



connections
PHYSICAL THERAPY

NEWSLETTER

*Enjoy life
pain free!*

IMPROVE YOUR
HEALTH
BY STRENGTHENING
YOUR CORE

ALSO INSIDE

How Can I Strengthen My Core Muscles?
Grilled Lemon Chicken Recipe



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IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE



How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Connections Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What exactly are the core muscles? When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

COME BACK IN FOR PT!

HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Connections Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

- 1. Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
- 2. Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
- 3. Getting adequate rest and exercise.** Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing



you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

- 4. Eating nutritious meals.** A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.
- 5. Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Connections Physical Therapy our physical therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

EXERCISE ESSENTIALS

PELVIC TILT

Do this exercise to strengthen your core.

While lying on your back, use your stomach muscles to press your back into the floor. Hold for 20 seconds and repeat 10 times.



WE'RE STAYING SAFE!

The staff at Connections Physical Therapy is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we are taking these precautions:



ONE PATIENT TO ONE THERAPIST ONLY IN THE CLINIC



NO DOUBLE BOOKING OR PATIENT OVERLAP



THERAPISTS PROVIDED TIME TO CLEAN ALL SURFACES AND EQUIPMENT BETWEEN PATIENTS.



HEALTHY RECIPE

GRILLED LEMON CHICKEN

INGREDIENTS:

- 3 boneless skinless chicken breasts
- extra virgin olive oil
- kosher salt to taste
- freshly ground black pepper to taste
- 2 lemons halved

DIRECTIONS:

Prepare one side of the grill for direct cooking at medium-high heat (450°F) and one side for low, indirect heat. Brush the cooking grates clean. Drizzle the chicken breasts with extra virgin olive oil and rub over the chicken breasts. Season generously with kosher salt and freshly ground black pepper. Place the chicken breasts on the hot grill. Cover and cook for 4-5 minutes or until they easily release from the grates. Flip the chicken and cook for 4-5 minutes longer. Move the chicken to the indirect heat and cook for another 5-8 minutes or until the chicken breasts are firm to the touch and opaque all the way through, registering 160°F internal temp (the temp will rise to 165°F as the chicken rests). Add the lemon halves to the grill half way through cooking the chicken, cut side down, and cook for 3-5 minutes then move the lemon halves to the top rack of the grill. Transfer to a plate and cover with a piece of aluminum foil and let rest for 5 minutes. Squeeze the lemon on the chicken for extra flavor.

Recipe: <https://www.foodiecrush.com/the-best-grilled-chicken-breast-recipe-and-a-giveaway/>



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STAFF SPOTLIGHT



JIM HOSKER PT, DPT, OCS, MTC

Jim graduated with his BS in Physical Therapy from Northeastern University and continued his education by receiving his Doctorate of Physical Therapy from Creighton University in 2002. Throughout his career, he received his Orthopedic Clinical Specialist, Certified Manual Therapist, and has been involved with Specialization Academy of Content Expert for the ABPTS. Jim enjoys treating spine injuries, herniated discs, back and neck strains. He uses a blended treatment approach pulling philosophies from many different sources, as he says we are all unique and there is no one size fits all approach. In his free time Jim enjoys outdoor activities, hiking and kayaking, street hockey and volleyball. He has been married for over 30 years with two children.



JULIA LASANTE PT, MSPT

Julia graduated from Quinnipiac University in 2009 with her Masters in physical therapy and has worked in outpatient orthopedics for 12 years. She is a certified McKenzie therapist for the lumbar spine and cervical spine and has a special interest in treating neck and back pain. Other areas of interest include running injuries, vertigo, post-surgical rehab, and gait and balance retraining. She is also a certified therapeutic yoga instructor and often incorporates poses within treatment sessions. In her spare time, she is an avid long-distance runner and participates in many local races. She also enjoys swimming, hiking, and spending time outdoors with her family with 3 young children.



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