

» Stretch Your Way To A Healthier Life!

Although stretching is an important component of exercise and fitness, it is often overlooked. It is important for individuals in sports or other rigorous activities, and it also has great benefits for those who aren't as active. Even though it is highly recommended, many individuals fail to make stretching a part of our regular routine. Sometimes, we avoid it because we "don't have time"!



The good news is, stretching only takes a few minutes and has benefits like:

- Improved posture – Stretching helps alleviate tightness in tense muscles and promotes a proper alignment of the spine.
- More flexibility – Stretching helps muscles get ready for activity by improving a person's range of motion.
- Increased circulation – A good stretch will increase the blood flow sent to muscles, which can lead to a faster healing process.
- Improved coordination – Loosening your joints by stretching encourages smoother movements, contributing to a better sense of balance.
- Decreased stress – Stress often leads to physical discomfort and stretching will help resolve these issues.

Stretching correctly is crucial to properly prepare for any activity – be it light or strenuous. Muscles respond best to stretching when warmed up, so it's a good idea to first take a brisk walk. All it takes to warm-up the upper body are some simple arm movements.

For best results, hold stretches for at least 30 seconds to fully take advantage of the benefits. Avoid bouncing, irregular, jerky stretches. Start off slowly. DO NOT hold your breath. Remember, **stretching should not be painful**. If a movement causes pain, ease up on it or stop and consult your therapist.

» Stretch Your Schedule To Include Flexibility!



Some people fail to stretch because they think it takes too much time. Unfortunately, certain activities can cause discomfort without prior stretching, especially simple household tasks. If you have plans to tackle housework, take part in an aerobics class, or simply take a quick walk during your lunch break - your body will thank you later!

Failing to stretch before moving furniture can be particularly uncomfortable. When confronting a heavy sofa or stubborn television, stretching will assist in alleviating any pain that may result. Remember, "a few minutes of stretching before you play can save you a lifetime of pain."

» Physical Therapy As a Preventative Measure

Many people wait to visit a physical therapist until they are injured. Sometimes, it's a case of too little too late. Don't let that happen to you! As highly trained therapists, we teach preventative measures as well. By asking you a few questions about your background, general health, and the activity you plan to pursue, we can design a customized stretching program specific to your needs and demonstrate the right way to do them to avoid injury.



A Word of Caution: Stretching Should Not Hurt!

Sometimes a particular injury or condition makes it hard to stretch. In fact, stretching improperly, especially when injured, can do more harm than good.

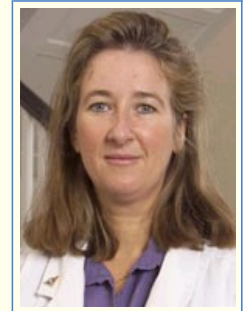
If you are suffering from acute muscle strains, bone fractures, or sprains, **avoid stretching**. While the benefits of stretching usually outweigh the risks, these types of injuries need time to rest in order to heal properly. By trying to stretch an injured area, you could experience more pain and discomfort.

It is important to address the issue before it begins. Schedule an appointment with us TODAY and start reaping the rewards of preventive practice. By learning how to stretch properly, many activities will become easier, and tense/tight muscles will soon become a thing of the past. We can help you find the perfect set of stretches to keep injury away.

What are you waiting for? Call today!

» [Refer A Friend - Click Here](#)

Save page as PDF



Francine Noel-Ford, DPT

Back to Basics Family Physical Therapy

[Email Us](#)

[Our Website](#)

Patient Testimonial

Everyone was very friendly and took great care to listen to my concerns. I have struggled with knee pain for several months. Francine was able to identify the problem that I had with my hamstring and recommend additional treatment that finally got me over the hump. C. Holt.

Do you need **Physical Therapy**?

If you have any of the following **conditions** we can **help!**

Tendonitis/ Bursitis
Sprain/ Strain
Jaw, Neck, or Back Pain
Tension Headache
Pelvic Pain/ Incontinence
Lymphedema
Trigger Points

Pre/ Post Surgical Protocols

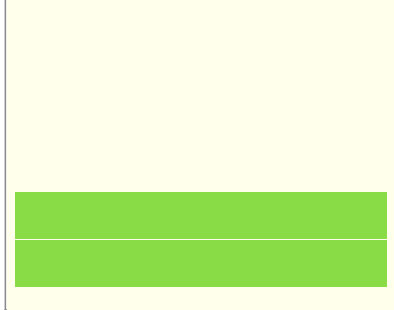
Most Insurances Accepted!

ANNOUNCEMENTS


Back to Basics Family Physical Therapy is celebrating our 5 year anniversary!

REFER A FAMILY MEMBER OR FRIEND AND RECEIVE A FREE 1/2 HOUR GIFT CERTIFICATE FOR A MASSAGE!

(MUST BE A PREVIOUS PATIENT)



This email was sent by info@backtobasicspt.com
[To Unsubscribe From Our Newsletter, Please Click Here](#)

 Save page as PDF

1015 First Street SWSuite 2 Roanoke Virginia 24016

[Send Test Email](#)

[Send Email](#)