

NEW LETTER

**EXERCISE IS ONE OF THE
MOST EFFECTIVE WAYS
TO IMPROVE YOUR
MENTAL HEALTH.**

*SEE EXERCISE & YOUR
MENTAL HEALTH INSIDE*

**PREVENT
INJURIES**
WITH PHYSICAL
THERAPY!

INSIDE:

- EXERCISE & YOUR MENTAL HEALTH
- EXERCISE OF THE MONTH – TIBIALIS ANTERIOR STRETCH
- CREAMY CUCUMBER, RADISH & TOMATO CHOPPED SALAD



NEWSLETTER



PREVENT INJURIES WITH PHYSICAL THERAPY!

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Hands On Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Hands On Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries.

HOW TO TELL INJURY FROM NORMAL ACHES AND PAINS

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

STRAIN



SPRAIN



Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist

Continued inside.

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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

EXERCISE & YOUR MENTAL HEALTH



Everyone knows that regular exercise is good for the body. But exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

Exercise and depression. Maintaining an exercise schedule can prevent you from relapsing. It promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

Exercise and anxiety. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out. By adding this mindfulness element – really focusing on your body and how it feels as you exercise – you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

Exercise and ADHD. Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity immediately boosts the brain's dopamine, norepinephrine, and serotonin levels – all of which affect focus and attention.

Exercise and PTSD and trauma. Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become "unstuck" and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of thinking about other things, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercises that involve cross movement and that engage both arms and legs – such as walking (especially in sand), running, swimming, weight training, or dancing – are some of your best choices.

Outdoor activities like hiking, sailing, mountain biking, rock climbing, whitewater rafting, and skiing (downhill and cross-country) have also been shown to reduce the symptoms of PTSD.

When you're under the cloud of an emotional disorder and haven't exercised for a long time, setting yourself extravagant goals like completing a marathon or working out for an hour every morning will only leave you more despondent if you fall short. Better to set yourself achievable goals and build up from there.

PREVENT INJURIES WITH PHYSICAL THERAPY!

Continued from previous page.

will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets is recommended. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment; for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

WHAT TO EXPECT IN PHYSICAL THERAPY

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Hands On Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

EXERCISE OF THE MONTH

Try this exercise to strengthen shin muscle and prevent ankle and tendon injuries.

TIBIALIS ANTERIOR STRETCH

Sit on the side of a chair. Stretch one leg off the side of the chair against the floor as shown. You should feel the stretch from the top of your foot through your shin.



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



PATIENT SUCCESS SPOTLIGHT



"Not only is the staff friendly and knowledgeable, they proved they are the cream of the crop. After 30 years I can finally use my hand and arm without having to stop and wait for the tingling to recede after using it for 10 minutes and it only took three or four visits. – Lori L.

HEALTHY RECIPE



CREAMY CUCUMBER, RADISH & TOMATO CHOPPED SALAD

INGREDIENTS

- ½ cup mayonnaise
- ½ cup crumbled feta cheese
- 1 tablespoon chopped fresh chives, plus more for garnish
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large English cucumber, diced
- 1 pint cherry tomatoes, quartered
- 1 bunch radishes, diced
- ½ medium red onion, finely diced

INSTRUCTIONS: Whisk mayonnaise, feta, chives, dill, lemon juice, salt and pepper in a large bowl. Add cucumber, tomatoes, radishes and onion. Toss to coat. Garnish with more chives and dill, if desired.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

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Call to schedule. Expires 8/30/2022

COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!



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