ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER



Discover how...
STRENGTH TRAINING CAN IMPROVE YOUR HEALTH

In the past, many people associated strength training with oiled-up, musclebound bodybuilders — and, as such, decided strength training wasn't the workout for them. But that idea couldn't be farther from the truth!

In a way, we get it. Strength training can be incredibly intimidating if you're coming at it cold: you have to grapple with unfamiliar equipment, uncertainty about proper lifting techniques, and confusion about which exercises to perform. But once you find your footing, strength training is one of the best things you can do for your overall health and wellness.

At Rocky Mountain Physical Therapy, we want to help make strength training accessible to all, regardless of age, health history, or ability level. To help you see the many benefits of strength training, we thought we'd share the stories of two patients: Alisha and Michelle.

Both of these patients are ordinary women in their late 50s. Neither were hardcore athletes. But both discovered the benefits of strength training for health.



Alisha: A New Hobby in Middle Age

Alisha first came to see us after she injured her back while working in the garden. Like most older people, Alisha's muscle mass had been steadily decreasing, and the resulting weakness had ultimately led to her injury.

We provided her with a customized treatment plan, including dedicated strength training focused on Alisha's core and back. She was surprised by how much she enjoyed the exercises, including how great she felt after completing them.

As her rehabilitation neared completion, Alisha asked her physical therapist for more information about strength training. She had heard it was an important piece of osteoporosis prevention, something that had been in the back of her mind since the condition ran in her family.

We were more than happy to help Alisha out. Her therapist helped her develop a general strength training program using barbells and dumbbells. He walked her through each exercise, assessed her lifting form, and guided her on gradually increasing intensity.

FREE PAIN CONSULTATION

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Spots are limited, call today!

Call to schedule. **Expires 07-31-24**

The result? Alisha found a new hobby. She became an avid weightlifter, hitting the gym three times a week. Even better, she restored some of her lost muscle mass, and her garden activities became easier over time.

Michelle: A Resistance to Resistance Training



Michelle had developed osteoarthritis in her hips in her mid-50s. Although the pain wasn't severe, she did find herself becoming less active than she'd prefer. Eventually, she contacted us for help managing and slowing her condition.

Regular exercise is one of the best ways to manage osteoarthritis pain, but Michelle was nervous about doing anything too strenuous — including strength training. She was especially wary of anything involving heavy weights.

However, strength training is an important piece of osteoarthritis management. Strong muscles stabilize and support the impacted joints, helping to relieve pressure (and symptoms).

Michelle's physical therapist was sympathetic to her concerns, especially since low-impact exercises are generally better for people with osteoarthritis. To that end, she suggested Michelle start with a daily walking regimen, which would help get her used to physical activity while still building some muscle strength and endurance.

After a few weeks, Michelle's therapists started her on simple bodyweight exercises that wouldn't put too much pressure on her knee joints. They weren't as difficult or painful as Michelle feared, and she eventually decided she wanted to add a little more resistance after all.

But she didn't go all in with heavy barbells, as Alisha had. Instead, Michelle used a blend of resistance bands and light dumbbells. Her therapist provided the necessary guidance — and before Michelle knew it, she was performing strength training routines twice a week.

The result? Less pain and stiffness from Michelle's arthritis meant more mobility and an easier time running errands, doing chores, and spending time with her loved ones.

How Will Strength Training Benefit You?

Good health means different things to different people. At Rocky Mountain Physical Therapy, we focus on improving your overall function so you can do the things in your life that matter most.

Whether you want to kickstart an intense strength training program (like Alisha) or simply ensure you're meeting the CDC's recommendation of 2 days of muscle strength work a week (like Michelle), we've got you covered.

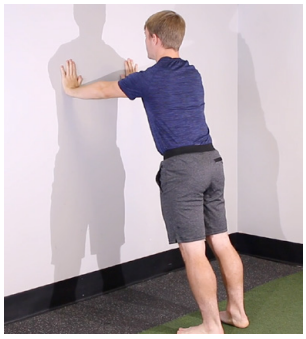
EXERCISE ESSENTIALS

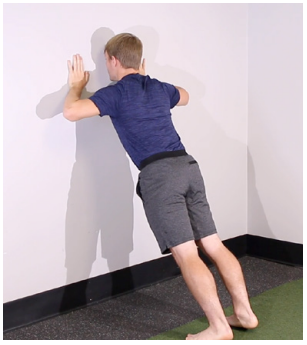
WALL PUSHUPS

Works the muscles in your arms, chest, back, and abs (as well as your glutes, hamstrings, and calves)

Start by standing facing a wall a few feet back. Lean forward and place your hands on the wall, keeping your arms straight. Slowly brace your abdominals and bend your elbows to lower your body closer to the wall. Press back up with your hands, straightening your elbows back out.

10 reps, 3 sets.





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

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PATIENT SUCCESS STORIES

"Ian and Jamie helped me tremendously! My first appointment I was very down on myself and lost. I have now regained a lot of confidence for my future and feel hopeful for the first time in a year and a half. The entire staff is very friendly and it feels like they are a family. I highly recommend them for their skills in rehabilitation, they are very knowledgeable. Thank you RMPT for everything!" — Shannon B.

"I went to PT in 2017 for low back pain, ended up stopping because it was making pain worse. I am so glad I found Zach! It is obvious he cares, is dedicated to getting me better, but also does not want to push too hard to have intense pain return. He is patient, kind, incredibly knowledgeable and again I am so glad I found him! The office staff is lovely, couldn't be more helpful. They have made me believe in PT again." — Julie H.

"I am really enjoying Rocky Mountain PT. The staff is very friendly, knowledgeable and makes one feel very seen and heard. I definitely recommend them! Added bonus — They are located in a very pretty area!" — Leanne M.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS

rockymtnpt.com



USING PROPER FORM WHEN LIFTING WEIGHTS

You've most likely heard that using proper form when lifting is the key to preventing injuries. At Rocky Mountain Physical Therapy, our physical therapists will work with you to ensure you are using proper mechanics to maximize your athletic performance and minimize your risk of injury.

Lifting helps maximize strength gains and sports performance and minimizes or eliminates the risk of sustaining an injury.

How Proper Lifting Mechanics Ensure Your Results!

Our Rocky Mountain Physical Therapy specialists will work with you on your motor control to ensure you can coordinate your movements effectively and efficiently. Using the correct posture and movement patterns helps to optimally ensure your lift and body functions.

Our programs will start with a movement assessment to identify any restrictions or weaknesses that may affect your ability to perform the necessary movements required for the specific lift. Next, your highly trained therapists will educate you on proper form, known as the neutral spine position, where your vertebrae are stacked over one another and stabilized by your muscles.

The relationship between your spine and your extremities is fundamental to lifting and maximizing your capabilities. In this position, your spinal muscles and joints are coordinated and will ensure you maintain proper form throughout the lift.

The goal of lifting is to gradually progress the exercises to challenge the individual without causing an injury. Loading means the cumulative amount of exercise you're doing and can be changed by adding repetitions, sets, resistance, duration, and speed. Our team will also focus on gradually loading the muscles.

Your therapist at Rocky Mountain Physical Therapy will create a targeted, individualized plan of care for you to continue on your own to maximize your recovery and prevent future injuries!

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Request Appointment