



# NEWSLETTER

Helping You Move Through Life  
Pain-Free!



## HOW PHYSICAL THERAPY CAN HELP YOU GET ACTIVE AGAIN

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At Aspen Rehab, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls. While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact Aspen Rehab today for guidance on how to get moving so you can increase your energy and live a healthier life!

### **How does a sedentary lifestyle affect your body?**

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

Visit Us Online [aspenrehab.com](https://www.aspenrehab.com) or Call Today [\(954\) 341-7875](tel:9543417875)

# HOW PHYSICAL THERAPY CAN HELP



Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle. Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

**Identifying your prior level of fitness.** This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

**Teaching you about the consequences of being sedentary.** Education is a crucial component of success. We will show you ways to increase movement in your day and help you make choices that support your well-being.

**Develop and progress you through specific exercises.** Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

## What to expect in physical therapy

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step. Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

## Schedule an appointment today

At Aspen Rehab, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.

Source: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>  
<https://medlineplus.gov/healthrisksofaninactivelifestyle.html>

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## OCCUPATIONAL THERAPY

Occupational therapy helps those with hand conditions, upper extremity issues, those that require splints, and bathing, dressing, and feeding help for issues caused by injuries or accidents.

## SPEECH THERAPY

Speech therapists handle issues dealing with delayed speech, vocabulary development, facial expressions, and more. They help to decrease issues patients have with eating and cognitive skills too. Speech therapists can also address problems with swallowing and communicating after an injury or stroke.

## PHYSICAL THERAPY

Physical therapy helps relieve pain after injury, accident, or chronic joint issues. Patients with low back pain, neck pain, or who have had any surgeries can utilize PT to address pain and limitations or even to avoid surgery altogether.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

[aspenrehab.com](http://aspenrehab.com)



# EXERCISE ESSENTIALS

## KNEE GAPPING

Try this movement to relieve your knee pain.

Start by sitting with your back against a wall and the leg you are not working straight out in front of you. Bend the knee you want to work and place a rolled towel right under the back of your knee. Place both hands around your shin and pull your knee toward your chest, keeping your foot on the ground. Slowly relax your knee back out. 3 sets, 10 reps.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## HEALTHY RECIPE

### PINEAPPLE GREEN SMOOTHIE



#### Ingredients

- ½ cup unsweetened almond milk
- ½ cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey (optional)

#### Directions

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia seeds and sweetener (if using); blend until smooth.

<https://www.eatingwell.com/recipe/251038/pineapple-green-smoothie/>



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