



IMPROVE YOUR HEALTH AND FITNESS WITH STRENGTH TRAINING

Read more inside on 4 Exercises For A Healthier You,
Benefits Of A Standing Desk, and Patient Success Spotlight!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464



IMPROVE YOUR HEALTH AND FITNESS WITH STRENGTH TRAINING

Health is a relative term. It means that your body is operating at a high normal range in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

Everyone desires to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish, due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this also affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle. Contact Darien Physical Therapy today to learn more.

Why Is Strength Training So Important?

There are approximately 642 skeletal muscles in the body. This means that your strength and flexibility play an important role in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you means a healthier

you. Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps in building muscle mass, and it is typically the final step in a rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain, strength training will help you get back to your optimum physical performance.

At Darien Physical Therapy, our strength training programs will get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

**Get Your Life Back with
Darien Physical Therapy!**

(203) 655-6464

Stop letting pain get in the way. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!



4 EXERCISES FOR A HEALTHIER YOU

There are some simple exercises you can do on your own, in order to complement your strength training plan and keep in shape after your sessions are over. These include:

1. Hamstring Stretch

Stand facing a wall or counter. Use it to steady yourself if needed. Take a large step forward with one leg, making sure the knee of the forward leg is straight and your body weight is shifted to the bent back leg.

Place your hands on your forward knee. Hinge forward from the hips, keeping your back straight. Push your hips back until you feel a definite, but not painful, stretch at the back of the forward knee. For a greater stretch, elevate your heel on a step. Hold for 20 seconds. Repeat 3 times on both legs.

2. Iliopsoas Stretch

Assume a wide and long lunge position, with your hands on your hips. Tuck your buttocks under you while you shift your weight to the forward leg. Make sure to keep your posture straight. Hold for 20 seconds. Repeat 3 times on both legs.

3. Shoulder Flexion Stretch

Stand in a corner of the room with one foot in front of the other.

Place your hands on the wall and make sure to keep your back flat. Reach your arms up overhead. Move your chest towards the wall to feel a stretch in the chest. Hold for 20 seconds. Repeat 3 times.

4. Piriformis Stretch

Lie on your back with knees bent and your feet flat on floor. Cross one leg over top of the other. Lock your hands around your knee and pull it to your chest. Hold for 20 seconds. Repeat 3 times on both legs.

Contact Darien Physical Therapy Today!

Strength training can help you reach the physical goals that you've always wanted. It can aid you in your health and fitness journey so you can become the more active version of yourself that you envision. **If you are interested in improving your health and fitness through strength training, don't hesitate to contact Darien Physical Therapy today to find out how our services can benefit you!**

Have pain that won't go away? We want to help!
Give us a call at (203) 655-6464 or visit
DarienPhysicalTherapy.com today!

BENEFITS OF A STANDING DESK

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks!

What's The Best Desk For You?

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.



Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for workplace environments, so employees can spend a large amount of their day standing or stretching, with the opportunity to rest when they become tired.



PATIENT SUCCESS SPOTLIGHT

"Juan is simply the best. I have had multiple sports injuries and he has worked with me to keep me active. I am very thankful for his great care. He's flexible, has a great bedside manner, and is a skilled and knowledgeable PT. Thank you, Darien Physical Therapy." - T. F.

COVID-19 PRECAUTIONS

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. All of our clinicians have been vaccinated for your safety.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!