



**Physical Therapy & Wellness**

*The Newsletter About Caring for Your Health*



**GET BACK INTO A SAFE EXERCISE  
ROUTINE WITH G3!**

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## GET BACK INTO A SAFE EXERCISE ROUTINE WITH G3!

Have you gotten out of your exercise routine since the pandemic started? Are you concerned about new aches and pains or have put off taking care of an old injury due to the pandemic? At G3 Physical Therapy & Wellness, our physical therapists can guide you through a safe return to exercise or help you resolve that annoying old injury.

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to activity—whether working out at the gym or other group activities. For others the sedentary lifestyle led to more aches, pains, and concerns about overall health and well-being.

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine so you can avoid overuse injuries.

At G3 Physical Therapy & Wellness, we want to make sure you resolve old problems and help you get back into your normal exercise routine without developing any new aches and pains. Contact us to see how we can help with whatever your goals are!

### TIPS FROM PHYSICAL THERAPY FOR A SAFE RETURN TO EXERCISE

There are some important considerations everyone should know when starting or resuming an exercise program. Our

physical therapists are movement experts and skilled at guiding people through rehabilitation and beyond. We will provide you with solutions that work and aren't based on the latest fad.

#### 1. Always use proper form.

No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it. Understanding how to perform an exercise properly can be the difference between results and injury.

Your ability to safely perform exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or deconditioning.

Our physical therapists at G3 Physical Therapy & Wellness can address any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Our movement analysis is a comprehensive way to learn about how your body moves to ensure you improve your current form and limit the amount of impact on your joints during exercise.

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **[g3.life](https://g3.life)** to schedule your appointment today!

# Live A Healthier, More Active Life With G3



## 2. Take it easy at first.

If you haven't been participating in the same type of vigorous physical activity you were accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles. Inactivity can lead to physical limitations, which can increase risk of injury. Re-starting an exercise program after a prolonged absence can lead to injury if started too aggressively. After injury or prolonged inactivity it is vital to your health and well-being to progress gradually.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands which in turn leads to poor technique and injury. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with exercises and a plan. Plan for a steady progression to ensure safety and results!

## 3. Focus on health instead of a number on a scale or barbell

The past year has caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds to reach and maintain a healthy weight, as well as improve strength and gain muscle mass.

Making changes to your health ideally involves a whole body approach. There is definitive evidence that taking off weight takes off the added stress on your joints. Proper nutrition can help with weight loss and also reduce inflammation in the body. Learning stress management/reduction strategies also helps improve your health and well-being.

Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic

exercise, weight training, or pain relief treatments if necessary. This will help in reaching your health goals and decrease the pressure on your joints!

## 4. Set intentions and plan your day around them

Small modifications to your daily routine can make a big difference to your overall health. Our physical therapists typically recommend small changes to a person's routine in order to make the adjustments manageable.

Some changes to your routine that a physical therapist would approve of include:

- Take the stairs instead of the elevator.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Take the dog on walks around the park or your neighborhood every day.

## Call to make an appointment

If you've been looking for assistance in getting back in shape, your search ends here. G3 Physical Therapy & Wellness is here to help you achieve your wellness and fitness goals. Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!



**TAKE CHARGE OF YOUR HEALTH WITH  
G3 PHYSICAL THERAPY & WELLNESS!**

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# Three Reasons To Dive Into Spring Cleaning!

Cleaning benefits your physical health, but it's also been shown to improve your emotional and mental wellbeing. After the last several months we've had, there's no doubt we could all use a morale boost! Looking for three good reasons you should dive into spring cleaning? Keep reading!

**1. Cleanliness is linked to happiness.** Having a clean home can improve your mood and declutter your mind. Which is the first step to being productive. Starting is always the hard part, so pick a small area that you can successfully declutter. I like to start with the dining table or a friend who gave me a tip long ago, always keep your kitchen clean.

**2. Decluttering can help someone in need.** We naturally accumulate a lot of stuff over time, from clothes and shoes to books, magazines, or kitchenware. At some point, you'll look around and realize how much you have that you never use or wear! Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness. An essential part of successful spring cleaning is getting rid of things you don't want or need any longer.

If you haven't worn or made use of an item in the past year, place it in a box for donation.

**3. Make sure your cleaning products don't contain toxic chemicals that can be making you sick over time.** Only use non-toxic cleaning products. Some of our favorites include: Borax, BioKleen, Branch Basics, Bon Ami, Charlie's Soap, Country Save, Earth Friendly, Ecover, Seventh Generation Laundry Detergent Powder. One easy homemade all purpose cleaner is combining essential oil and water into a glass spray bottle. I use Doterra OnGuard and Lemon (20 drops each) and fill the rest with water and shake before spraying on all the surface. (Doterra is available to order at G3).

## READY TO ROLL THOSE SLEEVES UP?

It's time to roll your sleeves up and stock up on those cleaning supplies! Wipe down surfaces, clean out drawers, sweep under furniture, and get your household ready to bring in the new season in the healthiest way possible.



PHYSICAL THERAPY  
WELLNESS CENTER  
PELVIC HEALTH

## Healthy Recipe *Corned Beef Brisket Recipe (Brine Your Own)*



### INGREDIENTS

• 4-5 lb beef brisket

#### For the brine:

- 2 qt water
- 1 cup sea salt
- ½ cup cane sugar (or brown sugar)
- 1 cinnamon stick (or ¼ tsp cinnamon powder)
- 1 TBSP mustard seeds
- 1-2 TBSP black peppercorns
- 8-10 whole cloves

- ½ tsp ginger powder (or 1 tsp fresh ginger, minced)
- ½ tsp thyme
- 5 cloves garlic (crushed, or ½ tsp garlic powder)
- 2-3 bay leaf (crushed)
- 1 tsp allspice berries (optional)
- 1 TBSP coriander seeds (optional)
- 1 tsp juniper berries (optional)
- ¼ cup beet juice (or juice from homemade sauerkraut made with purple cabbage, optional - it's just for color)

### INSTRUCTIONS

Make the brine by putting the water, salt, sugar, and spices (except beet juice or sauerkraut juice) in a large pot and heating, stirring frequently, until sugar and salt dissolve. Cool liquid, using 2 cups of ice if needed, and place in refrigerator until very cold. It is very important that the brine is cold before it comes in contact with the meat. For the 3-5 day brining process, you can either place the brisket in a large 2-gallon bag and add the brine, or place the brisket in a large glass container with a lid and add the brine. Either way, you want the brisket to be completely submerged and surrounded with the brine. Add the beet juice or sauerkraut juice (if using) at this point. Place in the fridge (if you use the plastic bag put it inside another dish in case it leaks) and leave it there for at least 3 days (5 days if possible). Each day, flip it over and move the brine around. After 3-5 days, remove from the brine, rinse well with cool water, and cook as you normally would a corned beef brisket. NOTE: Make sure your brine is completely cold before using and make sure you submerge your meat completely. **Source:** <https://wellnessmama.com/4420/corned-beef-brisket/>