



NEWSLETTER

OUR SERVICES

THERAPEUTIC EXERCISE

BALANCE TRAINING

POSTURAL RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE MOBILIZATION /

MYOFASCIAL RELEASE



**STRENGTHEN YOUR
CORE, IMPROVE
YOUR HEALTH!**



NEWSLETTER



STRENGTHEN YOUR CORE, IMPROVE YOUR HEALTH!

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

What exactly are core muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

How can I strengthen my core muscles?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Wise Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an

individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

- 1. Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
- 2. Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
- 3. Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.
- 4. Eating nutritious meals.** If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.
- 5. Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Wise Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACES AND PAINS!**

www.wisept.com

HAVE YOU REACHED YOUR ANNUAL DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today at phone number to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

SPECIALTY SPOTLIGHT



What is therapeutic exercise?

The goal of any exercise program is to leave you feeling healthier and stronger than when you began. Therapeutic exercise has similar goals but incorporates a wide range of activities that help you regain or maintain your strength, flexibility, balance, endurance, or stability. Whether you have been injured, experienced an illness, or are simply noticing you are losing your physical abilities, therapeutic exercise can prevent impairment and disability while improving your overall fitness. Typically performed as a part of a physical therapy treatment plan, this type of exercise is prescribed by a physical therapist.

Types of Therapeutic Exercises

Range of Motion – These exercises are aimed at increasing the range of motion in your joints and soft tissues. This may be done through active, passive or assisted stretching activities designed to help your joints move better, without pain.

Muscle Performance – Increasing power, endurance and muscle strength is vital to good balance and stability as well

as bone and joint health. Resistance exercises and endurance exercises are designed to increase muscle strength without injury.

Posture – Hours spent at desks, bending over keyboards, poor muscle tone, or simple habit can all lead to terrible posture. What you may not realize is that posture has a direct impact on muscle strength, balance and a tendency toward injury. Posture exercises are aimed at correcting poor posture, not just when you exercise, but in your life in general which can alleviate aches and pains.

Balance & Coordination – Every time you stand or sit, bones and muscles work in conjunction with one another to help you remain upright. Every time you stand, walk, sit, brush your teeth, cook a meal, or take care of your daily activities, you are testing your coordination between the muscular and skeletal systems in your body. Your ability to care for yourself or your loved ones depends on your ability to balance and the coordination of your arms, legs, hands, and feet. That is why balance and coordination exercises are so important, especially after an injury or illness. If you cannot balance, if you lose coordination, you lose the ability to care for yourself.

CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

SWEET POTATO-PECAN CASSEROLE



INGREDIENTS

- 3 1/2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

DIRECTIONS

Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish. Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

RELIEVE PAIN IN MINUTES

Try this movement to find relief from neck pain.

Helps Improve Core Strength

 SimpleSet Pro
www.simpleset.net

PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



PATIENT SUCCESS STORY



"I worked with Caleb, and I feel great. I Have never felt better; I'm finally feeling normal again!" - Isabel



Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods
- ✓ Walk for long distances
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!



1200 Airport Heights Drive
Suite 170 (Building E)
Anchorage, AK 99508-0031
Phone: (907) 562-2118
www.wisept.com

FOLLOW US!

Look and feel your **BEST.**



"Our Mission is Movement!"