



GET BACK INTO A SAFE EXERCISE ROUTINE

WITH PHYSICAL THERAPY

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DETAILS INSIDE



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GET BACK INTO A SAFE EXERCISE ROUTINE WITH PHYSICAL THERAPY

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. Leading a sedentary lifestyle can lead to more aches, pains, and discomfort than you might think!

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Peak Orthopedic Physical Therapy, we want to make sure you can get back into your normal exercise routine without developing any unnecessary aches and pains.

Follow these three tips below, and feel free to contact us if you have any additional questions!

1. Always use proper form. Proper form could mean the difference between physical progress and developing an injury. No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it!

Your ability to safely perform stretches and exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our physical therapists at Peak Orthopedic Physical Therapy can assist with improving your form during exercise by addressing any issues you may have while

sitting, standing, twisting, bending, running, jumping, or lifting. They can show you the correct targeted exercises and stretches you can do to improve your current form and limit the amount of impact on your joints during exercise.

2. Take it easy at first. If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with gentle exercises and stretches, and build up from there!

3. Set a weight goal. The past six months have caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight, taking off the added stress on your joints that may have developed.

Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your targeted weight and decreasing pressure on vulnerable parts of your body.

4. Be Sneaky. Yep, you read that right! This is your permission slip to be sneaky when it comes to exercise. Oftentimes, physical therapists recommend small changes to a person's routine in order to make the adjustments manageable.

Consider these changes to be "bite size chunks," so that you don't feel as if your entire routine has to revolve around working out, and you also aren't throwing yourself full-speed back into a strenuous exercise routine.

Some changes to your routine that a physical therapist would approve of include:

- Getting off the bus one stop early and walking the rest of the way to your destination.
- Choose the stairs instead of the elevator.
- Shovel snow, rake leaves, and garden in your yard as the seasons change.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Take the dog on walks around the park or your neighborhood every day.



READY TO GET BACK TO A SAFE, HEALTHY EXERCISE ROUTINE?

We've all had to adjust our schedules and normal lifestyles as a result of the havoc wreaked by the pandemic. Life as we know it has changed and our bodies are taking a toll. Sitting at home constantly can cause way more damage than you might realize.

If you've been looking for assistance in getting back in shape, your search ends here. Peak Orthopedic Physical Therapy is here to help you achieve your wellness and fitness goals. Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!

Peak Orthopedic
physical therapy

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Leave us a 5 Star review on Google, with details of your PT experience. You will be entered to win all these great prizes!



SCAN ME



<https://peakorthopt.com/review-us/>

Improve Balance In Minutes

Try this exercise to improve your joint stability

Lat pull downs to chin

Sit with good posture. Grip the bar slightly wider than shoulder-width, with your palms facing forward. Pull the bar down just below your chin. Relax back to start position, straightening arms.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

PATIENT SUCCESS SPOTLIGHT



"I love Peak Fitness and what it has done for me."

"Honestly, I do not like to exercise nor do I enjoy going to a gym. If you can relate, then Peak Fitness is for you! I joined the Peak Fitness exercise program and I cannot help but say enough good things about it! This was the perfect program that I was looking for in that I am able to work-out regularly in a gym with low membership fee, nice equipment and a great environment. The best thing is the awesome staff who really care and are there for you to help and guide you through your routine. The PT aides are so kind and willing to help any of us when we need it. To me, going to Peak Fitness is like joining a public gym and having personal trainers work with you. As I see it, the biggest difference is that I am not paying big \$\$ for someone to train me at Peak. Because of my work schedule, I find it hard for me to come at times. But once I'm here, I enjoy working-out for a couple of hours and find it hard for me to leave. Even if I don't have time, I feel that something is better than nothing. I love Peak Fitness and what it has done for me. It has changed the way I look at exercise now and I look forward to the future in what it can do for me in achieving optimal health and a sense of well-being.

Thank you Steve and the entire Peak Orthopedic staff for changing my health one day at a time! I appreciate you and the wonderful care you have given to me and my husband who also comes, too!"

- Stella M.

WORKOUT SAFELY THIS SUMMER!

Adjust your body temperature. Hop into a cold shower before your workout. Studies show that a pre-exercise cool down improves performance in the heat – probably because it lowers your heart rate as well as core and skin temperatures.

Get the dirt. Try to walk, run, or cycle on dirt or gravel paths, since asphalt and concrete tend to radiate heat and reflect the sun's rays, making you feel hotter. Live near water? Take advantage of the breeze on even steamy days; if possible, start out with the wind at your back, so when you're finishing you'll be running into a headwind, which feels cooler.

Cooldown with essential oils. Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples just before your workout provides a cooling effect and also opens up your nasal passages, so you can breathe a little easier when the air is humid.

Summarize your intervals. To keep your fitness level up, do your regular cardio at a slightly slower pace, but add in 30-second speed bursts every three to five minutes. You'll maintain your conditioning and burn more calories without having to go all-out the entire time.

Refuel with fruit. They're more than 80 percent water, so fruits such as grapes, watermelon, cantaloupe, and honeydew are a tasty way to replenish fluids and boost your energy post-workout. Keep them frozen or grind them into a smoothie for a refreshing treat!

Put the cool factor back into your workout routine with these tricks this summer! Always remember to stay hydrated and listen to your body to avoid dehydration or stressing any muscles.

FREE FREE FITNESS ASSESSMENT FOR YOU & A FRIEND!

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THIS COUPON IS GOOD FOR:

A FREE FITNESS ASSESSMENT FOR YOU

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Call today
as spots are
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EXPIRES: 07/28/21

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