



FREEDOMREHABAQUATICTHERAPY.COM

Improve Your Health By **Strengthening Your Core**



— **FREEDOM REHAB** —
AQUATIC THERAPY AND BALANCE CENTER

INSIDE

Upcoming Workshops
Spinach Stuffed Mushrooms
Tips for Better Heart Health



FREEDOM REHAB
AQUATIC THERAPY AND BALANCE CENTER



Improve Your Health By Strengthening Your Core

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Freedom Rehab Aquatic Therapy & Balance Center today to figure out how we can help you strengthen your core muscles and improve your overall health.

What Exactly Are the Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.



1. **Feel free to call us and ask to speak to your therapist.**



2. **Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.**



3. **If further assessment is warranted, your therapist might recommend you to come in for an appointment.**

**Call Freedom Rehab
Aquatic Therapy
to schedule your
appointment today!**

Upcoming Workshops

Weight Loss for Freedom Workshop

Saturday, February 20th - 5:00PM

Freedom Rehab Aquatic Therapy And Balance Center is holding a workshop to not only provide useful tips and tricks on nutrition, losing weight and the right ways to exercise, we are going to demonstrate our highly effective Weight Loss For Freedom water aerobics and land strengthening hybrid weight reduction program. Not only will you have great info and a demonstration, you'll also leave with an aquatic exercise home program you can do in your own pool!

Freedom From Falls Workshop

Sunday, February 21st - 2:00PM

At this event, we will show you highlights from our popular Freedom From Falls program and we will teach you fall prevention tips and tricks that you can start doing today to keep you safe and Free From Falls!

Achieve Virtual Freedom Workshop

Saturday, February 27th - 5:00PM

At this event, we will educate you on the exciting technology of virtual reality rehabilitation. In this lecture you will be shown how VR works and give you the opportunity to experience this fun and exciting technology yourself!

Aquatic Therapy Workshop

Sunday, February 28th - 2:00PM

Do you wish you could exercise pain free while building muscle and improving your balance? We at Freedom Rehab Aquatic Therapy and Balance Center will be demonstrating a live aquatic session while teaching you what you can do in your own pool. You will walk away with more knowledge on the core muscles and how they work to protect your spine and improve your balance and you will have a home exercise program to take home!

All events will have light refreshments and preregistration is required.

Call Freedom Rehab Aquatic Therapy and Balance Center at (941) 400-1505. Located at 17162 Toledo Blade Blvd Port Charlotte.

Refer A Friend Today & Receive One Free Massage!



FREEDOM REHAB
AQUATIC THERAPY AND BALANCE CENTER



Spinach Stuffed Mushrooms

Ingredients

- 20 medium mushrooms
- 1/4 cup chopped shallots, scallions or onion
- 2 cloves garlic, chopped
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon soy sauce
- 2 cups chopped fresh spinach
- 1/2 cup Plain Oikos Organic Greek Yogurt
- Salt and pepper to taste

Directions

Wash the mushrooms and carefully remove the stems without breaking the caps. Finely chop the stems. Combine the shallots, garlic and vinegar in a small skillet or saucepan and cook for 1 to 2 minutes. Add the chopped mushroom stems and soy sauce and cook, stirring occasionally, for 3 to 5 minutes, until the mushrooms soften and release their juices. Add the spinach and cook, continuing to stir, until it is wilted and the liquid in the pan is absorbed. Remove from the heat and let cool for a few minutes, then stir in the yogurt. Season with salt and pepper to taste.

Preheat the oven to 350°F. Stuff the spinach filling into the mushroom caps. Place the mushrooms in a baking pan and bake for 20 minutes, until tender. Remove from the oven and let sit for a few minutes for the filling to set before serving. Yields 20 mushrooms.

Importance of Physical Therapy

1. **Reduction of pain and stiffness.** By using passive treatments such as manual therapy, our physical therapist will help alleviate pain in the affected area and accelerate the healing process.
2. **Development of strength.** Our physical therapist will create a specific exercise plan for your particular needs, which will aid in the strengthening of muscles in the affected area.
3. **Improvement of range of motion.** Our physical therapist will implement flexibility exercises into your treatment plan, which will help increase the range of motion in your back and neck.
4. **Prevention of further issues.** By learning proper body mechanics, you can avoid future injuries and prevent pain from recurring.
5. **Improvement of the overall quality of life.** Physical therapy can help you return to your normal routine much quicker, allowing for an overall improvement in the quality of life.

Why wait to begin your physical therapy treatments? Give our office a call at (941) 400-1505 today and begin your journey toward long-lasting pain relief!

Work Out Your Body And Your Mind!

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | | | 8 | | | | | |
| | | 1 | 6 | 3 | | | | 4 |
| | 4 | | | 7 | 5 | 3 | | |
| | | | | | 6 | | 7 | |
| | 5 | 9 | | | | 6 | 2 | |
| | 7 | | 9 | | | | | |
| | | 7 | 5 | 8 | | | 4 | |
| 2 | | | | 6 | 7 | 1 | | |
| | | | | | 4 | | | 6 |

<http://3sudoku.com>

n° 318548 - Level Hard

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

Exercise Essentials



Bilateral Leg Lowering

Lie on your back, knees bent, feet flat on the floor. Place your hands on the front of your pelvis. Straighten both your knees as you slowly lower your legs towards the ground with control. Return to the starting position.



Exercises copyright of
www.simpleset.net

Tips for Better Heart Health

Celebrate heart health month by practicing these simple Health tips.

1. **Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
2. **Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
3. **Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
4. **Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
5. **Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

CALL US AT (941) 400-1505