



TIP OF THE MONTH

Return to Activity Without Injury

As gyms and parks reopen, it can be tempting to go immediately back to your pre-Covid workout levels. However, while we have been at home, our bodies have been deconditioning. For example, with regard to aerobic endurance trainers,

the heart's ability to pump blood and transfer oxygen while exercising decreases by 20% after **four weeks of inactivity**. Muscle strength declines at a slower pace, but after several months of being at home, athletes will experience a decrease in muscle mass and strength. What does all of this mean? It means that we are physically unable to pick up where we left off.

How do we go back safely?

We go back safely by easing into our exercise routines and being aware of the signals our bodies are giving us. Here are a few things you can do.

- Take the time to warm-up before your activity and stretch after. When time is limited, people will often skip these crucial steps
- Gradually increase volume and intensity
- Give your body adequate rest time between workouts
- Hydrate and eat the proper nutrition to support your recovery and body
- Use a journal to assess how well you feel post-workout
- Address any acute pain early on

What happens if I feel pain after a workout?

Keep in mind that some discomfort and muscle soreness is to be expected as long as it resolves within a few days. If your pain does not go away, that is when it's time to ask for help. Your body may be able to accommodate your pain for a short period, but if left alone, you may begin to experience weakness, a lack of flexibility, and even additional injury if your body moves to avoid the pain by overcompensating with other muscle groups. The sooner you ask for help the better. During your physical therapy first visit, we will evaluate your injury and from there we can:

- Alleviate pain
- Correct improper movement patterns
- Correct muscle imbalances through flexibility and strength training
- Modify training when possible
- Educate you about faulty or improper posture or body mechanics with training

The main thing to remember as you begin training is to be patient. It takes time to rebuild stamina and strength. If you need help, we are here for you! Our team is following CDC guidelines and taking precautions to keep you safe while you're here for therapy. **More information about our safety procedures can be found here.**

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Success is the sum of small efforts, repeated day in and day out.”

— Robert Collier

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Homemade Guacamole

Looking for cool snack to help get you through the summer? Then you need to try this recipe. It's the perfect snack for a warm afternoon.



INGREDIENTS

- 3 avocados
- 1 tomato diced
- 1 red onion finely chopped
- 1 serrano pepper minced
- 1 freshly squeezed lime

To taste**

- Cilantro
- Oregano
- Garlic powder
- Salt and white pepper

Like Spice?

- 1 serrano pepper minced

DIRECTIONS

1. Throw all of the ingredients into a serving bowl and mash to the consistency you like.
2. Serve with chips or a dipping food of your choice.

** Start with 2 tsp and increase from there. Don't be shy with those ingredients.



4 STEPS TO PREVENT TEXT NECK



Featured Article: 4 Steps to Prevent Text Neck

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