



NEWSLETTER



LEAVE YOUR BACK PAIN BEHIND

OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

MYOFASCIAL RELEASE

www.wisept.com



LEAVE YOUR BACK PAIN BEHIND

Health is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at Wise Physical Therapy, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Our highly trained physical therapists can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle!

Contact Wise Physical Therapy today to get started!

Why Is Strength Training So Important?

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

(907) 562-2118

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

www.wisepth.com

THE BENEFITS OF STRENGTH TRAINING

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence
- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)
- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence



weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies to ensure you stay doing what you love!

How Physical Therapy Can Help You Get Strong

At Wise Physical Therapy, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists will conduct a thorough evaluation to identify any

Contact us today

At Wise Physical Therapy, our team of physical therapists has proven success with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself! Call today to schedule an appointment with one of our specialists.

Sources:

https://journals.lww.com/acsm-csmr/fulltext/2012/07000/resistance_training_is_medicine_effects_of.13.aspx

<https://link.springer.com/article/10.1007/s40279-018-0862-z>

<https://link.springer.com/article/10.1007/s40279-020-01309-5>

<https://link.springer.com/article/10.2165/00007256-200030040-00002>

<https://jamanetwork.com/journals/jama/article-abstract/2776330>

HOW ARE WE DOING? LET US KNOW!

We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. We look forward to seeing you again soon!



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

GREEK PASTA SALAD

INGREDIENTS

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta



DIRECTIONS

In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

EXERCISE ESSENTIALS

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.



PATIENT SUCCESS STORY



"My back pain was bad after a simple injury. It was painful to sit for long periods and sleep, and I needed help getting dressed. After being seen and taught the tools to help strengthen my back, I am now back to being pain free. It feels so much better! Everyone at Wise PT was so nice and caring. The front office staff always had a smile on their face and the therapist was amazing at explaining not only what you're doing, but why the exercise was helping." - **Samantha H.**



Do You Have Friends Or Family That Can't:

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



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FOLLOW US! Look and feel your **BEST.**



"Our Mission is Movement!"