Safely Participate In Your Favorite Summer Activities With Physical Therapy

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You no longer need a referral for physical therapy!

COME SEE US TODAY!

INSIDE

Safely Participate in Your Favorite Summer Activities With Physical Therapy

Are you ready to get active this season? It's finally summer, and there's no better time to get in shape and make sure your fitness levels are up to par. With the beautiful weather, fresh air, and sunshine, it's no wonder people wait all year for these months.

Are you concerned that an injury will keep you from enjoying your summer activities, like running? Physical therapists are movement experts who know how to help people recover from injuries and get back on their feet.

Physical therapists can provide you with a customized treatment plan to help you prepare for summer activities. They can teach you about proper running form, how to stretch, how to strengthen your muscles, and more. Physical therapy is also a great way to prevent injury during the summer months.

The last thing you want this season is to be stuck inside on the couch, in pain, and unable to participate in the activities you love. Polishuk Physical Therapy Wellness & Fitness can help you prevent injuries and ensure that your summer is one to remember.

Staying Safe In The Summer Heat

Depending on where you live, running and outdoor exercise in the summer heat can be dangerous if you don't take precautions. Exercising in hot weather places additional strain on your body.

The exercise itself and the air temperature and humidity can all raise your core body temperature. The key to staying safe is to be aware of your body and surroundings.

You should always drink plenty of water before, during, and after running and stay hydrated. Drink an electrolyte-rich sports drink when you are done running to replenish lost fluid and electrolytes.

In addition, try to run in the early morning or evening when it is cooler outside. When you are running on a hot day, wear light clothing made of breathable fabrics that will keep you cool.

Call us at (215) 918-4547 today!

1. *Feel free to call us and ask to speak to a therapist.*
2. *The therapist will tell you the possible causes of your pain as well as precautions you can take at home.*
3. *If further assessment is warranted, the therapist might recommend you come in for an appointment.*

*Call **Polishuk Physical Therapy** to talk with a physical therapist today!*

Preventing Running-Related Injuries

Running is an excellent way to get active, but unfortunately, it can sometimes be hard on the body. *A few common examples of running-related injuries include:*

- Runner's knee
- Foot and ankle injuries
- Plantar fasciitis
- Shin splints

At Polishuk Physical Therapy Wellness & Fitness, our therapists are trained to help runners of all experience levels prevent injury. We have experience collaborating with runners to help them develop custom plans that work for them. *If you're a runner, your custom injury prevention plan may look something like this:*

- Education on proper running form.
- Incorporating new cross-training programs such as cycling or swimming into your routine.
- Running gait analysis tools that will help you perfect your form and pinpoint any areas of weakness.
- Prescribing you the proper pre and post run stretches and exercises

If you have already sustained an injury from running, our team can help rehabilitate you. The initial stages of physical therapy will focus on restoring any lost motion, reducing any swelling, and using all available treatments to alleviate any pain you may be experiencing.

Our program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to reinjury and potentially other injuries.

Our goal is to give you the tools to recover from your injury and resume running pain-free!

Ready to live life to the fullest this season?

No matter your fitness goals this summer, the physical therapists at Polishuk Physical Therapy Wellness & Fitness can help you reach them. And if pain is holding you back from participating in the activities you love, know that physical therapy makes recovering easy.

At our physical therapy practice, we offer many types of therapeutic methods to fight pain and promote healing so that you can enjoy your time in the sun.

If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment. We can't wait to meet you!

Stop putting off your pain!
Call us at (215) 918-4547 today!

Special Diets To Consider

At Polishuk Physical Therapy Wellness & Fitness, our physical therapists understand all components of health and well-being, including proper nutrition.

There is no perfect diet for everyone. We are all unique, with differences in genetics, physical activity, and environment that affect the diet to follow. *Some universally agreed-upon inflammatory food types contribute to poor health. These include:*

- Refined and added sugars
- Refined and processed foods
- Excessive alcohol consumption
- Red meats

In some cases, an elimination diet may be recommended. These diets are used to eliminate foods that are contributing to your health issues. *Some of the more common examples include:*

- **Autoimmune Protocol (AIP):** The diet focuses on eating fresh produce. You can also eat meat, fish, bone broth, avocado, honey, vinegar, fresh herbs, sweet potatoes, and more.
- **Gut and Psychology Syndrome (GAPS):** The GAPS diet aims to prevent imbalance in your gut and unwanted substances from getting into your blood circulation, thereby reducing toxicity, healing the gut, and ultimately balancing the microbiomes in the gut.
- **Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols (FODMAP):** FODMAPs are types of carbohydrates (i.e., short-chain carbohydrates/sugars) found in certain foods like wheat and beans and are absorbed poorly. This diet eliminates these types of food temporarily.

Some popular diets that may help your specific conditions include:

- **Vegetarian diet:** Vegetarianism is the practice of abstaining from the consumption of meat.
- **Vegan diet:** This diet excludes meat, poultry, fish, eggs, and dairy products — and any foods that contain these products
- **Paleo diet:** (aka caveman diet): This diet consists of foods that mirror those eaten by humans during the Paleolithic era (i.e., hunters and gatherers).
- **Ketogenic (Keto) diet:** This diet emphasizes high-fat, adequate protein, and low-carbohydrate consumption. It is thought to force the body to burn fats rather than carbohydrates.

The only thing that can give you actual long-term results is to make a lifestyle change. Adopting a healthy lifestyle means understanding how your nutrition affects your body over the long term to have a lifetime of improved health.

Sources:
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Another 5 Star Review!

"Amazing practice. They truly care about your well being and take pride in their work. Your progress and recovery is a true reflection of their dedication for your wellbeing. Very clean and professional staff."

- 5 Star Google Review

Featured Treatment

Running Gait Analysis

Are you a runner? If so, you understand the importance of maintaining proper form and technique while you're out on a trail, training for a marathon, or simply jogging through the neighbourhood. At Polishuk Physical Therapy, we want to make sure that you are performing at your optimum levels of function, so you can avoid injury and get the most out of your sport!

Are you ready to run at your peak level of performance? At Polishuk Physical Therapy, we'll examine your running mechanics to figure out how your running efficiency can be increased to improve performance and reduce your risk of injury. **Call us today to find out how you can run at your highest potential!**

Ask a Polishuk therapist for more information!
Call us at (215) 918-4547 today!

Exercise Essentials

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.

SimpleSet Pro

Come Back In For Physical Therapy!

Call us at (215) 918-4547 or visit us online at www.polishukwellness.com to schedule your next appointment!

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