

## INCREASE YOUR ENERGY BY GETTING UP AND MOVING TODAY!



### WE'VE UPDATED OUR SUMMER HOURS!

Monday - Thursday: 7:00AM - 5:30PM | Friday: 7:00AM - 12:00PM

### INSIDE:

- How Can I Get Moving?
- Feel Better By Eating Better!
- Avoid Aches & Pains In The Garden This Summer
- Has Your Pain Come Back?



## INCREASE YOUR ENERGY BY GETTING UP AND MOVING TODAY!



### INSIDE:

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- Has Your Pain Come Back?



Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact Shoreline Physical Therapy today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

### Why Is Physical Activity So Important?

When you don't participate in frequent physical activity, your muscles begin to weaken and over time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.



If you would like to get back to moving and living an active life, give us a call today at 910-791-0396. We'll get you moving comfortably again in no time.



# How Can I Get Moving?



There is one fundamental rule of the human body: **it was made to move!**

There are several reasons why people may not want to participate in physical activity. Perhaps your body simply doesn't move the way it used to, or perhaps painful areas of your body make it difficult to move in the ways you'd like. Whatever the case may be, the truth is that restriction in movement has the potential to lead to harmful health problems.

**Some easy pain-relief and energy-boosting steps you can take on your own include:**

1. Decide to get up and get moving.
2. Get up from your chair every 20 minutes and walk around, even if it is just for a few seconds.
3. Walk or exercise at least 30 minutes every day.
4. Drink plenty of water.
5. Stretch your legs, hips, spine, and neck for 10 minutes every day.
6. Don't push yourself too far if you feel pain.
7. Make sure you are sitting properly at your desk or computer.
8. Take frequent breaks for breathing exercises. Inhale and exhale deeply.
9. Stretch your arms overhead frequently throughout the day.
10. Do strengthening exercises 2-3 times per week.

In order to be healthy, there needs to be a large emphasis on movement. When your body is flexible, strong, well-balanced, and fueled by a nutritious diet, it is able to perform at its optimal levels. At Shoreline Physical Therapy, we are dedicated to helping you live the best life you can, and our movement experts would be more than happy to help you relieve your pain, re-align your body, and get moving once again. **If you are looking for assistance in living a more physically active life, contact us today. Our therapists at Shoreline Physical Therapy are experts at evaluating movement and recommending the most effective stretches for each individual.**

[www.shorelineptnc.com](http://www.shorelineptnc.com)

## 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**



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## EXERCISE OF THE MONTH

*Try this movement if you are experiencing pain.*

Helps Stretch Your Hamstrings



### HAMSTRING STRETCH - WALL

Place a leg up a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall.



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

## Avoid Aches & Pains In The Garden This Summer



Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

### These Tips Can Help Prevent Injuries

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

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## Feel Better By Eating Better!



### CHERRY-BERRY OATMEAL SMOOTHIES

- 1/3 cup quick-cooking rolled oats
- 1/2 cup light almond milk
- 3/4 cup fresh strawberries
- 1/2 cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- 1/2 cup small ice cubes

In a medium bowl combine water and oats. Microwave for 1 minute. Stir in 1/4 cup of the milk. Microwave for 30 to 50 seconds more or until oats are very tender. Cool for 5 minutes. In a blender, combine the oat mixture, the remaining 1/4 cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.



## HAS YOUR PAIN COME BACK?

*Come Back In For Physical Therapy!*

Give us a call at (910) 791-0396 or visit us online at [www.shorelineptnc.com](http://www.shorelineptnc.com) to schedule your appointment today!