



IMPROVE YOUR HEALTH & FITNESS
WITH STRENGTH TRAINING

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call The Physical Therapy Center today at (704) 847-6351

Improve Your Health & Fitness With Strength Training

Health is a relative term. It means that your body is operating at a high normal range in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

Everyone desires to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish, due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this also affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle.

Our goal is to help you reach yours! Come back into our clinic for treatment and take a step towards better health.



Why Is Strength Training So Important?

There are approximately 642 skeletal muscles in the body. This means that your strength and flexibility play an important role in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you means a healthier you. Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps in building muscle mass, and it is typically the final step in a rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain, strength training will help you get back to your optimum physical performance.

At The Physical Therapy Center, our strength training programs will get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Book An Appointment Today!

4 Exercises For A Healthier You

There are some simple exercises you can do on your own, in order to complement your strength training plan and keep in shape after your sessions are over. These include:

- **Hamstring Stretch** - Stand facing a wall or counter. Use it to steady yourself if needed. Take a large step forward with one leg, making sure the knee of the forward leg is straight and your body weight is shifted to the bent back leg.

Place your hands on your 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, elevate your heel on a step. Hold for 20 seconds. Repeat 3 times on both legs.

- **Iliopsoas Stretch** - Assume a wide and long lunge position, with your hands on your hips. Tuck your buttocks under you while you shift your weight to the forward leg. Make sure to keep your posture straight. Hold for 20 seconds. Repeat 3 times on both legs.

- **Shoulder Flexion Stretch** - Stand in a corner of the room with one foot in front of the other. Place your hands on the wall and make sure to keep your back flat. Reach your arms up overhead. Move your chest towards the wall to feel a stretch in the chest. Hold for 20 seconds. Repeat 3 times.

- **Piriformis Stretch** - Lie on your back with knees bent and your feet flat on floor. Cross one leg over top of the other. Lock your hands around your knee and pull it to your chest. Hold for 20 seconds. Repeat 3 times on both legs.

Contact The Physical Therapy Center today!

Strength training can help you reach the physical goals that you've always wanted. It can aid you in your health and fitness journey so you can become the more active version of yourself that you envision. **If you are interested in improving your health and fitness through strength training, don't hesitate to contact The Physical Therapy Center today to find out how our services can benefit you!**



Feel Better By Eating Better!

Trail Mix

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 847-6351

Waxhaw Location
(704) 843-7000

South End Location
(980) 833-1293

Monroe Location
(704) 283-6700



Backpack Strategies for Parents and Students

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading The Backpack

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

Wearing The Backpack

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
 - Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
 - The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
 - School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.
- Only put items in your backpack that you need for the day.



Exercise of the Month Dead Bug | Heel Touches



Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



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