

Wellness Monthly



By: Orthopedic & Sports Physical Therapy

Happy New Year
January 2010!!



Staff Feature

Chris Roberts- Business Manager

Chris grew up in Breckenridge, MN and graduated from Breckenridge Senior High School. After attending NDSCS for 2 years Chris moved on to NDSU and obtained a degree in Business Administration with an emphasis in accounting. Chris has been employed with OSPTI since August 2004 serving as the business manager. Past work experience included time with Dakota Spas in Fargo, Imation in Wahpeton and Vision Ford in Wahpeton. Chris lives in Breckenridge with his wife Shawn Krause-Roberts and their 3 children – Collin, Sydni and Cooper. Away from the office Chris enjoys time with his family, hunting, fishing, softball and playing on the OSPTI basketball team.

Work Anniversaries

Teresa Altenbernd- 6th
Peggy Wasemiller- 16th
Tera Bahl- 19th
Amy Johnson- 22nd
Connie Vosberg- 31st

Birthdays

Shawn Krause-Roberts -17th

Joke Submitted by Ben Guck- PT, DPT

Two girlfriends were talking at a New Year's Eve party. The talk got around to what their resolutions would be.

"I'm going to start a diet to get rid of all of these extra pounds I put on over the holidays," Kim said.

"Good!" Katrina exclaimed. "I'm ready to start a diet too. We can be dieting buddies and help each other out. When I feel the urge to drive out and get a burger and fries, I'll call you first."

"Great!" Kim replied. "I'll ride with you."

Services at OSPTI

Physical Therapy
Occupational Therapy
Massage Therapy
Paraffin Wax
Aqua bed Massage
Open Gym
Open Pool
Personal Training

What's happening at OSPTI

Water Aerobics- \$30/mo 2x/wk
Monday & Thursdays 10:30 am
Tuesday & Thursdays 5:15 pm

Water Arthritis- \$15/mo 1x/wk
Wednesdays 9:00 am

Parent & Me- \$25/session 1x/wk 6 wks
Wednesdays 9:45 am Apr. 8th – May 13th

OSPTI

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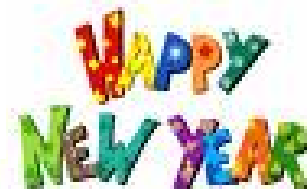
For further information please contact OSPTI at
218-641-7725

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Benefits of stretching

Most aerobic and strength training programs inherently cause your muscles to contract and flex. That's why regular stretching is a powerful part of any exercise program. Consider this:

- ❖ **Stretching increases flexibility.** Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring.
- ❖ **Stretching improves range of motion of your joints.** Good range of motion keeps you in better balance, which will help keep you mobile and less prone to falls — and the related injuries — especially as you age.
- ❖ **Stretching improves circulation.** Stretching increases blood flow to your muscles. Improved circulation can speed recovery after muscle injuries.
- ❖ **Stretching can relieve stress.** Stretching relaxes the tense muscles that often accompany stress.

Stretching essentials Ready, set, stretch!

- ❖ **Target major muscle groups.** When you're stretching, focus on your calves, thighs, hips, lower back, neck and shoulders. Also stretch muscles and joints that you routinely use at work or play.

- ❖ **Warm up first.** You may hurt yourself if you stretch cold muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five to 10 minutes. Better yet, stretch after you exercise — when your muscles are warm and more receptive to stretching.
- ❖ **Pace yourself.** It takes time to lengthen tissues safely. Hold each stretch for about 30 seconds, and then repeat on the other side. Do each stretch three or four times.
- ❖ **Don't bounce.** Bouncing as you stretch can cause small tears in the muscle. These tears leave scar tissue as the muscle heals, which tightens the muscle even further — making you less flexible and more prone to pain.
- ❖ **Focus on a pain-free stretch.** Expect to feel tension while you're stretching. If it hurts, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch
- ❖ **Relax and breathe freely.** Don't hold your breath while you're stretching.

How often you stretch is up to you. As a general rule, stretch whenever you exercise. If you don't exercise regularly, you might want to stretch at least three times a week to maintain flexibility. If you have a problem area, such as tightness in the back of your leg, you might want to stretch more often.