



kintsugi
PHYSICAL THERAPY & WELLNESS

Health & Wellness Newsletter

June 2024

KEEPING UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317





HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At Kintsugi Physical Therapy & Wellness, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

How to Incorporate Home Exercises into Your Travels

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

- **Use the hotel gym:** Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.



- **Exercise in the pool:** You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program.

Continued inside.

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For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.



- **Explore the town you are staying in:** Does your schedule leave little time to fit in physical activity?

Walking around the neighborhood or visiting the shops can be an easy way to exercise.

Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!



- **Maintain a healthy diet on the go:** Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health

risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

Request an Appointment at Kintsugi Physical Therapy & Wellness Today

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Kintsugi Physical Therapy & Wellness to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

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EXERCISE TO TRY AT HOME

Or on the Road!

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



Get the whole family moving. Great for breaks on long car rides or on layovers. Think of the fun the kids will have lunging through the airport or up and down the hotel hall.

BLOOD FLOW RESTRICTION THERAPY



Blood flow restriction training is a technique using an advanced device tightly wrapped around your arm(s) or leg(s) to reduce, but not completely stop, blood flow. While the blood flow is restricted, the individual performs exercises.

The main therapeutic benefit of blood flow restriction training is to allow you to exercise with lower intensity but still achieve the benefits of high-intensity training. This type of training achieves this effect by creating an environment of reduced oxygen (hypoxic) using the cuff.

The lack of blood flow reduces the capillary blood and oxygen, resulting in the same physiological effects on the muscle (i.e., the release of hormones, hypoxia, and cell swelling) that occur with high-intensity exercise. Our therapists can use low-intensity weight training to achieve similar effects safely and effectively.

Several studies have demonstrated the benefits of blood flow restriction training for the following conditions treated in physical therapy:

- ACL Reconstruction
- Knee Pain
- Acute injuries and/or post-operative conditions
- Chronic pain
- Severe degeneration/ arthritis
- Certain types of cancers and/or during cancer treatments
- Chronic bronchitis and/or COPD
- Immunocompromised and autoimmune disorders

Our physical therapists can help identify ways to help you benefit from safely using blood flow restriction training and ensure you achieve your personal goals!

At Kintsugi Physical Therapy & Wellness, our physical therapists are up-to-date on the most advanced techniques and rehabilitation programs. We have proven results helping people resolve any old or new injury.

Request an appointment with one of our specialists and learn how blood flow restriction therapy can help you!

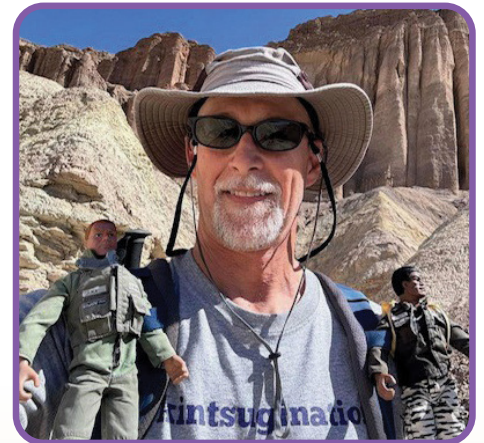


PAST PATIENTS DOING WHAT THEY LOVE



Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.



Thank You!

Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

KintsugiPT.com

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