

DAILY ACHES AND PAINS HOLDING YOU BACK? LOOK NO FURTHER FOR RELIEF



How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back? *(Continued Inside)*

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- Colorectal Cancer Awareness Month

- Exercise Of The Month
- Coupon Corner



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(continued from outside)

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort and function. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

Why am I so achy?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can increase overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

How physical therapy will help:

A consultation with a physical therapist at Shoreline Physical Therapy will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. Your physical therapist will take you through a thorough musculoskeletal evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help correct the cause of your pain as well as give you exercise to improve your strength, mobility, and movement quality. This will make your body more resilient to tolerate increased activity levels. They are dedicated to your progress and genuinely want to see you feel better - so why wait? Say goodbye to your daily aches and pains with physical therapy today!



Simple Tips For Ache Relief



Sleep! - This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.

Stay hydrated - Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.

Maintain a healthy diet of fruits and vegetables - Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative properties. Fruits and vegetables help your body in maintaining its normal functions.

Exercise regularly - Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.

Keep a good posture - Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

Get a physical therapy consultation - If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.



Discover How To Live Pain Free!

At Shoreline Physical Therapy Sport & Spine Specialists, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.



1. CALL AND TALK TO YOUR THERAPIST



2. DISCOVER WHY YOUR PAIN HAS COME BACK



3. GET YOUR CUSTOM RECOVERY PROGRAM



www.shorelineptnc.com

EXERCISE OF THE MONTH

Try this movement if you are experiencing pain.

Stretches Your Legs



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

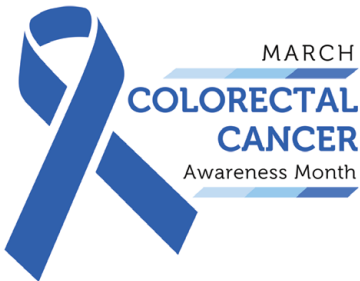


CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

Colorectal Cancer Awareness Month



March was National Colorectal Cancer Awareness Month. On Fridays we wore blue to promote awareness of Colorectal Cancer. Additionally, we supported the local Blue Ribbon Run this year that was held on March 27th. For additional information on Colorectal Cancer, please visit ccalliance.org. Also check out the website theblueribbonrun.org for information on this annual race and how you can donate towards research for Colorectal Cancer.



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FREE PAIN CONSULTATION



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**CALL TO SCHEDULE TODAY!
NO PRESCRIPTION NEEDED**

Spots are limited so call today!

Call to schedule.
Expires 4-30-21