



Physical Therapy & Wellness

The Newsletter About Caring for Your Health



**ARE YOU TRAVELING THIS
HOLIDAY SEASON?**

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Avoid Injury With Proper Stretching Techniques • The Season of Giving • Patient Testimonial: Robert & Alma



ARE YOU TRAVELING THIS HOLIDAY SEASON?

It's getting closer to that time of year where everyone is flying or driving across the country to see their loved ones for the holidays. While an hour or two trip upstate might not have as much of an impact on your body, sitting in one spot for hours on end definitely will!

We strongly encourage our patients to take care of themselves and not to neglect their overall health as they dive into the hustle and bustle of the holidays.

G3 Physical Therapy would like to introduce some excellent stretches you can do this season to keep your body from becoming stiff and uncomfortable as you travel. Muscles and tendons that aren't stretched properly after sitting for long periods of time may be more susceptible to injury!

To learn more or to schedule an assessment, visit with one of our skilled therapists. Give us a call today! In the meantime, keep reading about these helpful stretches that can keep you feeling limber after long car or plane rides!

HOW DOES REGULARLY STRETCHING HELP WITH WELLNESS?

The holidays can be stressful as we rush around from home to home, bringing food and presents galore. Stretching has several advantages for helping your body maintain its health, and stress alleviation is one of the best ones!

Everyday life presents you with several challenges, and the accompanying tension can be stored in your muscles, especially your neck and shoulder areas. Stress causes increased cortisol and adrenaline production (your "fight or flight" hormones) to flood your body. Your immune function can be suppressed due to these abnormalities, making you more susceptible to viruses and other infections -- which you really don't want to deal with during exciting holiday events with your family and friends!

Regular stretches help your body relieve all that pent-up stress. By relaxing and loosening your muscles, you can maintain better control over your blood pressure, avoid chronic muscle pain, and keep your immune system ready for anything.

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **g3.life** to schedule your appointment today!

Avoid Injury With Proper Stretching Techniques



the aisle of an airplane or at a rest stop on your way to your destination.

STRETCHING AND TISSUE HEALTH

When we sit for a while, our tissues may become tight and stiff. You've felt that sensation before when you finally get out of the car after an extended road trip -- your entire body feels achy and sore, totally unprepared for movement! This can result in a strain or sprain that ends your participation in holiday activities and makes it hard for you to enjoy time spent with friends and family.

Gentle dynamic stretches provide a safe, gentle way to work out the kinks and get your tissues ready for action. As you become more limber, you reduce your risk of a soft tissue injury. You'll find those tissues more capable and responsive.

STRETCHES YOU CAN DO WHILE TRAVELING

Got a long road trip coming up soon? Shoulder rolls with postural awareness can relieve neck and shoulder tension. Pretend there are strings on the top of your head and chest. Gently imagine it lifting up. The next step is to roll both shoulders forwards and backwards 10 times each. Try to remind yourself to repeat every 30 minutes. Not only will this help limit neck stiffness, it will make the driving time go by faster.

THE IMPORTANCE OF STRETCHING CORRECTLY

Stretching can be done correctly or incorrectly. For starters, different types of stretches have distinct advantages. Dynamic stretches (slowly moving body parts to lengthen and increase circulation), passive stretches (holding or supporting a body part), or both may be appropriate for you depending on how much you're able to get up and move during your travels. If you're in the car and you can stop on the side of the road every hour or so to get out and walk around, that's a great start.

Stretches can potentially cause injury if done wrong, so it's a good idea to talk with a professional before you start aggressively throwing yourself into random positions in

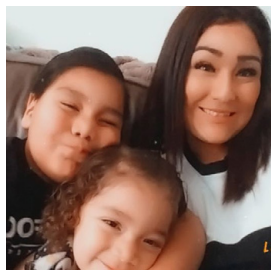
The Season of Giving

It's been a holiday tradition for the G3 family to adopt a family in need to help them have a very merry Christmas. This is our second year partnering with the local **Solutions for Change** organization and have adopted Amy and her 3 kids, Dominic age 7, Raquelle age 3 and Isabella age 1. Amy is a recovering addict who thanks to Solutions for Change was given a last chance to make things right and get her life back on track.

She now has all three kids under the same roof and will be starting college in December.

Amy is super humble and frugal with her request, "anything is a blessing." To avoid duplication of items, we will list exact items on the tags that will be available in both clinics.

Thank you for your support!



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Enjoy The Holidays Pain-Free With G3!

For passengers, you have the option to stretch your hips. Simply start with both feet on the ground, figure 4 cross your leg (the best you can), sit up as tall as you can, hinge from your hips to start shifting your torso to the right, straight forward, and to the left. Stop moving forward when you feel the stretch, make sure to not over flex your back. If you have your R leg crossed, you will feel a nice lengthening of your R hip and posterior leg area.

When you get out of the car at a rest stop or get off your plane, you can do the stretches that you've learned as a patient. Those stretches in the stretch cage can be modified to a chair, staircase, car bumper if you have the balance, the options are limitless. If you need a refresher, please call our office for an appointment. Ideally, the routines that we teach you should be ingrained like brushing and flossing your teeth.

CALL OUR CLINIC TODAY

The goal of stretching is to make sure that by the time you get to your destination, you're not feeling stiff, achy, or cranky. You deserve to enjoy your holidays without pain and discomfort, so what are you waiting for? Schedule time to stretch before, during (if possible!) and after your trip, and give us a call today to schedule an appointment for a tune-up after the holidays!



SUFFERING FROM ACHES AND PAINS?

GET BACK ON YOUR FEET WITH G3
PHYSICAL THERAPY & WELLNESS!

760.452.2640

Patient Testimonial: Robert & Alma



We are so grateful for G3 Physical Therapy for their superb physical therapists like Geoff, a consummate professional, who stays informed in providing care.

Our experience has been consistent over time since 2018, whether shoulder, spine, knees or neck. Even more, the pleasant environment with helpful training assistants is a factor contributing to one's care.

Every visit, we always leave feeling better and uplifted, especially those early morning appointments when we were reluctant to get up and going! Thank you G3 TEAM!!

Robert & Alma