

# NEWSLETTER



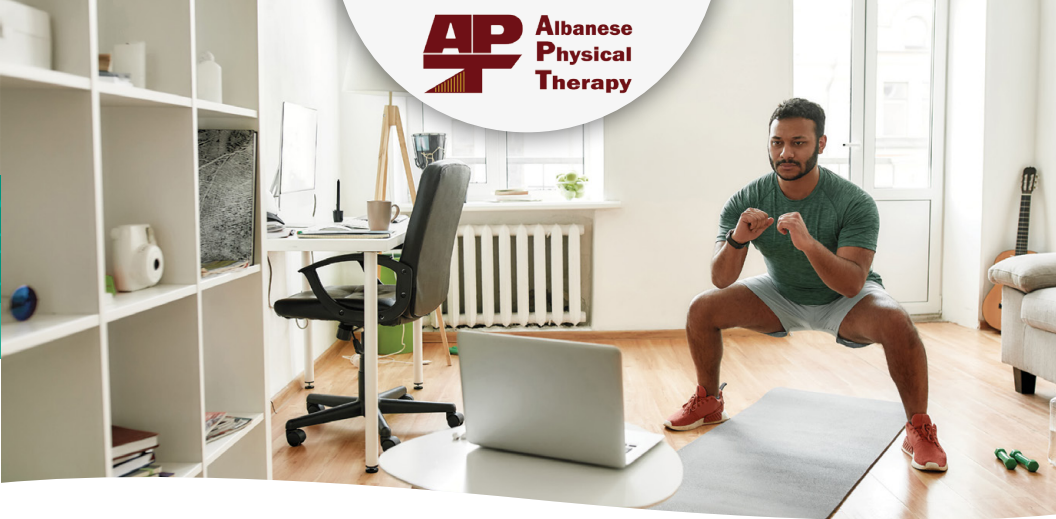
## HOW STRETCHING CAN HELP YOUR PAIN

2023

How Physical  
Therapy Can Help  
You Stretch Properly

The Very Best  
Roasted Carrots

Staff Spotlight:  
Kelsi Sofranko,  
Administrative Staff



## HOW STRETCHING CAN HELP YOUR PAIN

Have you noticed how good it feels to stretch after a long car ride? Or maybe you don't feel any relief stretching the tightness you feel in your back. It can be frustrating to know when to stretch and when not to stretch. Fortunately, at Albanese Physical Therapy, our physical therapists can clarify when exactly you need to stretch so you can get the relief you need!

Many everyday aches and pains stem from tight muscles and poor mobility. The key to good health is to keep your body mobile. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems.

Having good mobility means your joints and soft tissues move freely, without restrictions. Poor postural habits, repetitive movements, and injuries can all lead to limitations in your mobility, leading to pain.

Normal blood and lymphatic fluids circulate the body easier when your tissues are mobile, oxygenating your tissues properly. This improved circulation helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

At Albanese Physical Therapy, our physical therapists can help you identify areas of restriction and solutions to get you moving pain-free again!

**Call today to schedule an appointment with one of our experts!**

### WHAT DOES IT MEAN TO STRETCH?

Although most people know what stretching means, it is essential to make sure you understand how the word is used in physical

therapy. There is some confusion about when and why we should stretch, and also about the benefits of stretching.

When the main emphasis is to move better and feel better, you are heading in the right direction. Targeted stretching in physical therapy is to alleviate discomfort and/or improve mobility. Like most therapy interventions, the timing and intention matter so that you can find relief and get moving again.

There is a common belief that stretching and being more flexible can prevent injury, but unfortunately, the research shows this is not always the case. For example, you can have muscles that are free of damage and restrictions and not flexible. Or you can have muscles that have injuries and/or limitations that need to be more flexible. Our physical therapists can help you figure out where you need help and guide you through a program tailored to meet these needs.

The notion of lengthening a muscle, for example, is an exaggeration of what happens. Our muscles/tendons attach to the bone at point A (i.e., origin) and point B (i.e., insertion). These attachments never change, and therefore the actual length of a muscle or tendon never really lengths.



### *Has Your Pain Come Back?*

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

**(724) 419-8927**



## FEEL BETTER BY EATING BETTER

### THE VERY BEST ROASTED CARROTS

- 2 pounds carrots, peeled and sliced on diagonal
  - 2 tablespoons olive oil
  - 1/2 teaspoon salt
  - 1/4 teaspoon freshly cracked black pepper
  - 1/2 teaspoon paprika
  - 1/2 teaspoon garlic powder
  - 2 tablespoons finely chopped fresh flat-leaf parsley or 2 teaspoons fresh thyme
1. Preheat the oven to 425 degrees F. Peel the carrots and cut off the tops. Slice carrots on the diagonal so each piece is about 1/2 inch thick at the widest part (each diagonal cut you make should be about 1 inch apart). Make sure carrots are all cut around the same size to ensure even roasting.
  2. Add cut carrots to a very large sheet pan. Add olive oil, salt, pepper, paprika, and garlic powder. Toss to coat all the carrots.
  3. Spread carrots into an even layer and roast in the oven for 10 minutes. Remove from the oven and quickly toss/flip the carrots then return to the oven. Bake for another 8 to 15 minutes, until caramelized and tender. (Time will vary based on actual oven temperature, how spread out the carrots are, and personal preference for how roasted you want the carrots.)
  4. Remove the carrots from the oven. Toss with fresh herbs and serve immediately.

# HOW PHYSICAL THERAPY CAN HELP YOU STRETCH PROPERLY

Our physical therapists help you in a variety of ways. We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain and restrictions.

This will consist of a thorough history to understand your typical daily activities, including your body's specific demands and overall health status.

We will use this information to develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual athlete.

Your physical therapist will then incorporate specific stretches that help you improve your mobility and alleviate your pain. Our goal is to ensure you have an effective program that assists you in a safe return to your normal activities.

Every good therapy program will include injury prevention strategies that ensure you stay doing what you love. We will help you understand how and why stretching can assist you in staying pain-free!

## CONTACT US TODAY!

There are many other ways that stretching can help you live your best life. If you want to add stretches to your daily life, contact Albanese Physical Therapy today for assistance!

One of our dedicated physical therapists will teach you which will be best for you and create a targeted, individualized care plan to promote accelerated recovery and future injury prevention!

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6895680/>  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0235679>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5213357/>



### Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)





## STAFF SPOTLIGHT KELSI SOFRANKO, ADMINISTRATIVE STAFF

Kelsi Sofranko joined the Albanese Physical Therapy team in November 2022 as the Administrative Assistant and Physical Therapy Aide. Prior to joining APT, Kelsi worked at Brighton Health Mart Pharmacy as a Pharmacy Technician.

Kelsi is a 2022 graduate of New Brighton High School and she is currently majoring in business at CCBC. While attending New Brighton High School she studied in the Health Academy at CCBC, and was president of the student council and captain of the cheerleading team her senior year.

Kelsi currently resides in New Brighton and takes pride in volunteering in the community when she has the opportunity. In her spare time, she coaches the New Brighton Little Lions Cheerleading competition squad and is a bartender at Wooley Bully's. She loves to attend all Pittsburgh sporting events and spend time in the city. Kelsi is committed to working at Albanese Physical Therapy, looking forward to working alongside Rich to facilitate the patient experience and helping patients reach 100% of their rehabilitation goals.

I still can't believe how good I feel and how much more energy I have after working with Rich. I had been suffering with lower back and leg pain for a long time. **After a few weeks at APT, my back and leg pain is gone and I feel 10+ years younger! Thank you! I will recommend Albanese Physical Therapy again and again!**

**C. D.**  
5-Star Google Review



### FIND US

801 Fifth Ave  
New Brighton, PA 15066

### OUR HOURS

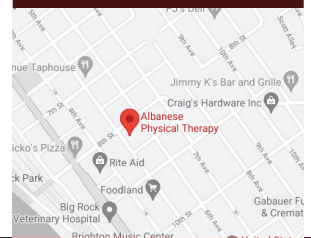
Monday & Tuesday: 8 AM - 5 PM  
Wednesday: 8 AM - 12 PM  
Thursday & Friday: 8 AM - 5 PM  
Saturday & Sunday: Closed

### CONTACT US

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@ALBANESEPHYSICALTHERAPY



### 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!



HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM