

Newsletter

Bristow is now offering dry needling! Call 571.832.2342 to get started.

**Physical Therapy Can Help
You Strengthen Your Core**

HAYMARKET
PHYSICAL THERAPY, LLC

Results you can feel, from a team you can trust.



Bealeton: 540.952.0138

Bristow: 571.832.2342

Gainesville: 703.570.1633

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Newsletter



Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.

Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

Contact Us

We are here for you. Give us a call today to start your healing journey.

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Physical Therapy Can Help You Strengthen Your Core

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are signs of core muscle weakness. At Haymarket Physical Therapy, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again! Your core muscles help you do a lot – from sitting, to walking, to getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move! Contact Haymarket Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

How We Can Strengthen Your Core

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function. Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program,

you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Haymarket Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain. If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources: https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core_stability_exercise_principles.14.aspx - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC610226/> - https://journals.lww.com/nsca-jscr/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during.29.aspx - <https://www.sciencedirect.com/science/article/abs/pii/S135045318301152>



Healthy Recipe: Bucatini With Mushrooms

INGREDIENTS:

- 1/2 cup dried porcini mushrooms
- 2/3 cup boiling water
- 8 oz uncooked bucatini
- 3 1/4 tsp salt, divided
- 1 tbsp canola oil
- 1/4 cup chopped shallots
- 2 (4-oz) packages exotic mushroom blend
- 2 garlic cloves, minced
- 2 tbsp dry sherry
- 2 oz Parmigiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp chopped sage
- 1/2 tsp cracked black pepper
- 1 tsp truffle oil sage sprigs (optional)

INSTRUCTIONS:

Rinse porcini thoroughly. Combine porcini and 2/3 cup boiling water in a bowl; cover and let stand 30 minutes. Drain in a bowl, reserving 1/4 cup soaking liquid. Chop porcini. Cook pasta with 1 tablespoon salt in boiling water 10 minutes; drain in a colander over a bowl, reserving 1/4 cup cooking liquid. Heat oil in a large skillet over medium-high heat. Add shallots, mushroom blend, and garlic; sauté 5 minutes, stirring frequently. Stir in porcini, sherry, and 1/4 teaspoon salt; cook 1 minute. Finely grate 1 ounce cheese; crumble remaining cheese. Reduce heat to medium. Stir in pasta, 1/4 cup reserved cooking liquid, 1/4 cup reserved porcini soaking liquid, 1/4 cup grated cheese, cream, chopped sage, and pepper; toss well to combine. Drizzle with oil; toss. Place about 1 1/4 cups pasta mixture on each of 4 plates; top each serving with about 1 tablespoon crumbled cheese. Garnish with sage sprigs, if desired.



October Is National Physical Therapy Month

Did you know that October is National Physical Therapy month? That's right, an entire month dedicated to educating people about the benefits of Physical Therapy—and it couldn't come at a better time. Winter is one of the most trying times of the year for people struggling with chronic pain.

Add the risk of falling due to icy conditions to the cold weather that aggravates even the mildest arthritis issue and you'll find a huge increase of people who would benefit from pain management and support.

Take the time this month to start figuring out the most important things you need to know about the benefits and perks of physical therapy.

HERE ARE A FEW BITS OF INFORMATION TO HELP KICK OFF YOUR FOCUS THIS MONTH:

- **Physical therapy is most beneficial when used before an issue becomes chronic.** So many people wait until they've been dealing with pain for an elongated period before seeking support from a physical therapist. But there is no reason to wait! Physical therapy can have the biggest impact if used shortly after your initial injury. The longer you wait, the more difficult it will be to heal.
- **Muscle aches and joint pain tend to grow worse over time.** The longer you let your pain go untreated, the more severe the pain is likely to become and the more difficult the pain will be to treat. The best thing that you can do is seek treatment as immediately following the development of your pain as possible. Physical therapy can have a huge impact on alleviating pain from muscle and joint aches, but the earlier you start, the better off you'll be.
- **Chronic pain, especially back pain, is incredibly common in the United States**—surprisingly so. More than 100 million Americans over the age of 18 struggle with back pain. As a result, Americans spend more than \$50 billion dollars on back pain relief every single year. A lot of this goes to pain medication, which masks the pain without addressing the issue—meaning the pain always comes back.

About 30% of adults over 18 struggle with back pain, and that number is even higher for those who are over 65. Physical therapy is the best strategy to overcome back pain and is helpful at all ages. Your physical therapist will tailor therapy methods to your needs, helping you achieve the best results possible.

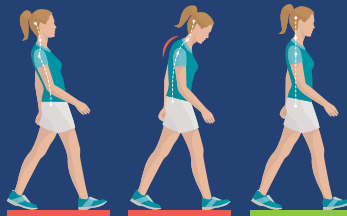
CALL HAYMARKET PHYSICAL THERAPY TODAY TO GET ON OUR SCHEDULE.



At-Home Exercise Check your Posture



Instructions: For proper walking posture stand up straight, minimize leaning forward or backward, keep your chin parallel to the ground and eyes forward, relax your shoulders, and engage your core. Check in with your posture before and during your walks until good posture becomes a habit.



Give us a call if you have any questions or concerns while performing this exercise.

Patient Success

"I appreciate everything they did for me during my recovery."

"The staff is very knowledgeable and very friendly which made my experience with them outstanding. I had previously gone to two other physical therapy offices in the area and the staff and therapy I received at Haymarket Physical Therapy in Bristow were the best! I appreciate everything they did for me during my recovery." — B.M.



We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better

GET STARTED AT HAYMARKETPT.COM