

Physical Therapy News

From Your friends at xxxxxxx Physical Therapy



EMPLOYEE Spotlight



Marsha Geller PT, DPT

Marsha is the newest addition to our team. We welcome her aboard!

TESTIMONIALS

Please insert your own patient testimonials here. Try and be as detailed as possible your patient testimonial. You don't have to restrict yourself to a testimonial only. You can also use other content instead of testimonials. The following is an example of a testimonial:

I have worked with Jane for over a year now and am amazed with her skills as a therapist!

Thanks! James M.

Tip: Did you know the content in each Therapy Newsletter can be repurposed by you in any manner? Contact a local editor and use this content in a local newspaper column to gain visibility and recognition in your community.

Exercising Without Injuring Yourself

The intensity at which you exercise will determine what you get out of it. If your goal is to lose body fat, then you need to exercise at a different intensity compared to someone who trains to build muscle / tone up.

The answers to these questions hold the key to determining whether or not you get the right results from exercise.

Unlike bones and joints, muscles have a greater blood supply. Muscles can regenerate and respond quickly to the demands of exercise. The goal of all your exercise-related efforts

should be to strengthen muscles (expect occasional soreness) and avoid overload of the bones and joints (likely to cause pain and injuries). Typically, exercising with weights can cause soreness, which is a dull aching pain in the muscles. This soreness generally subsides in a 2-3 days, during which your muscles get a chance to rest and emerge stronger.

On the other hand, aerobic exercises like walking, cycling and swimming typically do not cause muscle soreness. They serve a different purpose, and are invaluable

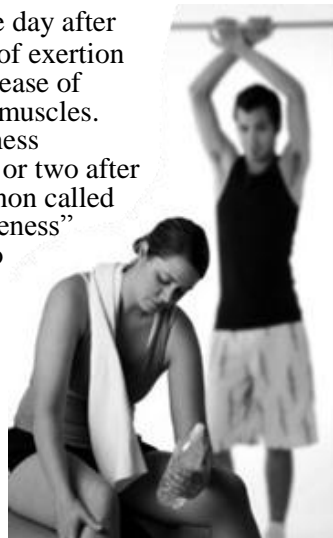


in conditioning your heart and lungs.

The Difference Between Soreness and Pain

Soreness usually occurs the day after exercise due to an overload of exertion on your muscles, and the release of stored chemicals from your muscles. This is the reason why soreness sometimes gets worse a day or two after exercise. This is a phenomenon called "Delayed Onset Muscle Soreness" (DOMS). It is more likely to occur if you try new exercises or exert yourself more than you should. You will feel mild discomfort and not necessarily pain, and it subsides with rest.

It's important to remember that if you do the same exercise over a period of



time, the level of soreness will decrease as your body adapts it. This is why we change your exercise routine every 3 to 4 weeks to help you gain maximum benefit at all times.

On the other hand, pain after exercise tends to be sharp and localized around one area. It also tends to persist and sometimes get worse. You should never exercise 'through the pain' since this may cause injuries. If you experience pain during exercise, give us a call right away so we can determine the cause of your pain and help you manage it.

Exercise And Physical Fitness

There are 1,440 minutes in every day. Schedule 30 of them for physical activity! Regular exercise is a critical part of staying healthy. People who are active live longer and feel better. Exercise can help you maintain a healthy weight. It can delay or prevent diabetes, some cancers and heart problems.

Stretching and weight training can also strengthen your body and improve your fitness level. The key is to find the right exercise for you. If it is fun, you are more likely to stay motivated. You may want to walk with a friend, join a class or plan a group bike ride. If you've been inactive for a while, use a sensible approach and start out slowly.



How To Prevent Sports Injuries

Following are some general rules for injury prevention no matter what sport you play. While it is impossible to prevent every injury, research suggests that injury rates could be reduced by 25% if athletes took appropriate preventative action, including:

- 1. Be in proper physical condition to play a sport.** Keep in mind the weekend warrior has a high rate of injury. If you play any sports, you should adequately train for that sport. It is a mistake to expect the sport itself to get you into shape.
- 2. Wear appropriate protective gear and equipment.** Protective pads, mouth guards, helmets, gloves and other equipment is not for



sissies. Protective equipment that fits you well can save your knees, hands, teeth, eyes, and head. Never play without your safety gear.

- 3. Rest.** Athletes with high consecutive days of training, have more injuries. While many athletes think the more they train, the better they'll play, this is a misconception.
- 4. Always warm up before playing.** Warm muscles are less susceptible to injuries. The proper warm up is essential for injury prevention. Make sure your warm up suits your sport. You may simply start your sport slowly, or practice specific stretching or mental rehearsal depending upon your activity.
- 5. Avoid playing when very tired or in pain.** This is a set-up for a careless injury. Pain indicates a problem. You need to pay attention to warning signs your body provides.

The 4 Benefits Of Regular Physical Activity

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life.

No. 1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories.

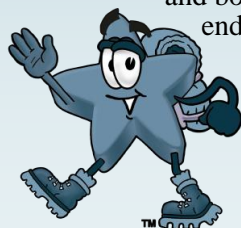
No. 2: Exercise combats health conditions and diseases

In fact, regular physical

activity can help you prevent or manage a wide range of health problems and concerns, **No. 3: Exercise improves mood**

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

No. 4: Exercise boosts energy Regular physical activity can improve your muscle strength and boost endurance.



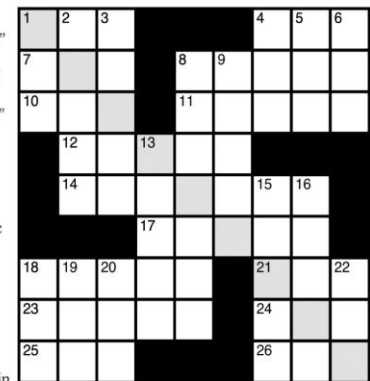
National Bird Crossword

Across

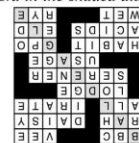
- "Monty Python" aier
- Churchill's sign
- "Go team!"
- "Driving Miss _"
- Everything
- About to explode
- Inn
- More tranquil
- Grammar topic
- Addiction
- US printing agency: Abbr.
- Base neutralizers
- Old age
- Dripping
- "The Catcher in the _"

Down

- Undergarment
- Game equipment
- Daphnis's love
- By way of
- "C___ la vie!"
- Ball in a socket
- Eats
- "Gladiator" setting
- Ancient Celtic priest
- Species of moth
- E-mail option
- "Hee ___"
- Trick taker, often
- Chewed
- "___ to Billie Joe"



The title is a clue to the word in the shaded diagonal.



CONTACT INFORMATION



"Mommy is very upset! Off to your room and no downloading apps for an hour!"