NEWSLETTER

Beyond Physical Therapy

JULY 2024



ABS-OLUTELY FABULOUS: PT SECRETS FOR A STRONGER CORE

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1.817.769.3691 | BEYONDTHERAPYANDWELLNESS.COM

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The Newsletter About Your Health & Caring for Your Body



Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Beyond Therapy & Wellness, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

WHAT IS THE "CORE"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.



Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this summer!

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Continued From Outside

BUILDING CORE STRENGTH WITH EXPERT GUIDANCE

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

BOOK YOUR APPOINTMENT AT BEYOND THERAPY & WELLNESS TODAY!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Call us today to set up an appointment!



At Beyond Physical Therapy, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

1.817.769.3691

CALL **1.817.769.3691** OR VISIT **BEYONDTHERAPYANDWELLNESS.COM** FOR MORE INFO



Try This Healthy Recipe

Cilantro Lime Chicken & Avocado Salsa

INGREDIENTS:

- 1.5 lb. boneless chicken breast
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1/4 cup fresh cilantro
- 1/2 tsp ground cumin
- 1/4 tsp salt

For Avocado Salsa:

- 4 avocados, diced
- 1/2 cup fresh cilantro
- 3 tbsp lime juice
- 1/2 tbsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1 garlic clove, minced

INSTRUCTIONS:

Add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 min, until chicken is no longer pink. Remove and let sit. For avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve.

FITNESS IN SUMMER!

If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active!

Take up gardening
After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer.

Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

Go for a swim
Swimming is low-impact, gentle on the joints, and a good cardio workout.

Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day! Sign up for a class at your local YMCA or fitness club to get started.

Find a hiking trail
Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!

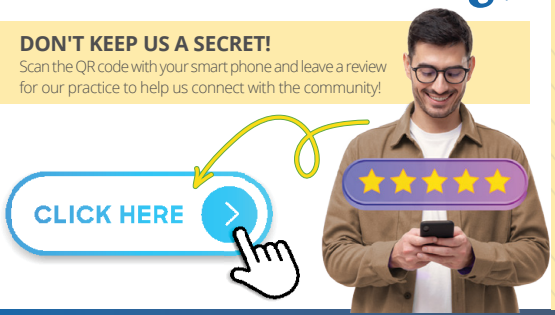
Walk on the beach
If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body!

Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.



Share Your Story!

DON'T KEEP US A SECRET!
Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



EXERCISE ESSENTIALS

CLAMSHELL BRIDGE (WITH EXERCISE BAND)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



PT WIRED www.ptwired.com *Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

Beyond Physical Therapy

DON'T WAIT ANY LONGER!

1.817.769.3691

CALL BEYOND PHYSICAL THERAPY TODAY AND START YOUR JOURNEY TO RECOVERY