

NEWSLETTER

THE BEST STRETCHES TO DO AFTER YOU RUN

DR. PENNY GOLDBERG, PT, DPT, ATC



If you are a runner, you may be used to walking around with sore, tight muscles. Combined with regular strength training, proper nutrition, and good sleep habits, a

solid stretching routine can be just what it takes to make your muscles feel long, lean, and ready for your next run. Regardless of what your high school football coach or P.E. teacher told you, there just isn't great support for stretching in general, let alone before you run. After you run may be a different story. In the clinic, I like to think about this as undoing the "damage" you've done rather than a means to gain flexibility. Running is a repetitive activity that works through small ranges of motion. If you run for long periods of time or over several days, without doing anything that takes your body through full ranges of motion, your muscles can adapt to these small ranges and become "tight." Stretching after you run can help combat this tightness by restoring your muscles to their pre-run length.

Post-run stretching should be part of a longer cool down and should be at a light enough intensity that your heart rate can continue to come down while you give your body some TLC. While it makes a ton of sense to focus on your lower body, don't forget your mid-back is where the motion for your arm swing is generated - it needs love too! Try these SIMPLE SIX STRETCHES after your next run to jump-start your recovery.

• Standing Hip Flexor Stretch.

1. Stagger your feet so that your toes are facing forward and you are in a comfortable stance.
2. Stand up tall while you tuck your hips under your body. You'll know you are doing this correctly using this cue- if you had a tail, it would be between your legs.
3. Squeeze your buttocks on the same side as the back leg to intensify the stretch you feel in the front of your hip.
4. Hold this position for 20-30 seconds and then switch sides.

• Mid-back Stretch/Thread the Needle.

1. Start on the floor with your knees under your hips and wrists under your shoulders.
2. "Thread" one arm through the space created by your other arm and body. Your body will naturally rotate to get your arm into this space.
3. Turn your head toward your arms and rest your shoulder and side of your head on the floor.
4. Shift your weight back toward your heels to intensify the stretch.
5. Hold this position for 20-30 seconds and then repeat on the other side.

• Seated Hamstring Stretch

1. Sit on the floor with one foot outstretched in front of you and the other knee bent so that your opposite foot is near your straight knee. Your legs should be in the figure-4 position.
2. Keep your back straight while you lean forward from your waist and reach for the foot on your outstretched leg.
3. Hold for 20-30 seconds and then switch to the other side.

• Quad Stretch.

1. Stand up tall and then while standing on one leg, bend your other knee so that your foot is near your buttocks.
2. Reach back with the same side hand to grab your foot and hold the stretch.
3. Make sure your kneecap continues to point straight down (not out to the side) so that your thighs are parallel while you stretch.
4. Hold for 20-30 seconds and then switch sides.

• Piriformis Stretch.

1. Lie on your back with one leg outstretched and the other knee pulled in toward your chest.
2. Using the hand on the same side, pull your knee toward your opposite shoulder.
3. Use your other hand to hold just above your ankle and gently pull toward your shoulders. Most of the stretch comes from the same side hand so there may be minimal or no motion available for this step.
4. Hold for 20-30 seconds before moving to the other side.

• Calf Stretch.

1. Find a wall or counter to use for upper body support.
2. Stagger your stance so that one foot is behind the other.
3. While keeping your back leg straight and your heel on the ground, bend your front knee until you feel a stretch in your calf on the back leg.
4. After you hold for 20-30 seconds, repeat these steps but let your back knee bend slightly. You should feel the stretch deeper and lower down in this position (near your Achilles Tendon).

INSIDE:

- How Can Physical Therapy Help?
- Patient Results

- Healthy Recipe
- Don't Let Mobility Limitations Hold You Back

NEWSLETTER

**GET BACK IN THE GAME
WITH RELIEF FOR YOUR
SPORTS INJURY!**



Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, physical therapy can help you in enhancing the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time. If you are looking for a quick and easy way to get off the sideline and return to your sport, contact ReQuest Physical Therapy today to consult with one of our physical therapists.

I have a sports injury – how did that happen? "Sports injury" is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, ReQuest Physical Therapy can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or

30-DAY ACCESS

30-DAY ACCESS TO
**GAINESVILLE HEALTH &
 FITNESS CENTER**

AND FREE BABYSITTING DURING YOUR THERAPY SESSIONS

**BIG
 DEAL**

ReQuest
 PHYSICAL THERAPY

Contact us today to start your 30-day trial!

Offer expires 08/27/21

not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as:

- Sprains
- Strains
- Fractures
- Tears

Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:

- Frozen shoulder
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow

HOW CAN PHYSICAL THERAPY HELP?

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physical therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury.

At ReQuest Physical Therapy, our physical therapists will create a treatment plan for you, based on your individual needs. Physical therapy is a natural and holistic approach to healing, including services such as:

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your physical therapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic exercises.** This may include any targeted movement to help you find relief, including, but not limited to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physical therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more. Your physical therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your physical therapist will work together to help you reach your physical goals, allowing you to be engaged and active in your rehabilitation.

Physical therapy offers so much more than current symptom relief - it offers sports injury prevention and natural performance enhancement. If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with



our physical therapy team. **Confirm your appointment with one of our experienced physical therapists today and get started on the right track toward returning to the sport you love!**

CALL GAINESVILLE: (352) 373-2116 OR TIOGA: (352) 692-2131 TODAY TO SCHEDULE AN APPOINTMENT!

FRESH FIG SALAD

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 3 cups mixed greens, spinach and/or arugula
- ¼ cup fresh basil leaves
- 1 tablespoon fresh rosemary, chopped
- 8-10 fresh figs, quartered
- ¼ cup purple onion, thinly sliced
- ½ cup raw or steamed beet, peeled and chopped
- ½ cup chopped walnuts
- ½ avocado, sliced
- ¼ cup goat or feta cheese
- 2-3 tablespoons balsamic vinegar

DIRECTIONS

In a large mixing bowl or 4 salad bowls, add the greens and herbs. Toss in the figs, onion, beets, and walnuts. Top with avocado slices and goat cheese. Drizzle with balsamic vinegar. Gently toss to combine.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.





PATIENT RESULTS

“Very knowledgeable therapists, results driven, excellent customer service. I have been very happy with the progress made for my therapy. Will definitely continue to use ReQuest Physical Therapy and refer my friends and colleagues!”

- Patty.



JERRY O. RIETA
PT, CSCS, CPT
Call today to schedule!
352-692-2131



**WE MAKE IT
EASY TO LEAVE
A REVIEW!**



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Patient Results page)
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



requestphysicaltherapy.com

WHO DO YOU KNOW THAT NEEDS OUR HELP? REFER A FRIEND!



Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

Have them call our office today!



1. Call and talk to a therapist



2. Discover why your pain has come back



3. Get your custom recovery program



Fun & Games: Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | | | 7 | | | 4 |
| | | 2 | 4 | 1 | | | | |
| | | 3 | 2 | | | | 9 | |
| | | 4 | | | 1 | | | 6 |
| 2 | 3 | | | | | | 7 | 8 |
| 6 | | | 5 | | | 4 | | |
| | 1 | | | | 2 | 8 | | |
| | | | | 8 | 4 | 3 | | |
| 4 | | | 9 | | | | | 1 |

<http://1sudoku.com>

n° 35089 - Level Hard

DON'T LET MOBILITY LIMITATIONS HOLD YOU BACK



Mobility limitations increase as we age and our bodies change in different ways. Some of us may lose muscle mass and strength. Others may experience joint aches and pains or balance and gait problems. Living with these kinds of physical restrictions can cause an individual to feel as if they're losing their sense of independence, which can also take a toll on their mental and emotional health as well. If you're experiencing an issue with your mobility, or have noticed that many things are difficult for you to do on your own, know that there is help available.

At ReQuest Physical Therapy our physical, occupational, and speech therapists are dedicated to helping you maintain as much independence as possible through our customized treatment plans.

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain, discomfort or movement restrictions.

How ReQuest Physical Therapy can help you maintain your independence. ReQuest Physical Therapy is proud to be a multidisciplinary practice that offers coordinated **physical therapy, speech therapy, and occupational therapy** for our adult patients.

We understand that many of our patients live with mobility and strength deficits, and want to lessen the load as much as possible when it comes to searching for specialists to treat different limitations. We also acknowledge the importance of maintaining as much independence as possible regardless of your age or condition.

The purpose of therapy at ReQuest Physical Therapy is to help relieve your pain and reach your peak level of physical health. Perhaps you are still suffering from the lingering pain of an injury. You might be recovering from a surgery and trying to get your range of motion back. Maybe your joints simply aren't what they used to be, and you are looking for relief.

Our skilled team of therapists provides one-on-one treatment for each of our patients and will work with you to improve your strength, muscle tone, balancing abilities, gait, range of motion, and more through several different treatment techniques.

Some of the physical therapy techniques our therapists in (town) may use for your treatment to help you improve your mobility are:

- **RICE:** Nope, this isn't a food! RICE stands for "Rest," "Ice," "Compression" and "Elevation." Your physical therapist may recommend RICE to you to reduce pain and inflammation.
- **Joint mobilization techniques:** Have you ever heard of a "wobble board?" They're also known as balance boards. Working with these tools can help you improve your joint mobility, especially in your foot or ankle joints. You might also benefit from techniques that work to loosen and break up internal scar tissue, which can form over old injuries and cause chronic soreness and stiffness.
- **Stretching exercises:** Did you know that injured muscles and connective tissues are capable of healing and returning to their previous length and range of motion? It's possible with the help of stretching exercises. These exercises are also excellent for preventing arthritic joints from becoming more stiff over time. Workouts and on a bicycle or treadmill may be suggestions our physical therapists propose to you.

Worried about maintaining your sense of independence? No matter what your day to day activities may be, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at ReQuest Physical Therapy assess your condition and physical goals, so that we can provide you with the best care possible using the most successful treatment techniques available.

Call our clinic today to schedule your appointment, and rest assured that your independence and wellbeing are our top priority!

<https://requestphysicaltherapy.com/request-appointment/>

Exercise Essentials

Try these exercises to keep you moving...

ELBOW RESISTANCE TRAINING

Stand with good posture and your elbow bent towards you, with your palm facing you, then apply resistance with your free hand and slowly lower your palm to your waist. Repeat 10 times.

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

Stretches
elbow

Strengthens
glutes

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!

Why You Need To Come Back In For A Tune- Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle



Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

GAINESVILLE: (352) 373-2116

TIOGA: (352) 692-2131

REQUESTPHYSICALTHERAPY.COM