

In Touch With La Plata Physical Therapy & Wellness

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Volume IV
Spring Issue

Spring gardening tips:

Spring has arrived! As always, it is good to be on the move! At this time of year we may find ourselves out in the garden. The staff at La Plata Physical Therapy & Wellness suggests the following stretching exercises to prepare your body for all of the lifting, bending and lunges to come.

Standing. Put your hands on your hips, twist slowly to the right, then to the left, holding each to a count of 5, repeat 10 times.

Standing. Stretch your arms out in front hold for 5 seconds then stretch arms out behind and count to 5, repeat 10 times.

ENJOY! Gardening is a good way to cultivate your health!

Kneeling. Stand up frequently and stretch to avoid getting stiff. Use a pad under your knees, to absorb the pressure. Also, lean on your hands to absorb some of the weight.

Lifting. Don't try if it is too heavy. Test by lifting one corner. Roll or push heavy loads. If it is a bag of mulch, take some out before moving.

Pulling. Place your feet apart, bend your knees and lean away from the object. Pull by straightening your

legs. Always face the object and keep your back straight.

Limit the amount of physical activity you do the first day out, especially if you have a history of back or heart problems.

YOGA at La Plata Wellness

Find your inner Chi with Stephen every Wednesday night at 7:00 p.m. Using a more gentle form of Hatha Yoga, you will be safely guided in techniques that help increase your flexibility, strength, and balance. This will expand your mind and you will learn how to relax more completely. The first class is free to try, so stop by and introduce your life to a

Gentle Exercise Sessions

Gentle exercise sessions will be held on Thursdays from 1:00p.m.-1:45p.m. These sessions are low-impact seated exercises that include the use of free weights and exercise bands followed by gentle stretching. Please call us at 301.392.5054, if you are interested, or might know a friend or family member who can benefit from these closely monitored exercise sessions.



Therapeutic Taping by Scott Hettel, PTA

Therapeutic taping is quickly becoming one of my favorite forms of modality when dealing with injury and healing. Kinesiology tape was first made in the early 1970s. In the 90s it became known in the rehab community as a viable tool. It became popular during the 2008 and 2012 Olympics, where millions of people saw athletics with bright

and elaborate tape on their bodies. This tape has multiple uses and can treat numerous types of ailments including tendonitis, bursitis, contusions, myofascial trigger points, arthritis, muscle strains, muscle imbalance, etc. The Kinesio tape is made with elastic properties that create

convolutions in order to activate or inhibit muscle and tissue. It is light and flexible, and water resistant so it can be worn in multiple situations and environments. Please call Scott at 301.392.3700 for more information on purchasing tape and education in taping you or a spouse.

***Most Insurance Accepted**