

NEWSLETTER



**Albanese
Physical
Therapy**

PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR CORE

2022

How Physical Therapy
Can Help Strengthen
Your Core

Exercise Of
The Month

11 Quick Ways To
Add Greens To
Your Diet



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 Albanese Physical Therapy, 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 Albanese Physical Therapy 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.



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927

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 TO 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 Albanese Physical Therapy, 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:

https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core_stability_exercise_principles.14.aspx

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC110226/>

https://journals.lww.com/nsc-a-jscr/fulltext/2013/04000/systematic_review_of_core_muscle_activity_during.29.aspx

<https://www.sciencedirect.com/science/article/abs/pii/S1350453118301152>

EXERCISE OF THE MONTH

PLANK FOREARMS & KNEES

Position yourself on forearms and knees. Make your body as flat as a plank from head to feet. Keep trunk engaged, do not let lower back arch. Hold position for 15-30 seconds and gently return to starting position.



Exercise copyright of
SimpleSet Pro
www.simpleset.net



FEEL BETTER BY EATING BETTER

PROTEIN PB&J SMOOTHIE BOWL

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>



Thank you so much for taking on Drey and working another miracle! We're so grateful for you! We knew if anyone would do it, APT could. Again, you're the best and we thank you so very much!

Drey, Trey, & Meredith H.

11 QUICK WAYS TO ADD GREENS TO YOUR DIET

It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. *These 11 strategies can help make getting more vegetables convenient, simple, and delicious.*

1. Make them more interesting. Look up new recipes.
2. Prep ahead of time.
3. Get everyone involved.
4. Hide them in yummy dishes. Roasted vegetable Lasagna
5. Make an omelet.
6. Make them portable.
7. Slip 'em into smoothies.
8. Upgrade starches. Zucchini fries
9. Double up in restaurants. Simple: Ask your server to skip the potatoes and add another green vegetable.
10. Make it a mission to try a new one. Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
11. Buy them fresh or frozen. Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

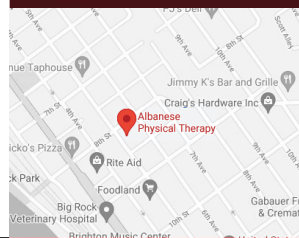
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