HOW PHYSICAL THERAPY CAN HELP YOU GET ACTIVE AGAIN

Do you feel stiff and sluggish? Is it difficult to motivate yourself to get moving because it hurts? Your body may be experiencing physical problems that physical therapy can help. At G3 Physical Therapy, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Is it the chicken or the egg? Did an old injury and pain cause a sedentary life or is living a sedentary lifestyle the reason for having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact G3 Physical Therapy today for guidance on how to get moving so you can increase your energy and live a healthier life!

How Does A Sedentary Lifestyle Affect Your Body?

People often spend long hours commuting to work, hunched over a computer, tablet, or phone for way too long.

An inactive lifestyle and poor posture can have negative effects on your body:

- Sitting too much causes poor posture and alignment issues that can lead to muscle and joint dysfunctions.
- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent and consistent physical activity, your body loses mobility, starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

How Physical Therapy Can Help

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable ailments. We are experts at assessing the musculoskeletal system to address

YOUR BODY WAS MEANT TO MOVE!

the dysfunctions and adverse health effects created by a sedentary lifestyle.

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

Identifying your current fitness level and goals. You and your physical therapist will have ongoing discussions about what your typical day is like, where you'd like improvement, and when you feel your best. Next, we will do a physical exam to determine your fitness level. Finally we design a program and give you ideas on how to integrate more movement into your day at work, at home, and in the community.

Teaching you how to restore mobility and function. Education is a crucial component of success. We believe it's important that you understand not just what exercises to do, but also the reasons why they are important for the longevity of your health. Simple exercises can have large impacts if done correctly and consistently.

Develop and progress you through specific movement patterns that improve posture and alignment, decrease abnormal stresses on your body, and increase strength and balance. Every program is designed for your specific needs. Learning how to safely move without injury or pain is a significant part of our physical therapy program. No matter what fitness level you are in, we help you be successful at your level. And we modify and build your program to focus on mobility, strength, coordination and balance to improve your health and sustain a more active lifestyle.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

What To Expect In Physical Therapy!

Physical therapy is a collaboration. Our physical therapists are great listeners and pay attention to detail. To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physical therapist will ask questions and listen to you, together to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

Schedule An Appointment Today

At G3 Physical Therapy, we are dedicated to helping you live the best life you can.

If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.

HEALTHY PROTEIN ON THE GO!

100% GRASS FED BEEF STICKS

We need protein to heal, repair, and build muscle. If you're low on time but still want something that can nourish your body, try this. It's my family's favorite go to protein snack. It's also great for traveling.

Click the button below to be taken to paleovalley.com and order your beef sticks today!

CLICK HERE

MONTHLY EXERCISE

At G3 Physical Therapy we use a strategic set of movement patterns, both as a test and as an exercise. It may look simple, but requires flexibility, coordination, and strength. Over the next months, we will be sharing the different movement patterns. How each individual performs this whole body movement patterns, gives the physical therapist clues about the health of your muscles and joints from head to toe, literally! If you can master these movements, you're on your way to keeping your muscles and joints supple and strong!!

Forward lunge with overhead arm swing

- Start position: Stand in your normal standing position with relaxed shoulders.
- Take a small step forward and swing your arms overhead at the same time.
- Return your feet and hands back to start position.
- Repeat 5 times on each side and repeat 2x.

Note: We do not believe in the "No Pain, No Gain" philosophy. If an exercise is properly prescribed, there can be normal physiological muscle soreness, but pain is an indication that something is wrong, so never push through pain and always tell your physical therapist. Call G3 Physical Therapy if you want to learn how to tailor this movement pattern for your body.

SCHEDULE YOUR APPOINTMENT TODAY!

760.452.2640

PATIENT TESTIMONIAL

"The whole staff at G3 is great and highly focused on maximizing your recovery."

I have had two knees replaced and rotator cuff issues. Both of my surgeons emphasized the importance of physical therapy after the procedures. After an extensive search I picked G3. Michael Van Gilder, the co-founder, managed my recovery. I found him highly trained and able to design a specific rehab program that quickly had me playing golf again. The whole staff at G3 is great and highly focused on maximizing your recovery. Thank you Mike and all the other members of G3

-David S.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

ENCINITAS LOCATION

SOLANA BEACH LOCATION

Visit us at g3.life today!

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