

The Newsletter About Your Health And Caring For Your Body



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iMotion Physical Therapy Acquires Omega Sports Rehabilitation

The iMotion Physical Therapy you know and love is expanding to better serve you!

Everyone at iMotion has been hard at work and we are now happy to announce the acquisition of *Omega Sports Rehabilitation!*

Omega Sports Rehabilitation does outpatient physical therapy. They specialize in orthopedics, sports-injuries and neurological disorders. Their highly skilled physical

therapists work one-on-one with you to design and carry out a treatment to meet your needs.

Your treatment will include manual therapy, modalities, exercise, education concerning your injury, prevention strategies and a home exercise program.

Omega Sports Rehabilitation not only does land based therapy, but aquatic outpatient physical therapy as well.

**iMOTION PHYSICAL THERAPY NOW OFFERS
AQUATIC THERAPY!**



EXERCISE & PAIN RELIEF

If you have back or joint pain, there are probably some times when all you want to do is lie in bed all day. It's tempting, but it might make the problem worse. Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional; a physical therapist show you what is appropriate to do given your condition.

Here are 7 exercises/activities you should do to alleviate your pain:

1. Walking
2. Swimming
3. Yoga
4. Tai Chi
5. Pilates
6. Stretching
7. Aerobics



Patient Spotlights

I truly enjoyed my time with the entire team.

"I spent the last 7 weeks at iMotion and it was great! I have been to two other offices for prior injuries and did not receive the same type of care that I received from iMotion. I truly enjoyed my time with the entire team." - A.L.



WE NOW HAVE THREE LOCATIONS!

FEEL BETTER! CALL TODAY!

Fremont: 510-745-7700

Los Gatos: 408-637-4777

San Jose: 408-275-1500

Outstanding relief for your aches...

Strengthens Hips

HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position. Repeat 10 times on both legs.



Strengthens Hips

HIP ABDUCTION

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. The bottom leg can be bent to stabilize your body.



www.imotionpt.com

Has Your Pain Returned?



1. Feel free to call us and ask to speak to your physical therapist.



2. Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call Today 510-745-7700



Give The Gift of Health

Do You Have Friends or Family Unable to Do The Following?

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


iMotion
PHYSICAL THERAPY

**REFERRAL
HOTLINE
510-745-7700**