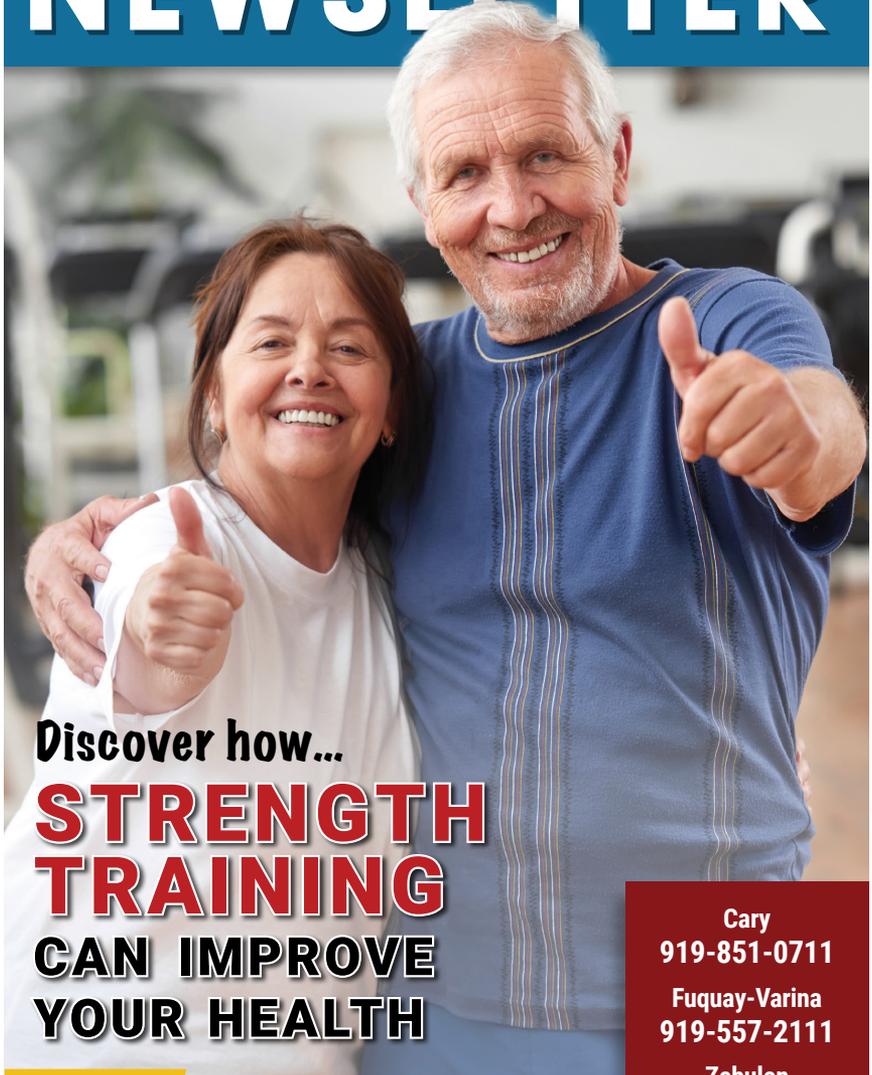


NEWSLETTER



Discover how...
**STRENGTH
TRAINING**
**CAN IMPROVE
YOUR HEALTH**

Cary
919-851-0711

Fuquay-Varina
919-557-2111

Zebulon
919-269-0107



NEWSLETTER

Discover how...

STRENGTH TRAINING CAN IMPROVE YOUR HEALTH

In the past, many people associated strength training with oiled-up, musclebound bodybuilders – and, as such, decided strength training wasn't the workout for them. But that idea couldn't be farther from the truth!

In a way, we get it. Strength training can be incredibly intimidating if you're coming at it cold: you have to grapple with unfamiliar equipment, uncertainty about proper lifting techniques, and confusion about which exercises to perform. But once you find your footing, strength training is one of the best things you can do for your overall health and wellness.

At Hands On Physical Therapy, we want to help make strength training accessible to all, regardless of age, health history, or ability level. To help you see the many benefits of strength training, we thought we'd share the stories of two patients: Alisha and Michelle.

Both of these patients are ordinary women in their late 50s. Neither were hardcore athletes, but both discovered the benefits of strength training for health.

ALISHA: A NEW HOBBY IN MIDDLE AGE

Alisha first came to see us after she injured her back while working in the garden. Like most older people, Alisha's muscle mass

had been steadily decreasing, and the resulting weakness had ultimately led to her injury.

We provided her with a customized treatment plan, including dedicated strength training focused on Alisha's core and back. She was surprised by how much she enjoyed the exercises, including how great she felt after completing them.

As her rehabilitation neared completion, Alisha asked her physical therapist for more information about strength training. She had heard it was an important piece of osteoporosis prevention, something that had been in the back of her mind since the condition ran in her family.

We were more than happy to help Alisha out. Her therapist helped her develop a general strength training program using barbells and dumbbells. He walked her through each exercise, assessed her lifting form, and guided her on gradually increasing intensity.

The result? Alisha found a new hobby. She became an avid weightlifter, hitting the gym three times a week. Even better, she restored some of her lost muscle mass, and her garden activities became easier over time.

Continued inside.



ALISHA

Cary

Fuquay-Varina

Zebulon

919-851-0711

919-557-2111

919-269-0107

www.hopt-wellness.com

**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**

STRENGTH TRAINING CAN IMPROVE YOUR HEALTH



Continued from previous page.

MICHELLE: A RESISTANCE TO RESISTANCE TRAINING

Michelle had developed osteoarthritis in her hips in her mid-50s. Although the pain wasn't severe, she did find herself becoming less active than she'd prefer. Eventually, she contacted us for help managing and slowing her condition.

Regular exercise is one of the best ways to manage osteoarthritis pain, but Michelle was nervous about doing anything too strenuous – including strength training. She was especially wary of anything involving heavy weights.

However, strength training is an important piece of osteoarthritis management. Strong muscles stabilize and support the impacted joints, helping to relieve pressure (and symptoms).

Michelle's physical therapist was sympathetic to her concerns, especially since low-impact exercises are generally better for people with osteoarthritis. To that end, she suggested Michelle start with a daily walking regimen, which would help get her used to physical activity while still building some muscle strength and endurance.

After a few weeks, Michelle's therapists started her on simple bodyweight exercises that wouldn't put too much pressure on her knee joints. They



weren't as difficult or painful as Michelle feared, and she eventually decided she wanted to add a little more resistance after all.

But she didn't go all in with heavy barbells, as Alisha had. Instead, Michelle used a blend of resistance bands and light dumbbells. Her therapist provided the necessary guidance – and before Michelle knew it, she was performing strength training routines twice a week.

The result? Less pain and stiffness from Michelle's arthritis meant more mobility and an easier time running errands, doing chores, and spending time with her loved ones.

HOW WILL STRENGTH TRAINING BENEFIT YOU?

Good health means different things to different people. At Hands On Physical Therapy, we focus on improving your overall function so you can do the things in your life that matter most. Whether you want to kickstart an intense strength training program (like Alisha) or simply ensure you're meeting the CDC's recommendation of 2 days of muscle strength work a week (like Michelle), we've got you covered.

Call us today to get started on your strength training journey!

Cary
919-851-0711

Fuquay-Varina
919-557-2111

Zebulon
919-269-0107

NEED PHYSICAL THERAPY BUT YOUR BALANCE ISN'T WHAT IT USED TO BE?

AQUATIC THERAPY MAY BE JUST WHAT YOU NEED!

Improving balance and stability is a common goal of aquatic therapy. Immersing a person in water reduces the force of their body weight on their joints. Depending on the circumstances, aquatic therapy can eliminate between 20% and 100% of a person's body weight.

Contact Hands On Physical Therapy today to see if aquatic therapy is right for you.



ATTENTION PATIENTS

We recently went live with our new EMR (Raintree) on May 1st. We are currently encountering some challenges during the transition period. Given the potential impact on certain patient accounts, we kindly request your patience as we diligently address these issues.

Thank you as always for your support!

Cary Fuquay-Varina Zebulon
919-851-0711 919-557-2111 919-269-0107

www.hopt-wellness.com



USING PROPER FORM WHEN LIFTING WEIGHTS

You've most likely heard that using proper form when lifting is the key to preventing injuries. At Hands On Physical Therapy, our physical therapists will work with you to ensure you are using proper mechanics to maximize your athletic performance and minimize your risk of injury.

Lifting helps maximize strength gains and sports performance and minimizes or eliminates the risk of sustaining an injury.

HOW PROPER LIFTING MECHANICS ENSURE YOUR RESULTS!

Our Hands On Physical Therapy specialists will work with you on your motor control to ensure you can coordinate your movements effectively and efficiently. Using the correct posture and movement patterns helps to optimally ensure your lift and body functions.

Our programs will start with a movement assessment to identify any restrictions or weaknesses that may affect your ability to perform the necessary movements required for the specific lift. Next, your highly trained therapists will educate you on proper form, known as the neutral spine position, where your vertebrae are stacked over one another and stabilized by your muscles.

The relationship between your spine and your extremities is fundamental to lifting and maximizing your capabilities. In this position, your spinal muscles and joints are coordinated and will ensure you maintain proper form throughout the lift.

The goal of lifting is to gradually progress the exercises to challenge the individual without causing an injury. Loading means the cumulative amount of exercise you're doing and can be changed by adding repetitions, sets, resistance, duration, and speed. Our team will also focus on gradually loading the muscles.

Your therapist at Hands On Physical Therapy will create a targeted, individualized plan of care for you to continue on your own to maximize your recovery and prevent future injuries!

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far!

Contact Hands On Physical Therapy today to get back in the game!



ARE YOU LOOKING TO IMPROVE YOUR SPORTS PERFORMANCE, GET STRONGER, FASTER, AND HEALTHIER?

If so, Hands On Physical Therapy can help you reach your goals!

CALL TODAY!

PATIENT SUCCESS SPOTLIGHT



"Cathy leads a terrific team at HOPT."

"Cathy leads a terrific team at HOPT. I am still under her care for a shoulder injury. I trust her assessments and appreciate her high level commitment to care. I highly recommend her and Shay and appreciate their friendly welcome at every visit." **—Diane**

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!

www.hopt-wellness.com

COUPON CORNER!

FREE PAIN CONSULTATION
HO Hands On
PT Physical Therapy

WE OFFER 3 CONVENIENT LOCATIONS
CALL TO SCHEDULE TODAY!
Spots are limited so call today!

Cary 919-851-0711	Fuquay-Varina 919-557-2111	Zebulon 919-269-0107
Call to schedule. Expires 8/15/2024		