

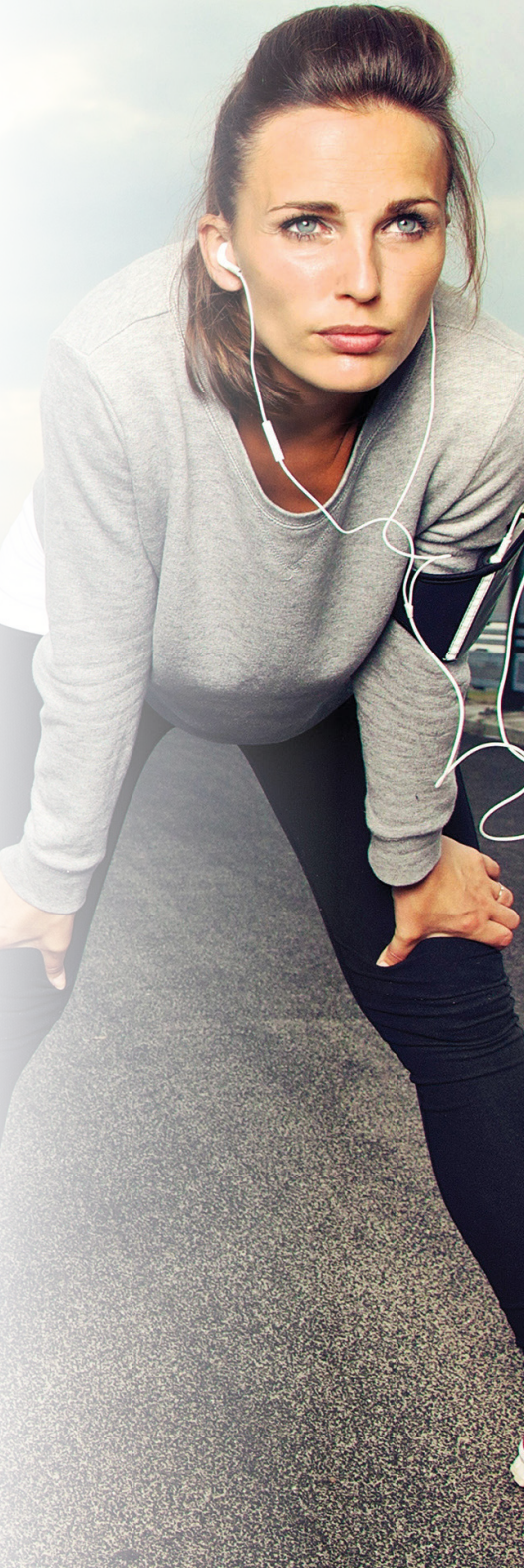
Why You Should Stay Active & Avoid Injury

Whether you just like to play weekend sports, walk for exercise or are an avid athlete, injuries can happen from time to time. Most injuries are from overusing muscles, tendons and ligaments, which may feel like soreness, especially the next day.

At the microscopic level, when muscles, tendons and ligaments are over-stretched, little tears form in the tissues. Your body normally heals quickly from this. However, the severity of the injury determines the extent of time needed to recover.

Sprains and Strains

Sprains are over-stretching injuries to the tendons and ligaments while strains are over-stretching injuries to the muscles. These can range from mild to severe. Realize, that for even mild sprains, the body can take about 6 weeks to heal the soft tissue. That means adequate rest and rehabilitation is needed to fully recover from this type of injury. Severe sprains and strains may at times require braces and even surgical repair. The recovery from this can be longer, 8 weeks or more and it is wise to have proper physical therapy rehabilitation to recover. Even old sprains and strains can stay around to haunt you if they have not been properly rehabilitated.





Stay Active & Avoid Injury

(continued from inside)

Tendonitis

Tendonitis is an inflammation of the tendons from overuse. This can be for a variety of reasons, but typically, that body part is taking the strain due to poor movement of other areas. For example, tendonitis in the shoulder or elbow is typically from poor posture of the neck and upper back. This causes an altered movement in the shoulder and arm, increasing strain on the tendons. Physical therapy helps by relieving the inflammation and pain while restoring normal motion and posture.

If you suffer from aches, pains or would just like to move better than you use to, call us today to learn more about our different programs and how we can help you be active and pain-free!

www.imotionpt.com

Why Choose iMotion Physical Therapy?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended

Patient Spotlight

My neck is more flexible!

Success Story: -Robert G.

"Before physical therapy I was unable to move my neck in a comfortable manner, and it caused pain while performing daily activities. I was unable to look down or to the side without feeling some discomfort, and especially while sleeping. After the visits at iMotion, my neck is now more adjustable and comfortable. I can now cook and clean without the discomfort I had before."

CALL FOR AN APPOINTMENT TODAY!

Fremont: **510-745-7700**

Los Gatos: **408-637-4777**

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Attention Pain Sufferers

- Do you have pain when moving or standing for long periods of time?
- Do you experience pain after sitting for long periods of time?
- Do you experience stiff joints?

Get out of pain naturally and learn how to keep it from coming back!

Move Freely, Be Stronger & Alleviate
Pain Naturally. Find Out How With A

FREE PAIN RELIEF

Analysis



Fremont Location: **510-745-7700**
Los Gatos Location: **408-637-4777**

Offer valid for the first 25 people to schedule. Expires 3-28-17.

A Yoga Pose to Help Tone Your Body

Did you know that simple movements and poses everyday can help you lose weight?

Downward Dog Pose

How It Works:

The Downward Dog Pose or Adho Mukha Svanasana is a weight-bearing pose. You need to position the upper body on your hands. It is an excellent way to tone your arms and biceps. It also strengthens your entire upper body. It stretches your back, chest, shoulders, hamstrings, and calf muscles.

Precautions:

Do not do this pose if you suffer from carpal tunnel syndrome.

How To:

1. Folding forward at the hips, place your palms on the mat. If you can't reach, bend your knees to get your palms to the mat.
2. Step one foot back several feet, and press your palms firmly into the mat.
3. Pressing strongly into your palms, step the other foot back to meet the extended leg, while lifting your hips up.
4. Adjust your feet by stepping them closer to your hands. Straighten your legs and push away from the floor.



Do not attempt yoga before speaking to your physical therapist. If you have pain while attempting this pose please call iMotion Physical Therapy.

Exercise Essentials

Try this simple exercise to keep you moving...

The exercises below are designed to be performed under the instruction of a licensed physical therapist.

HAMSTRING STRETCH - SUPINE

Helps relieve tight muscles

While lying on your back, raise up your leg and hold the back of your knee until a stretch is felt. Repeat 8 times.

Exercises copyright of



SimpleSet Pro

www.simpleset.net



Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

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
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Sweetie Shah, PT

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