

A woman with dark hair tied back, wearing a bright yellow zip-up jacket, is smiling and stretching her right shoulder with her left hand. She is outdoors on a grassy field. In the background, another person in a blue shirt is visible, slightly out of focus.

HAVE YOU BEEN STRETCHING?

**MAYBE YOU DON'T
NEED TO AFTER ALL!**

INSIDE:

• HEALTHY RECIPE:
MIRACLE RED JUICE

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ESSENTIALS

• WHY TELEHEALTH
IS HERE TO STAY



HAVE YOU BEEN STRETCHING? MAYBE YOU DON'T NEED TO AFTER ALL!

Have you been told your whole life that you need to stretch more? Have you been feeling guilty because you just can't seem to find the time to stretch? There may be good news for you; stretching may not help as much as most people think!

At Elliott Physical Therapy, our physical therapists stay up-to-date on the latest research and use the information to tailor a program to your specific needs. Our bodies are unique, and rather than give everyone the same old stretching program people have been doing for the last 50 years, we provide you with solutions that work for you!

Request an appointment today and let us help you resolve your issues and prevent future problems.

Why Is Stretching Bad?

Wait a minute, doesn't everyone know that stretching is good for you?

As far back as the 1990s, research concluded that stretching does not affect injury prevention. In the early 2000s, we learned it impaired performance, especially dynamic activities like running, jumping, and lifting.

It is clearly understood that static stretching will reduce stiffness and "temporarily" allow the joint to move further in the range of motion. Researchers then falsely concluded that this increased range of motion would help performance and prevent injuries. It turns out it doesn't do either!

Studies have shown that really flexible people are more susceptible to injury than moderately flexible people. Also, tendons are like springs [i.e., biomechanical springs]; the stronger the spring, the more robust the bounce.

Stiff tendons mean faster movements and more force generation. Stretching to reduce the stiffness impairs the body's ability to

produce and absorb forces, resulting in diminished performance and potentially increased risk of injury.

Now, to be fair, stretching is not all bad. If you have an injury or recent surgery, it is crucial to restore range of motion, which may require some stretching. Also, if you like how stretching feels and you're not planning a dynamic activity, go for it; just don't think you "need to stretch" ever again!

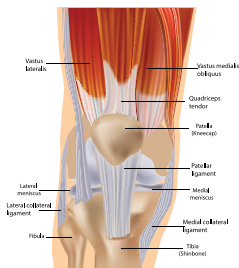
How Physical Therapy Can Help

Our physical therapists will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain/injury. This will consist of a thorough history to understand more about your typical daily schedule, the demands on your body from work to recreation, and your overall health status.

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Tendons and Ligaments of the Knee



We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the individual. [Notice no mention of stretching!]

If you have an injury or mild but persistent pain, rehabilitation should start immediately to ensure the fastest recovery possible. Suppose you are an athlete looking to improve your performance and reduce your

risk of injury. In that case, we can teach you a sport- or activity-specific warm-up program using dynamic movements to achieve the best outcomes.

In the end, there is no such thing as a good or bad stretch, only what is appropriate for the specific requirements of the individual. Using

stretches to prevent injury is not the most effective choice.

Getting proper sleep, maintaining and improving strength, and eating adequate nutrition are proven strategies for injury prevention. The real key is to identify your individual needs and personal goals and build a program around them!

Request An Appointment Today!

At Elliott Physical Therapy, our team will design a program tailored to your specific needs and guide you through solutions that work!

Call today to schedule an appointment and let us show you how to feel better and prevent injuries without stretching.

Sources:

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EXERCISE ESSENTIALS

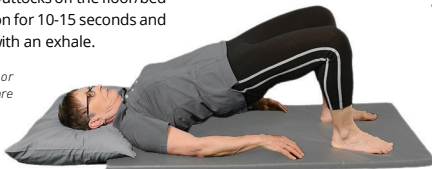
Helps relieve low back pain

BRIDGING

While lying on your back, raise your buttocks off the floor/bed slowly and with control. Hold position for 10-15 seconds and slowly release to starting position with an exhale.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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SPOTLIGHT ON TELEHEALTH

The ongoing COVID-19 pandemic is responsible for a lot of bad stuff, but if you look really hard and maybe squint just right, there are a few less-than-terrible things to be found. The pandemic forced society to quickly adapt. It pushed forward the adoption of new technologies like Zoom and new ways of doing things, like working from home. There were changes in rules, regulations, and payments related to telehealth. A lot of patients and providers experienced their first virtual health appointment in the past two years, and many of them see the benefits. The pandemic forced the telehealth genie from the bottle. Now that patients and providers have seen the benefits, it's not going back.

Why Telehealth Is Here to Stay

Telehealth isn't going to replace in-person rehab, but it's likely going to complement it heavily. Research has shown that telehealth is as effective as in-person rehab for a lot of conditions. It's also shown high satisfaction rates from patients - up to 94% in some studies. For a lot of people, telehealth makes sense. Think about people trapped at home because of a snowstorm or those who are at high risk of falling on the ice. Before the wide adoption of telehealth, these patients didn't get to see their PT during the winter. Now, they can stay connected virtually and continue healing through the bad weather. Telehealth can also work well for busy people. Patients can check-in or have a visit with their PT on their lunch break, or while their kids are at practice.

Where Telehealth Could Go

Even though there have been big advances in telehealth, we're still in the early phases. It's hard to predict how telehealth will be used in the future and how it will evolve, but expect it to look a lot different in 5 years. The software being used for telehealth will continue to get better. Expect a more engaging user experience with educational content and maybe some gamification - levels to achieve, points or badges to collect, or some other metric. Hardware will also continue to advance. Maybe the fitness tracker you already have will integrate into your telehealth app, letting your PT track your activity, heart rate, and other metrics. Remote stethoscopes, scales, and other medical equipment already exist and will continue to become more common as prices decline.

"At Elliott Physical Therapy, our evidence-based practice model of utilizing strengthening exercises fits into telehealth perfectly."

— Owner, Darryl Elliott PT

While telehealth has certainly seen a big advance because of the pandemic, most people still see it as an adjunct to in-person visits. Right now, telehealth tends to be used because it's more convenient than a visit in real life, not because it's better. With advances in software platforms and hardware options, telehealth could evolve into something just as good as in-person rehab that makes high-quality rehab available to everyone.

FROM OUR KITCHEN TO YOURS MIRACLE RED JUICE



- 2 large beets
- 4 long carrots
- 2 apples
- 6 celery stalks
- 2 limes or lemons
- 2 inches of ginger

Prepare beets, carrots, apples, celery, limes (or lemons) and ginger by chopping into smaller pieces before placing into a juicer. As the skin of a beet is packed with antioxidants and nutrients, it is recommended to leave the skin on the beet. Beet skin and lemon peel (if using) have strong flavors, so you could also prepare half with skin and half peeled to adjust to the flavor, or simply peel all if preferred. Apples can be any color or variety. Do not peel the ginger, which you will add to taste as ginger can be spicy. After all ingredients are added to the juicer, blend until juiced and smooth. Drink juice as soon as possible to obtain all benefits of the antioxidants and nutrients. Miracle Red Juice can be absorbed more easily on an empty stomach. Drink one glass every other day or as needed.

Health Benefits: Strengthens your immunity, eyes, liver, spleen, kidneys, pancreas, and digestive tract.

COME BACK TO PT TODAY SCHEDULE A TELEHEALTH CONSULTATION!

Schedule your telehealth consultation
with a physical therapist!

WE CAN HELP YOU:

- Move without pain
- Sit for long periods comfortably
- Bend and move freely
- Walk for long distances
- Balance confidently and securely
- Live an active & healthy life

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PHYSICAL THERAPY

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