Magnolia Physical Therapy

Newsletter

Adults Over The Age of 31:

How It's Easy To Stay Healthy

4 Easy Stretches You Can't Ignore



MAGNOLIA Physical Therapy

Freedom From Pain

Newsletter



HOW TO IMPROVE YOUR HEALTH WITH

4 EASY STRETCHES

Many common aches and pains stem from tight muscles and poor movement. We were made to move and today's lifestyle of sitting in the car, at work and at home, means tighter muscles. In addition, as we age our connective and muscle tissues naturally become stiffer. Therefore, the older you get, the more important a daily stretching routine becomes.

The key to good health is to keep your body flexible. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. When your tissues are flexible, normal blood and lymphatic fluids circulate the body easier, oxygenating your tissues properly. This helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

Check out the Easy Stretches Inside>>>



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4 EASY STRETCHES

What you can do to relieve pain and feel energized!

1. Hamstring Stretch

Stand facing a wall (or a counter) , use it to steady yourself if needed. Take a large step forward with one leg. Straighten the knee of the forward leg, while shifting your body weight onto the bent, back leg. Hands on the forward knee. Hinge forward from the hips, keeping your back straight. Push your hips back until you feel a definite, but not painful, stretch at the back of the forward knee. For a greater stretch put your heel on a step. Hold for 20 seconds. Repeat 3 times on both legs.



2. Iliopsoas Stretch

Assume a wide, long lunge position with hands on hips. Tuck the buttocks under while you shift your weight to the forward leg. Keep your good posture. Hold for 20 seconds. Repeat 3 times on both legs.



3. Shoulder Flexion Stretch



Stand in a corner of the room with one foot in front of the other. Put your hands on the wall. Make sure to keep your back flat! Reach arms up overhead. Move chest towards the wall to feel a stretch in the chest. Hold for 20 seconds. Repeat 3 times.

4. Piriformis Stretch

Lie on your back with knees bent, feet flat on floor. Cross one leg overtop. Lock hands around knee. Pull knee to chest. Hold for 20 seconds. Repeat 3 times on both legs.





PRACTICE NEWS

We are now treating patients at our new Uptown location!

2613 Napoleon Ave. New Orleans, La 70115

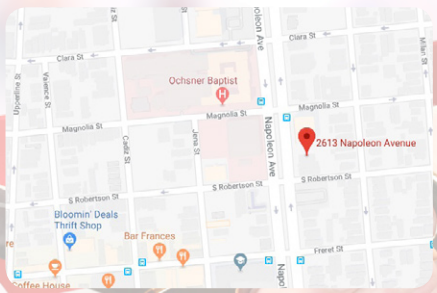
-New & improved space

-Easier access

-More parking availability

-Private treatment rooms

If you need assistance please call 504-309-9400.





A Plank a Day
Keeps the Doctor at Bay

Experience the many health benefits of one simple daily exercise.

A plank is a simple exercise that anyone can do to improve their core strength. This exercise helps you strengthen so many of your muscles, guiding them to work together. Your core muscles are vital to the health of your low back and spine. If you suffer from an achy back or neck, then try doing this exercise to feel better.



How to do a plank

(If you are unsure about doing this exercise, call us first)

1. Start by lying face down. You may want to put a pillow under your abdomen if it is uncomfortable to lie flat.
2. Bring your elbows underneath you, then gently rise up onto your elbows and knees, so that your abdomen is off the floor.
3. Keep your abdomen tucked gently in so that your body is straight without sagging.
4. Try to hold this for 30 seconds if you can. You may feel your muscles shake a little while doing this, which means they are working!
5. It is important to start off with small increments and build over the course of a week as you become stronger.
6. To advance the plank and make it more difficult, lift your knees off the ground, keeping your body straight.
7. Ideally, you should be able to hold this position for 2 minutes.
8. You may have some soreness the next day as you are using muscles that have not been worked that way in a while.

For a healthy spine, keep doing your exercises and remember our physical therapists need to see you for a check-up. You see your dentist every 6 months to keep you teeth and gums healthy. Why not your PT?

Your physical therapist is the mechanic for your whole body to keep your spine and extremities moving like they should. Detecting a problem early can lead to a simple treatment solution that can save you a lot of pain, and financial burden down the road. Call us today to speak with your therapist about your problem, before it becomes a PROBLEM.

You see your doctor every year, your dentist twice a year, when was the last time you saw your physical therapist?