

N E W S L E T T E R

SHOW YOUR CORE SOME LOVE *WITH PHYSIAL THEARPY*





N E W S L E T T E R

WE CAN HELP YOU STRENGTHEN YOUR CORE



Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At Joint Effort Physical Therapy, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels. Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move! Contact Joint Effort Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle. The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking.

Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

HOW WE CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it. Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements. Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.



WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function. Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function. In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Joint Effort Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain. If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources: https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core_stability_exercise_principles.14.aspx • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/> • https://journals.lww.com/nsca-jscr/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during.29.aspx • <https://www.sciencedirect.com/science/article/abs/pii/S1350453318301152>

We can help you get stronger! Give us a call today at 501.781.2701 or visit www.JEPhysicalTherapy.com to schedule your appointment!

www.JEPhysicalTherapy.com

ANOTHER 5 STAR REVIEW

"Rob Jordan and staff are excellent! My first experience kept me from a shoulder surgery. My current situation is challenging them and I appreciate the experience and the diligence in digging for answers. Pain level much better now. I won't go anywhere else for PT and highly recommend." – R.A.

Help Us Help More People By Leaving Us A Review



www.JEPhysicalTherapy.com



HEALTHY RECIPE

Valentine's White Chocolate Raspberry Smoothie



INGREDIENTS:

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

INSTRUCTIONS: In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

FIND RELIEF BY THE NEW YEAR.

IT'S EASIER TO GET PHYSICAL THERAPY THAN YOU THINK!

DID YOU KNOW YOU HAVE DIRECT ACCESS TO PT?

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed. In the state of Arkansas you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

PATIENT SUCCESS STORY:

"Rob, Gretchen and their team at Joint Effort Physical Therapy are amazing! They truly care about their patients and are very knowledgeable in their profession. They have helped me so much during the past few years and most recently with vertigo. I called to cancel an appointment because I woke up with my head spinning with vertigo. Rob informed me he could help with it if I could come in and I'm so glad I did! He had a treatment that gave me close to 100% improvement. They are constantly sanitizing, disinfecting and cleaning. I highly recommend Joint Effort Physical Therapy!" - **S.C.**

www.JEPhysicalTherapy.com
501.781.2701

EXERCISE ESSENTIALS

Helps Strengthen Core

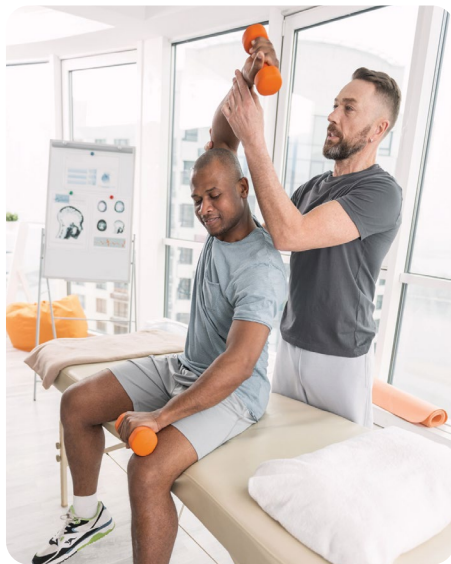
PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time. Be sure to keep your core activated. Alternate 20 times.

EXERCISES COPYRIGHT OF
SimpleSet Pro
WWW.SIMPLESET.NET



Don't hesitate to call if you have any questions or concerns while performing this exercise.



*Come back to physical therapy and **don't** waste your benefits!*

10 SPOTS RESERVED FOR
FREE 15 MINUTE SCREENS

 **JOINT EFFORT**
PHYSICAL THERAPY

TO REDEEM, GIVE US A CALL & MENTION THIS COUPON!

(501)-781-2701

Offer valid for the first 10 people to schedule.
Expires 02/28/22

CALL 501.781.2701 TODAY!