



Don't Let The Cool Weather Slow You Down!

Remaining Active Through The Winter

ALSO INSIDE: Don't Slip and Break a Hip!
December Virtual Workshop · Patient Success Spotlight





Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At TherapyWorks, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

WHAT ARE THE BENEFITS OF EXERCISING DURING THE WINTER?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled “Exercise in the cold,” found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder

months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- **Immune system boost.** According to the *Centers for Disease Control and Prevention*, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

Call us at (785) 749-1300 or visit us at
www.therapyworkskansas.com
to schedule your appointment today!

Don't Slip and Break a Hip!

Or Anything Else — Avoiding Falls In The Winter

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At TherapyWorks, we want to make sure you stay as balanced this winter, so you can enjoy doing activities the activities of the season without fearing a harsh fall!

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- **Choose shoes with winter soles for traction.** You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- **Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.**
- **Allow at least 10 minutes to warm up when exercising in the winter.** When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.



Has Your Pain Come Back? Come Back to PT!

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

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- **No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform.** For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.
- **Add in any additional assists, as needed.** Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained CPOs can help you figure out if an additional assist would benefit you.

Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain in your orthosis or prosthesis, TherapyWorks can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!



Exercise Essentials

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

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SIMPLE TIPS FOR SHOVELING SNOW



Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

Warm up. Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.

Push rather than lift. Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.

Lighten your load. Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.

Consider multiple trips. Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.

Keep up with snowfall. Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

**CALL TODAY TO STOP THE PAIN
(785) 749-1300**

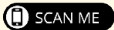
DECEMBER VIRTUAL WORKSHOP



BACK PAIN AND SCIATICA

With Cynthia "Cindy" Johnson, M.S., MCMT
December 15th at 6:30 pm

Scan the QR code or call us today to register for this free workshop.



FACEBOOK LIVE INTERVIEW EVENTS

Wednesday, December 8th at 4:30 pm Topic: Laser Therapy

Tuesday, December 22nd at 4:30 pm Topic: Arthritis

Checkout our Facebook page for more details
www.facebook.com/TherapyWorksKS/

Patient Success Spotlight



"After my shoulder surgery, TherapyWorks did a great job of getting me back to doing the things I like to do quickly. I was able to reach all my goals and the staff were all very helpful." - Colin

GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!

Scan the QR code to go to our Google Review page.



Start Feeling Better Today! Call Us At (785) 749-1300 Or Visit Us Online At www.therapyworksks.com