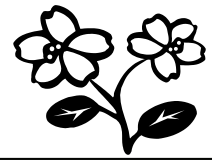


Physical Therapy and Your Health

Brought to you by Capital Physical Therapy



Fit for the Fairway

As Spring nears, golfers in New England are ready to hit the links. But after a long winter of less physical activity – and likely no golfing at all – it is important to prepare yourself for that first round of the year.

Stretching before playing golf can enhance your ability to strike the ball, while decreasing your chances of injury. First, warm up for 5-10 minutes before playing a round and periodically as you play the course. Repeat each of the following stretches 4-5 times on each side.



Trunk and Upper-Body Stretch

- Put a golf club in front of your chest, rotate slowly to the right and hold for 10-20 seconds. Then rotate to the left for the same amount of time.

Side Stretch

- Stand with your arms above your head, holding a golf club with hands shoulder-width apart. Slowly bend to the right and hold for 10 seconds. Repeat to the left side.

Calf Stretch

- Place both hands against a tree at chest level, and stand arm's length away. Keeping your right foot on the ground, and your right leg slightly bent, move your left foot back behind you, keeping the knee straightened. Try to touch your heel to the ground. Hold for a count of 10. DO NOT BOUNCE. Repeat stretch with right leg.

Practice Good Posture

Many people are unaware of their poor posture while golfing. An incorrect stance can lead to an increased risk of spinal injury. The correct stance takes pressure off the lower back area, while generating the power from the trunk, hips, and legs needed for a good swing.

- Slightly bend knees into a relaxed position
- Bend forward from the hips, keeping the back straight.
- Arms should hang straight down comfortably while gripping the club.

Avoid Bike Related Injuries

Now that Spring is upon us, it's time to start looking forward to outdoor activities. One great option is bike riding. Here are some tips to help you avoid bike-related injuries this season

Posture Tips

- Knee should be slightly bent when you are at the bottom of the pedal stroke, and your hips should not rock while pedaling.
- A higher cadence (speed) and using easier gears will help you achieve better pedaling skills. Your goal cadence should be 80-90 revolutions per minute. A bicycle computer with cadence read-out is very useful.
- Hand position should be changed frequently for greater upper-body comfort.

Common Bicycling Pains

- Anterior (Front) Knee Pain. Possible causes are having a saddle that is too low, pedaling at a low cadence (speed), using your quadriceps muscles too much in pedaling, misaligned bicycle cleats for those who use clipless pedals, and muscle imbalance in your legs (strong quadriceps and weak hamstrings).
- Neck Pain. Possible causes include poor handlebar or saddle position. A poorly placed handlebar might be too low, at too great a reach, or at too short a reach. A saddle with excessive downward tilt can also be a source of neck pain.
- Lower Back Pain. Possible causes include inflexible hamstrings, low cadence, using your quadriceps muscles too much in pedaling, poor back strength, and handlebars that are too long or too low.
- Hamstring Tendonitis. Possible causes are inflexible hamstrings, high saddle, misaligned bicycle cleats, and poor hamstring strength.
- Hand Numbness or Pain. Possible causes are short-reach handlebars, poorly placed brake levers, and a downward tilt of the saddle.
- Foot Numbness or Pain. Possible causes are using quadriceps muscles too much in pedaling, low cadence, faulty foot mechanics, and misaligned bicycle cleats for those who use clipless pedals.
- Ilio-Tibial Band Tendonitis. Possible causes are a saddle that is too high, leg length difference, and misaligned bicycle cleats for those who use clipless pedals



Capital Physical Therapy is pleased to offer Aquatic Therapy

What is Aquatic Therapy?

Aquatic therapy or pool therapy consists of an exercise program that is performed in the water. It is a beneficial form of therapy that is useful for a variety of medical conditions. Aquatic therapy uses the physical properties of water to assist in patient healing and exercise performance.

One benefit of aquatic therapy is the buoyancy provided by the water. While submerged in water, buoyancy assists in supporting the weight of the patient. This decreases the amount of weight bearing which reduces the force of stress placed on the joints. This aspect of aquatic therapy is especially useful for patients with arthritis, healing fractures, or those who are overweight. By decreasing the amount of joint stress it is easier and less painful to perform exercises.

The viscosity of water provides an excellent source of resistance that can be easily incorporated into an aquatic therapy exercise program. This resistance allows for muscle strengthening without the use of weights. Using resistance coupled with the water's buoyancy allows a person to strengthen muscle groups with decreased joint stress that cannot be experienced on land.

Lastly, the warmth of the water experienced during aquatic therapy assists in relaxing muscles and it vasodilates blood vessels, increasing blood flow to injured areas. Patient with muscle spasms, back pain and fibromyalgia find this aspect of aquatic therapy especially therapeutic.

Physical Therapy and Your Health is brought to you by **Capital Physical Therapy**

The Road to Recovery Begins Here

For more information please call us at 224-3511

We are located at 15 North State Street, in Concord, at the YMCA

Appointments Available Within 24 Hours

Personalized One-On-One Care

Focusing Primarily On Orthopedic Cases With A Special Interest In Back And Neck Injuries (*Utilizing The Mckenzie Method Of Diagnosis And Treatment*)

All information provided in this newsletter is for educational and informational purposes only, it should not be considered medical advice. Please consult your physician or physical therapist before performing any of the exercises or treatments described in the newsletter