



# STAYING STRONG IN THE WINTER

Make 2023  
Your Year to  
Get Healthier  
& Stronger!

## ALSO INSIDE:

December Virtual Workshop · Exercise Essentials · Patient Success Spotlight



## STAYING STRONG IN THE WINTER

Make 2023  
Your Year to  
Get Healthier  
& Stronger!

Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At TherapyWorks, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. 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 undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity. Depending on

the type of workout, exercising in colder weather can meet and exceed these recommendations.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout around 10 minutes less per day in the winter compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to:

- Improved sleep
- Reducing anxiety
- Strengthening bones
- Strengthening your muscles
- Lowering blood pressure
- Maintaining or losing weight
- Lowering your risk of type 2 diabetes and many kinds of cancer
- Reducing the risk of dementia and Alzheimer's
- Improving balance and reducing your risk of falling

*Continued inside.*

# EXERCISES TO DO INDOORS



**Yoga.** Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

**Running alternatives.** If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jumping jacks
- Mountain climbers
- Burpees
- Jump rope
- High knees

**You can keep exercising all winter — without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.**

## STAYING STRONG IN THE WINTER

*Continued from previous page.*

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections.

Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

### WHAT TO EXPECT FROM PHYSICAL THERAPY SESSIONS

At TherapyWorks, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious injuries. 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.



Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

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: Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

**Whether you're looking for ways to recover from an injury and get moving in the winter, TherapyWorks can help.**

**Contact us today to find out how we can help make your winter season as enjoyable as possible!**

## Are You in Pain? Have You Suffered an Injury? 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.

Sources: <https://pubmed.ncbi.nlm.nih.gov/31193280/>, [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=56](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=56), <https://pubmed.ncbi.nlm.nih.gov/30719382/>, <https://www.heart.org/en/healthy-living/fitness/basics/aha-rec-for-physical-activity-in-adults>

# Exercise Essentials

*This exercise helps strengthen your hips and core.*

## HIP ABDUCTION (QUADRUPED)

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 10 times.



# Patient Success Spotlight



**"My neck pain is gone! The home exercises I was given really helped me understand what I need to do to prevent this from happening again." - Cat**

## DECEMBER VIRTUAL WORKSHOPS

### BACK PAIN & SCIATICA

With Cindy Johnson, M.S., MCMT  
December 14th at 6:30 pm



### SHOULDER PAIN & ROTATOR CUFF

With Cindy Johnson, M.S., MCMT  
December 28th at 6:30 pm



## FACEBOOK LIVE INTERVIEW EVENTS

December 7th at 4:30 pm

Topic: Hip Pain FAQ with James Quinn, DPT

December 21st at 4:30 pm

Topic: Improving Your Gait with Mark Hurley, PTA

Checkout our Facebook page for more details [www.facebook.com/TherapyWorksKS/](https://www.facebook.com/TherapyWorksKS/)



## 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.

