

NEWSLETTER

An elderly man with white hair and a beard, wearing a light grey long-sleeved shirt and khaki pants, is leaning forward and playing with a young boy. The boy is wearing a light blue t-shirt and khaki pants. They are in a living room with a beige sofa, a white shelf with books and a blue jar, and a window with curtains in the background.

IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

Inside: • Patient Success Story • Exercise Essentials

• What Can I Do? • Healthy Recipe: Lentil Salad

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NEWSLETTER



NO PRESCRIPTION NEEDED!

Direct access is a law that allows patients to go directly to a Physical Therapist without the need for a doctor's referral or prescription.



Improve Your Health By Strengthening Your Core

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Arvada Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What exactly are the core muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with

stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

How can I strengthen my core muscles?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Arvada Physical Therapy, our licensed Physical Therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific

WHAT CAN I DO?

needs, aimed at strengthening your core, improving your posture, and alleviating your pain. There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

- 1. Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
- 2. Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
- 3. Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping help your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up



feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

- 4. Eating nutritious meals.** If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.
- 5. Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Arvada Physical Therapy our Physical Therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!



HEALTHY RECIPE: LENTIL SALAD

Ingredients

- 2 c cooked lentils
- 3 c spring veggies- your choice of snap peas, English peas, snow peas, green beans, asparagus, radishes or chard
- 2 tbsp olive oil
- 3 tbsp red onion,
- chopped fine
- 2 garlic cloves, finely minced
- ¼ c chopped mint leaves
- 1 lemon, zest and juice
- salt and pepper to taste

Optional Yogurt Sauce:

- 1 c plain thick Greek Yogurt
- 1 tablespoon lemon juice
- 2 tbsp fresh chopped dill
- 2 garlic cloves finely minced
- 1/4 teaspoon salt
- Honey to taste (optional)

Directions

Cook the lentils in salted water until tender, but not falling apart. Lightly steam, grill or blanch the veggies. If adding radishes, you can keep those raw and crunchy- (or feel free to grill them). If using chard, finely chop and wilt in a pan with a little olive oil, shallot or garlic, and salt and pepper. Place the lentils, veggies, onion, garlic and mint in a bowl. Toss with the olive oil, lemon zest and juice from ½ a lemon. Season generously with salt, pepper and optional sumac. Adjust lemon, adding more if you like. If it's bland, it most likely needs salt. Make the optional Yogurt Sauce to lather on the bottle of the plate or platter. Mix all the ingredients together in a small bowl. Smear the yogurt sauce on a platter (or individual bowls or plates) then top with lentil salad. Dive in. Recipe: <https://www.feastinghome.com/lentil-salad-with-spring-veggies/>

Text (720) 358-5385 to Schedule Your Appointment Today!

Arvada Physical Therapy Professionals

Experts in Sports & Outpatient Orthopedic Manual Therapy

One-on-one private sessions with licensed Physical Therapists to help you with your back, shoulder, neck, knee - and all other joint or muscle pain or surgery.

📞 720-222-9669 ✉️ ptprofs@gmail.com



PATIENT SUCCESS STORY



“ He keeps me in shape, so I can keep living an active in motion life!”

“Other professionals were recommending shoulder surgery after months of PT and Chiropractor office visits with little improvement. David was able to evaluate my needs and return the full range of motion in my shoulder and relieved the pain in my lower back. I continue to see David for maintenance from sitting in an office and working out. He keeps me in shape, so I can keep living an active in motion life! I highly recommend David, he delivers a different personalized experience and progressive results” - **Sandy M.**

Call (720) 222-9669 or visit ptprofs.com to schedule your appointment today!

EXERCISE ESSENTIALS

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FOREARM PLANK

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up on your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times. deep, from the belly. Repeat 10 times.

Exercises copyright of  SimpleSet Pro

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