



Physical Therapy

N E W S L E T T E R



THE IMPORTANCE OF STAYING ACTIVE DURING THE WINTER MONTHS!!

Cold-Weather Workouts

*Stay Fit Despite
The Cold!*

Exercise Essentials

*Stay in shape while
staying at home!*

Patient Testimonial

*Read why our patients love
Loop Physical Therapy!*



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NEWSLETTER

THE IMPORTANCE OF

Staying Active

DURING THE WINTER MONTHS!



Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Loop Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

What are the benefits of exercising during the winter?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.

STAY FIT DESPITE THE COLD!



• **Immune system boost.** According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

Avoiding falls in the winter:

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At Loop Physical Therapy, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall!

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity

NO REFERRAL? NO PROBLEM!



Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



WHAT PATIENTS ARE SAYING!

"Loop PT Edgewater is the best PT I've been to. Regan and TJ constantly add healing tips to sessions and even check for any extra benefits one's insurance may covers. Coming here is always a peaceful part of my day and their care is definitely sincere. I highly recommend!" — Andrea



Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling!



easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.

- Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained CPOs can help you figure out if an additional assist would benefit you.

Contact us today!

Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain in your orthosis or prosthesis, Loop Physical Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!



For more information about how physical therapy can help your running pain, call us today at 773.541.2020 or visit us at LoopPT.com!

Don't Miss Out On This Special Offer!

FREE BODY COMPOSITION ANALYSIS

For more information, call us at 773.541.2020 or visit our website at LoopPT.com! This offer expires January 31st, 2022.

EXERCISES TO DO AT HOME!

Tricep Dips on Chair



Movement

- Move your body forward off the chair, keeping your arms on the edge. Slowly bend your elbows and lower yourself toward the ground, then push yourself back up, and repeat.

Tip

- Make sure to keep your back straight and do not shrug your shoulders during the exercise. Your elbows should be bending straight backwards, do not let the flare out to the side.

Squats

Movement

- Begin in a standing upright position in front of a chair with a resistance loop around your knees.
- Lower yourself into a squatting position as you press your knees slightly outward against the resistance band until you lightly touch the chair. Then return to standing and repeat.



Tip

- Make sure to keep tension in the resistance band and do not let your knees bend forward past your toes during the exercise.

Core



Movement

- Make sure your upper body is in good alignment with shoulders back and down, spine lengthened, and chin tucked so that the ears are directly over the shoulders.

- Put your arms behind your head and bring your elbow down to your hip from the side.



LOOP PHYSICAL THERAPY CENTERS

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