

# Physical Therapy News

From your friends at xxxx Physical Therapy

## STEP OUTSIDE TO WALK OR RUN



People enjoy walking or running for a number of reasons. For many, it's a simple form of exercise. For some, it's about 'the freedom of the road' and 'being one with nature', while others find it an effective way to decrease stress.

Walking or running helps condition the body and improve blood circulation. Regular walking is associated with a healthier heart and a greater sense of well

being. For those who like to run, the right running technique combined with appropriate footwear helps minimize injuries.

When you work with a physical therapist, you can expect to learn the right movement techniques to minimize strain on your muscles and joints. Physical therapists can also help runners increase muscle strength and improve joint range of motion. This helps decrease stress on the runner's body and improves overall performance.

## THE MECHANICS OF MOTION

If you plan on stepping outside to walk or run, expect your physical therapist to teach you the right 'mechanics of motion'. With the proper walking and running technique, you can avoid injury and improve muscular endurance. Here are a few things to consider:

- The right degree of flexion in your knees and elbows is important to reduce strain on your joints.
- Posture is important. In fact, your entire technique is dependent upon your posture for efficiency and safety.
- An appropriate range of motion helps minimize injuries and improve running technique.
- Proper stride length is an important aspect of efficiency and injury prevention.



## SPOTLIGHT

Insert photo

This section is completely customizable and you can feature a staff member or even a patient here!

***Insert any other information relevant to your private practice such as members of staff, other locations, specialization and services***

- Proper rhythm, or cadence, will help you to minimize injury by eliminating unnecessary overuse of your muscles.
- Coordination between your upper and lower body is an important aspect of running technique.

Each of these components plays a vital role in running technique. As you progress with each component, expect an improvement in your strength, efficiency, distance and possibly speed.

## INJURY PREVENTION WITH PHYSICAL THERAPY



A physical therapist can identify muscle imbalances and improper joint alignments. The physical therapist will conduct a detailed evaluation, which includes an analysis of gait, foot alignment, upper body strength, hip alignment and spine alignment.

With an adjustment of running technique and correction of muscle imbalances, the therapist will get you on your feet so that you can walk (and possibly run) if your body allows it.

The best thing for you to do right now is to contact us and ask for an evaluation of your movement patterns before you start a walking or running program. We can help you plan ahead. We can also create a rehabilitation program if you are currently experiencing any discomfort while walking or running. Your body deserves the right kind of care, and we can help you. Let us help you prepare for your journey.

## REMEMBER

**Announcements of special events, special offers or coupons can be inserted here.**

## TESTIMONIALS

Please insert your own patient testimonials here. The more specific the testimonial, the better. You don't have to enter a testimonial only. You can also use other content instead of testimonials. The following is an example of a testimonial:

I have worked with Jane for over a year now and am amazed with her skills as a therapist!

Thanks! James M.

*Tip: Did you know the content in each Therapy Newsletter can be repurposed by you in any manner? Contact a local editor and use this content in a local newspaper column to gain visibility and recognition in your community.*

**Please tell others about us!**