

### Orthogo Physical and Aquatic Therapy Newsletter

## ONE NOT TWO IS BETTER FOR YOU

As I collaborate with other therapists, I learn better ways to communicate with my patients. For example, one therapist described physical therapy to me as follows, "Physical therapy is the art of unilateral exercise." What does this mean? It means that I often exercise just one part of a patient's body.

This makes sense because I am often working on just one shoulder, knee, ankle, or elbow.

It has a deeper meaning though. As we all move through the day, using our muscles to fight against gravity, we are utilizing one side of the body then the other. Consequently, it makes good sense to perform our general exercise the same way. So, in our download of the month, I have included some exercises that are to be done with one leg at a time. If they cause any pain, I don't recommend you do them.

## DOWNLOAD OF THE MONTH

Click here to Download our exercises  
<http://www.ptclinic.com/downloads/1-6.pdf>  
*Click On or Type the URL above into your browser address bar*

Make sure you consult your physical therapist or physician before you start this or any other exercise program.

## PASS THESE ON TO A FRIEND

Make it your goal to share these simple exercises with a friend or family member. If they perform them, it will make it easier to get out of a chair or out of the car. Ascending and descending stairs should be less of a challenge as well.

*"Physical therapy is the art of unilateral exercise."*

### Coming Soon

*Do you need more physical therapy? How to continue. Plus, hand therapy, yes, we do that too.*



### Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

### Clinics

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