



Summer 2021

MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*

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MEET OUR TEAM

For anyone who has met Kilee, she is as sweet as they come. She loves all things sweet, especially brownies and ice cream. She was born here in Pocatello but lives in Aberdeen near her family and horses.

She is very close to her family. "My parents and grandparents have always been a huge part of my life and continue to be very close to me." She also gets her awesome work ethic from them.

She loves the area for the beautiful views and the number of outdoor activities that are available. In her spare time, you will find her on her horses, roping, farming, weightlifting, spending time with her family (especially her cute nephews and a niece), and being outside until the sun goes down.



Kilee Lehman, PTA



The Care
YOU
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AQUATIC THERAPY

Did you know at Meadowland Therapy, we have an in-clinic private pool where we can perform aquatic therapy?

Aquatic therapy refers to treatments and exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefits. Water's natural properties set the stage for a very therapeutic environment.

Aquatic therapy uses buoyancy to support your weight, reducing the pain and stress placed on specific muscles and joints and enabling greater freedom. Warm water also allows muscles to relax and increase blood flow to injured areas.

There are multiple benefits of aquatic physical therapy (APT). These benefits include:

- Improvement in muscle relaxation and increase peripheral circulation.
- Provides resistance for strength training.
- Body awareness, balance, and trunk stability.
- Through the reduction of gravitational forces in the pool, the person is able to stand and begin gait training and strengthening exercises without causing further damage, lessening the risk of falls.
- Decreased pain sensitivity.

The water also provides resistance to movements, which helps to strengthen muscles. Pool exercises can also improve agility, balance, and cardiovascular fitness. Many types of conditions greatly benefit from pool exercise, including but not limited to:

- Arthritis
- Back pain
- Balance disorders
- Chronic pain like fibromyalgia
- Multiple sclerosis (MS), a disease of the central nervous system
- Neurological disorders (Parkinson's disease)
- Obesity
- Post-surgery care including joint replacements

Call us and schedule an appointment if you are experiencing pain!

5 STEPS TO PUT YOUR PELVIC FLOOR FIRST

1. Avoid heavy lifting

Keep your weights within a manageable range. Never lift heavy weights that make you strain or make you hold your breath. If you have pelvic floor problems, keep your resistance to a minimum until you improve your pelvic floor strength. Avoid lifting weights from ground level, instead, lift from waist height.

2. Use your pelvic floor muscles and abs

Lift your pelvic floor muscles prior to and during your resistance exercises, and relax fully between sets or repetitions. The goal is for your pelvic floor to be working immediately before and as you lift/lower/push or pull any load.

3. Lift with good posture

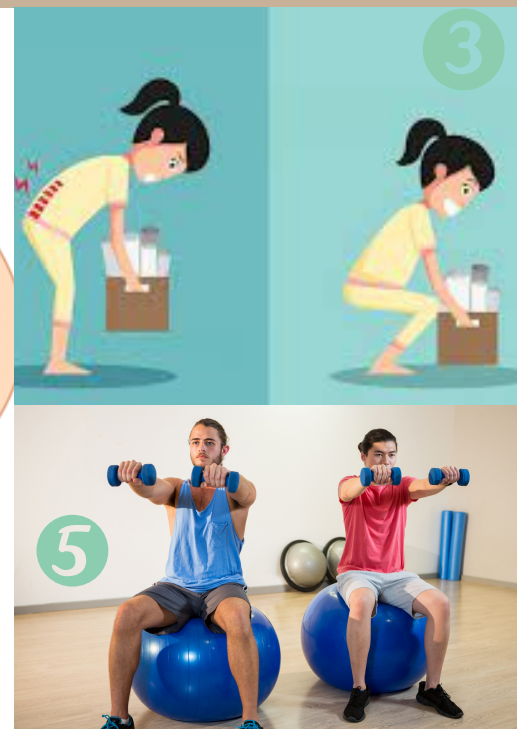
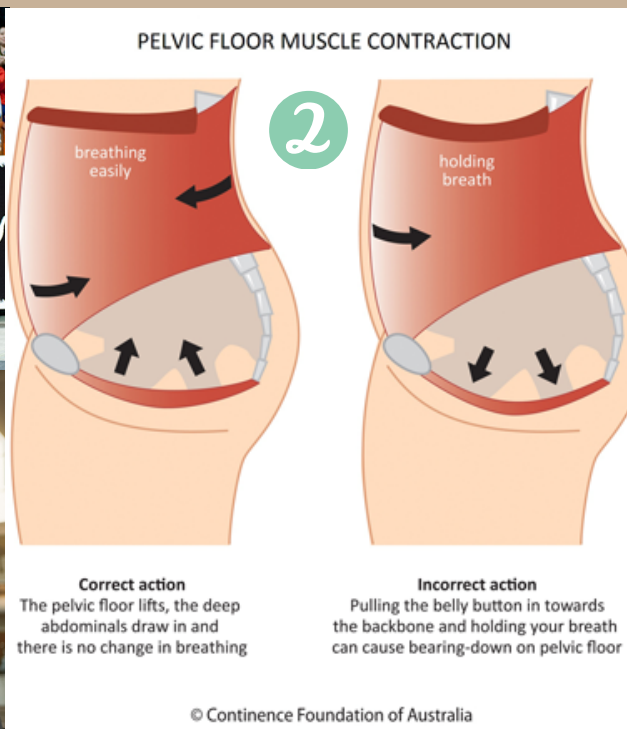
Maintain the normal inward curve or keep back flat during every lift/lower/push/pull exercise you do, regardless of position. This will protect the back by engaging your lower abdominals and pelvic floor to decrease strain in your back.

4. Exhale with every effort

Never hold your breath! Breathe out with every effort, whether it is a lift, push, or pull, to reduce the likelihood of straining your pelvic floor and bearing down.

5. Choose supported positions

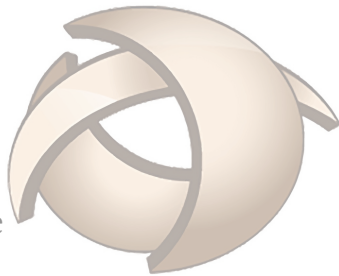
Your pelvic floor will be under less strain if you perform your resistance exercises sitting. Sitting on an exercise ball is an excellent option as it helps engage your core and pelvic floor, decreases the likelihood of symptoms as you exercise, and makes it easier to feel your pelvic floor muscles working.



CONDITIONS WE TREAT

Athletic Injuries • Work-Related Injuries • Motor Vehicle Accident Injuries • Pre-Surgical Patients • Post-Surgical Patients • Pain Management • Accidental Injuries

- Back
- Elbow, Wrist, and Hand
- Foot and Ankle
- Head and Neck
- Hip
- Knee, Balance and Walking
- Pelvic Floor and Incontinence
- Shoulder



DID YOU KNOW SUMMER SUNSHINE CAN LEAD TO LOWER WINTER BLUES?

We've talked about using the winter months to physically get you prepared for the summer when you want to be out and active, BUT did you know the summer months also get you ready for the winter? Spending time basking in the sun may be more important than you think. Sure, it's a sensual pleasure and brightens your day, but far beyond that, the summer sun may help you avoid winter depression.

This is the subject of research by Dr. Timo Partonen and his colleagues at the University of Helsinki's National Public Health Institute in Finland. The critical link seems to be the relationship between summer light and winter levels of vitamin D. Light stimulates the production of cholecalciferol, which the body eventually transforms into vitamin D. The vitamin then helps the body maintain higher levels of serotonin during the winter. Partonen's team has found that blood levels of cholecalciferol naturally peak in the fall months. So getting more exposure to sunlight during the summer may help you build up a store of cholecalciferol that lasts through the fall. All this cholecalciferol apparently spurs your body to produce more vitamin D during the darker winter months, which leads to higher serotonin levels.

Partonen contends that the amount of serotonin you have in the winter is determined by your exposure to light the previous summer -- and that soaking up more sunlight in the summer will increase your chances of preventing or reducing depression during the winter.

source: webmd.com/depression/features/summer-sun-winter-blues

LET'S GET SOCIAL

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shorturl.at/luyB6



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