

Bodywork for Wellness

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Spring '14 Newsletter

Getting Back on Track! Hello again, this topic for the newsletter is very appropriate for myself as well as this is me getting back on track with quarterly newsletters. There are many reasons we get “off track” with our schedules or things we do to take care of ourselves. Changes in our schedule can be a big reason and the seasons can play a big factor in that. If you’re like me, I have to really push myself to stay active in the winter. Short days and the cold are not my favorite things. But happily the clocks have changed and the days are longer and we are supposed to be getting warmer temperatures. So now we all get excited and motivated! We try to resume or we may start some activities we haven’t done before or in a while. So here are some healthy pointers on getting back on track.

1. **Be gentle with yourself** –when you start or resume an activity it’s important to pace yourself. Even if you brain says we just did this a few months ago so let’s just pick back up where we left off, your muscular system might be in a different place(aka weaker), gentleness comes from starting slowly, recognizing what your goals are, and how to safely get there. It also allows us to know when we need to take a break or rest and not judging ourselves when this is the best thing to do to take care of our bodies.
2. **Start slowly**- which means pace yourself. When you begin something new we often have to start slowly and build up our stamina. So if you are taking a class perhaps you plan to do the 1st 10-20 minutes with good effort and do the last bit with modifications or less intensity. If you are resuming an activity perhaps the 1st few times you play 9 holes vs 18 or you play tennis for 2 or 3 sets instead of a whole match. It’s easy to feel we have to do all or nothing but there is a middle ground and that will help us stay healthy as we begin again.
3. **Set a schedule**- Consider where you can fit in activities and exercise in your schedule but it doesn’t have to be every day. When we begin most of us need a day for our bodies to recover from a new activities so every other day can be a great place to start. Pick a start date and tell others it will help you stick to it and is a good motivator.
4. **Find a balance** –it’s important to work our bodies in many different ways all aerobic or all strength training can lead to repetitive strains in our system, so mix it up and don’t forget the stretching!
5. **Listen to your body**-most importantly if you have done all the ideas above things should go smooth but we still must listen to our bodies **every time** we do an activity. Pain is your body main signal to tell you when an area is in need of attention. If you start to feel pain honor that...don’t ignore it. Take a break, rest, make a modification and seek treatment sooner than later. Our bodies are great at compensating and while it may seem the problem just went away, performing self- treatment or getting treated can make a big difference in preventing further injury. It can also be helpful to get worked on prior to starting a new activity as taking any imbalances out of the system may help your body perform better. Happy Spring and be safe in new/resumed activities!

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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