

# NEWSLETTER

April  
2021



## IMPROVE YOUR PHYSICAL PERFORMANCE WITH THESE STRETCHES!

Many common aches and pains stem from tight muscles and poor movement. The key to good health is to keep your body flexible. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. When your tissues are flexible, normal blood and lymphatic fluids circulate the body easier, oxygenating your tissues properly. This helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

Additionally, stretching is necessary for dedicated athletes, weekend warriors, or anyone looking to improve their physical performance. After a workout you may not feel the need to stretch if your muscles aren't aching or sore. However, there are several potential effects of not taking the time to stretch correctly after exercise. You might experience stiffness if you're not stretching adequately. Muscles and tendons that aren't stretched properly after exercise may be more susceptible to injury.

It is important to not only make sure you're stretching after exercise, but that you're doing the right types of stretches. Some helpful stretches to incorporate that will help you avoid pain and injury include:

**1. Kneeling hip flexor stretch.** Kneel on a mat or soft surface. Make sure you're positioned so your right knee is straight up and the bottom of your right foot is flat on the floor. Extend your left leg behind you so the top of your left foot is flat on the floor. Begin to shift your weight forward and stop when you begin to feel the stretch in your hip. Hold for 30-45 seconds, then switch legs.

**2. Pigeon stretch.** Begin on a mat or soft surface. Sit so your left leg is extended behind you, with the top of your left leg flat on the floor, and your right leg bent so the outside of your calf and thigh are flat on the floor. Your right foot should be almost touching your left hip. Slowly lean forward with your arms outstretched so your chest is resting on top of your bent right leg. Keep your head tucked toward the ground. Hold for 30-45 seconds, then relax and switch sides.

**3. Calf stretch.** Stand with your hands on your hips. Step forward with your right leg and bend your knee, keeping your left leg straight behind you. Place your left heel flat on the ground so you feel the stretch in your left calf muscle. Hold for 30-45 seconds, then switch legs.

*(continued inside)*

**IMPROVEMYAGILITY.COM**

# Improve Your Physical Performance With These Stretches!

*(continued from outside)*

**4. Quad stretch.** Stand with your legs hip-width apart. Relax your shoulders and flex your abdominal muscles. Use your right hand to pull your right leg toward your buttocks, so your knee is bent facing the floor. Hold your right foot in your hand for 30-45 seconds, then repeat on the left side.

**5. Hamstring stretch.** Begin by holding onto a stable object, such as a wall, chair, or railing. Place your right foot on a slightly raised surface, such as a step or a curb, so your heel is touching the surface and your toes are facing upwards. Make sure your hips are straight. Slowly bend your left knee until you begin to feel the stretch in your right thigh. Hold for 30-45 seconds then repeat with the left leg.

**6. Supine twist stretch.** Begin by laying on a mat or soft surface, with your back flat on the ground and your right knee bent. Use your left arm to bring your bent right knee to the other side of your body, keeping your right arm outstretched flat on the ground. Rotate your hips slightly to

the left in order to do this. Hold for 30-45 seconds then repeat with the left leg.

**Add stretches to your daily routine today!**

There are many other ways that stretching can help you live your best life. If you are looking to add stretches to your daily life, contact us for assistance! We will schedule a consultation with one of our dedicated physical therapists, so you can discuss which stretches will be best for you.

**Contact Agility Physical Therapy today to get started on the first steps of your treatment plan and learn more about how targeted stretches will benefit you!**



## WONDERING ABOUT YOUR ACHE OR PAIN?

**Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!**

# *Covid-19 Precautions*

Agility Physical Therapy is focused on keeping our equipment and facilities clean for you. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



**WASHING YOUR  
HANDS REGULARLY**



**AVOID TOUCHING  
YOUR FACE**



**SNEEZE & COUGH  
INTO TISSUES**



**AVOID HUGS OR  
SHAKING OF HANDS**



**DO NOT TOUCH  
MUCOUS**



**KEEP YOUR DISTANCE  
FROM THOSE INFECTED**

## ***FREE PAIN/INJURY ANALYSIS!***

**MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE  
MORE ENERGY • ENJOY ACTIVITIES PAIN FREE •  
BE STRONGER**



***CALL TO SCHEDULE A  
TELEHEALTH OR IN-CLINIC  
APPOINTMENT TODAY!***

*Offer valid for the first 25 people to schedule. Expires 5-15-21*

# Healthy Recipe

## INGREDIENTS

- 1 salmon fillet - thaw if frozen
- 1/2 cup feta cheese
- 1/4 cup roughly chopped fresh parsley
- 2 tablespoons roughly chopped fresh chives
- juice from half a lemon
- 1/8 teaspoon salt
- pinch of pepper



## FETA & HERB CRUSTED SALMON

## DIRECTIONS

Preheat your oven to 400 degrees. Line a baking sheet with parchment paper or foil for easy clean up. Combine parsley, chives, feta, lemon, salt and pepper on cutting board. Run knife through the combination several times, chopping up all ingredients to mix. Spread combined ingredients on salmon fillet. Bake for 20 minutes or until cooked through. Serve!

# YOU DON'T HAVE TO LIVE WITH PAIN!



## DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

**IMPROVEMYAGILITY.COM**



# Exercise Essentials

## STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



## Patient Success Spotlight

**"PUSHED ME TO GAIN BACK MY STRENGTH!"**

*"Just completed my last personal training session with Kimberly from Agility Fitness Experience in Venice! This free training was kindly donated by Agility for the Knights of Columbus's Casino Knight I attended in January. Kimberly was an outstanding trainer and pushed me to gain back my strength these many weeks. Loved it!" - J.S.*



**CALL TODAY! 941-484-8107**