

# NEWSLETTER

**JULY 2023**



## **Physical Therapy Can Help You Strengthen Your Core**

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# Kinect

PHYSIOTHERAPY



## Physical Therapy 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 Kinect Physiotherapy, 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 Kinect Physiotherapy 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.

*Continued inside.*

## INSIDE:

- What Are The Core Muscles?
- 5 Pool Exercises
- Patient Success

## SEASONAL RECIPE

### *Homemade Electrolyte Drink*



### INGREDIENTS

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

### DIRECTIONS

Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

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# 5 POOL EXERCISES

## HOW PHYSICAL THERAPY 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 YOU CAN 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 Kinect Physiotherapy, 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:

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Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.

**1. Walk in water.** It targets your arms, core, and lower body. Keep your arms in the water and move them as you walk. Engage your core and stand tall.

**2. Water arm lifts.** Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.

**3. Lateral arm lifts.** This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

**4. Back wall glide.** This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

**5. Leg kicks.** This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your physical therapist first.

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## STAFF SPOTLIGHT

## PICKLE BALL



### Shelley Friesen

Shelley, a local Knightdale resident, has been working for Kinect Physiotherapy for over 6 years as front desk/intake coordinator. She brings to the clinic years of past experiences in other local clinics dealing with insurance and patient intake responsibilities. In her spare time, she enjoys regular Camp Gladiator workouts,

hiking, paddle boarding and traveling with her husband to visit her family, in particular her grandson in Denver.

"What a fantastic weekend for a pickle ball tournament at the Flaherty Park Community Center in Wake Forest!!! Chris Walters presented some of the participants with well-deserved medals. Stephen Harris and Jasen Brisson stood among the winners as we celebrated their achievements. We extend a special thank you to Sandy Brasseale, the Tournament Director, for allowing Kinect Physiotherapy to play a part in this outstanding community event."



## PATIENT SUCCESS

**"... I was finally able to walk, drive, and go upstairs on my own."**

Excellent service! The staff was kind, professional, and friendly. I slid in there miserable with my walker after breaking my right femur in three parts due to a skateboarding accident, and Dr. Justin was able to patiently work with me as I was finally able to walk, drive, and go upstairs on my own. Highly recommended!

-Raúl N.

## COME BACK TO PHYSIO

**WHY YOU NEED TO COME BACK IN FOR A TUNE UP:**

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

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