

ASK THE PHYSICAL THERAPIST

WELLNESS REHABILITATION INC.

NEWSLETTER EDITION 9

BODY MECHANICS PART III

Proper body mechanics are such an integral way of literally saving yourself from injury. It not only teaches safe movement but correct movement for your muscles. I am always asked how to do specific chores like gardening, brushing teeth, making the bed. You'll find that moving in the correct way is actually easier to do because the muscles are being used most efficiently. The problem is that we have taught ourselves how to not move efficiently as we moved away from childhood. Think about it: have you ever seen a baby slouch? Watch as they learn to sit unsupported. They are quite erect. Why? This is how the muscles move more functionally. Muscles protect, stabilize, and move in elongated positions. They become inhibited with the compression. So try slouching and then lift your leg. Now sit upright and lift the leg. It should have felt not only easier, but the quality of movement should have been smoother and lighter. Now observe a toddler as she/he goes to pick up a ball from the ground. They get right up close to the ball and squat down to retrieve it, not bend over from the waist. So what happened to us as we got older to change these great mechanics to poor ones? Well that would be a good research project for the future.

In this edition of the newsletter I will talk about bed mobility. As adults we tend to make things more difficult for ourselves, even if it is unintentional. Lying in bed and rising is one of the easiest activities to do correctly and when done, the safest for our bodies. Most people will lean back to lie down as if coming out of a sit-up. This is detrimental to the spine. It places increased pressure on the spine. Abdominals are not strong enough to support the back. This is not the way to increase strength in the abdominals, particularly the lower abdominals.

The best way to not only support the spine, but to prevent injury is to roll down to your side. Begin by sitting on the edge of your bed. Then pretend you are a see-saw. Lower your ear to the bed as you bring up the legs onto the bed. Here is where you must be careful – keep the head down on the bed. Roll onto your back by moving the shoulder and the hip on the same side together, so you move as a unit.

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**We change people's lives
by giving them the
confidence to achieve
their goals of an active,
mobile lifestyle without
the use of pain
medications or surgery.**

Reverse this when rising: roll onto your side, keeping your head down on the bed, moving the shoulder and hip on the same side together. When you push up to sitting, exhale and swing the legs over the edge of the bed and push with your inside arm so you don't twist across your body with the other arm.

You will find this to be so much easier on your body and not cause any strain. Your spine will thank you.

Need more help with the issues you are having? Give us a call or send us an email and we can set up a time to discuss what you are going through in a **FREE 20 minute Discovery call**. You can email us at : **cynthiaweiss@verizon.net** or call us at: **301-493-9257**.

Stay safe and strong. To be continued with other movements we do daily.

I would love to hear from you so we can discuss your goals, your particular issues you are having, and if we are a good fit for each other, how we can work together to achieve your goals. Just hit "reply" to this email.

Did you know that Maryland has Direct Access for physical therapy? That means you can see a Physical Therapist without seeing your physician first and getting a prescription. We can evaluate and treat you without a referral. Through the extensive evaluation, if I feel that other issues may be involved that may require you to see your physician, I will refer you back or recommend someone who is appropriate for you.

STILL NEED HELP? CALL TO DISCUSS YOUR ISSUES OR BOOK AN APPOINTMENT IF YOU ARE READY: 301-493-9257

If you are still unsure of Physical Therapy, we offer a 100% **free 20 minute Discovery Call** to answer all your questions and see if you are the right fit for our clinic. **Call us at: 301-493-9257 or email us at cynthiaweiss@verizon.net**. We will get back to you the same day as soon as we are finished with our other patients.

UPCOMING EVENTS:

Pilates/Exercise class: The classes will restart at the end of October. Stay tuned for the email.

Please feel free to share this newsletter with anyone who you feel would benefit from reading it.

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