement before you exercise.
2. Stay consistent with movement.
 - Even short daily walks or gentle stretching help maintain flexibility.
3. Hydrate and nourish.
 - Don't skip water just because it's cold!
4. Listen to your body.
 - Early intervention prevents small aches from becoming injuries.

Use Your Benefits

As the year continues and the weather cools, now is the perfect time to prioritize your health and take full advantage of your insurance benefits. Many patients have already met their deductibles, which means you can continue or begin your chronic pain relief and preventative care with little to no out-of-pocket expense. Don't wait — using your benefits now ensures consistent care, helps prevent seasonal stiffness or injuries, and keeps chronic pain under control before the year ends.

"Our team is here to keep you active and injury-free this cold season with personalized preventative care, helping your body stay strong, resilient, and ready for all your daily activities without limitations".



At Midland Sports Rehab, we're dedicated to keeping you active, comfortable, and pain-free as temperatures drop. The cold season can make muscles tighten and joints stiffen, increasing the risk of aches and injuries. Our team provides comprehensive, personalized care focused on prevention — helping you maintain flexibility, improve mobility, and protect your body from strain before it starts. With the end of the year approaching, now is the perfect time to invest in your health and make the most of your insurance benefits before they reset. Book your appointment today and take proactive steps to manage pain, prevent injuries, and stay at your healthiest this cold season.



A NOTE FROM:
DR. ALEXIE HARTLEY
PHYSICAL THERAPIST,
MIDLAND SPORTS REHAB

"My focus is on helping patients move better, feel better, and prevent injuries through proven, movement-based techniques that improve strength, flexibility, and overall function. As we enter the colder months, muscles and joints can tighten, making it more important than ever to stay active and maintain mobility. Whether you're managing chronic pain or simply want to keep your body performing at its best, our team is here to help you stay strong, flexible, and injury-free throughout the cold season".



USE IT BEFORE YOU LOSE IT!

If you've met your insurance deductible this year, congratulations! You've unlocked your insurance potential by reaching your annual deductible! Now, it's time to make the most of your insurance and prioritize your health.

Our clinic is here to help you make the most of your coverage and ensure that you receive the best possible care. We'll work with you to create a customized treatment plan that meets your specific needs.

And best of all, with your deductible already met, there's no need to worry about large out-of-pocket expenses! HSA/FSA accounts can be used for ALL services too! So don't wait any longer, give us a call and let's finish 2025 strong together.

CELEBRATE THE HOLIDAYS AND SUPPORT OUR MIDLAND COMMUNITY COMMUNITY EVENTS NEXT WEEK

MIDLAND SANTA PARADE

Downtown Midland

November 22nd 10:00AM – 12:00PM

COCOA CRAWL

Downtown Midland

November 22nd 12:00PM – 2:00PM



THIS THANKSGIVING, GIVE THANKS- AND GIVE THE GIFT OF WELLNESS.



GIFT CARDS ARE AVAILABLE FOR IN-STORE PURCHASE



BOOK AN APPOINTMENT TODAY AT MIDLAND SPORTS REHAB —
AND TAKE PROACTIVE STEPS TO MANAGE PAIN, PREVENT
INJURIES, AND STAY AT YOUR HEALTHIEST THIS COLD SEASON.

