

# ORTHO GO

## PHYSICAL & AQUATIC THERAPY

### Orthogo Physical and Aquatic Therapy Newsletter

#### Coming Soon

*Physical therapists help with balance. Tips to avoid a fall. Stretches for the calf and foot.*

#### STRENGTHENING EXERCISES

Muscular strength is a muscle's ability to generate force. The purpose of strength training is to increase muscle and connective tissue size, density, and toughness. Bigger muscles and stronger connective tissues are less prone to injury and aid in long term weight management. Muscle tissue also burns more calories than fat at rest. Strength training will also improve muscular endurance, or the muscles ability to perform repeated muscle contractions over a prolonged period of time. Muscle endurance is important for sitting, standing, walking, running, and any other activities of daily living. For example, consider sitting and surfing the web for an hour or more. Your neck muscles have to hold up your head (which weighs 12-15 pounds) for all that time. Now, that is muscular endurance.

#### DEVELOPING STRENGTH

A warm-up is important to increase tissue temperature and flexibility before heavy demands are placed on the muscles. Walk or cycle at a moderate intensity for 5-10 minutes before strength training.

- » Mix up your exercises-do not work the same muscle groups every day.
- » Work slowly with a focus on proper technique-this will make you more efficient.
- » Strengthening activities can be temporarily painful (typically 24-48 hours later).
- » Concentrate on activities that isolate specific muscle groups.
- » A gentle progression of stress on muscles will increase muscular strength.
- » Moderation is key to avoiding injury.
- » Perform 2-4 sets of 12-20 repetitions of an individual exercise (i.e. repeat the movement 24-80 times total)
- » Rest. Your muscles need time to recover after a workout. When you strengthen, you break down the muscles; however, unlike any machine, the body recovers and becomes stronger in response to the stress.

#### DOWNLOAD OF THE MONTH

Here is an excellent strengthening program for the legs, and you don't need any exercise equipment.

Click here to download this program

<http://www.ptclinic.com/downloads/1-9.pdf>

*Click On or Type the URL above into your browser address bar*

As always, consult your physician or physical therapist before you start this or any other exercise program.

#### 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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