

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

IMPROVE YOUR PHYSICAL PERFORMANCE WITH THESE STRETCHES!

ALSO INSIDE 3 NATURAL SOLUTIONS TO BEAT SPRING ALLERGIES WITHOUT MEDS!
BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

IMPROVE YOUR PHYSICAL PERFORMANCE WITH THESE STRETCHES!

Many common aches and pains stem from tight muscles and poor movement. The key to good health is to keep your body flexible. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. When your tissues are flexible, normal blood and lymphatic fluids circulate the body easier, oxygenating your tissues properly. This helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

Additionally, stretching is necessary for dedicated athletes, weekend warriors, or anyone looking to improve their physical performance. After a workout you may not feel the need to stretch if your muscles aren't aching or sore. However, there are several potential effects of not taking the time to stretch correctly after exercise. You might experience stiffness if you're not stretching adequately. Muscles and tendons that aren't stretched properly after exercise may be more susceptible to injury.

It is important to not only make sure you're stretching after exercise, but that you're doing the right types of stretches. **Some helpful stretches to incorporate that will help you avoid pain and injury include:**

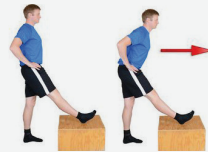
KNEELING HIP FLEXOR STRETCH

Kneel on a mat or soft surface. Make sure you're positioned so your right knee is straight up and the bottom of your right foot is flat on the floor. Extend your left leg behind you so the top of your left foot is flat on the floor. Begin to shift your weight forward and stop when you begin to feel the stretch in your hip. Hold for 30-45 seconds, then switch legs.



CALF STRETCH

Stand with your hands on your hips. Step forward with your right leg and bend your knee, keeping your left leg straight behind you. Place your left heel flat on the ground so you feel the stretch in your left calf muscle. Hold for 30-45 seconds, then switch legs.



QUAD STRETCH

Stand with your legs hip-width apart. Relax your shoulders and flex your abdominal muscles. Use your right hand to pull your right leg toward your buttocks, so your knee is bent facing the floor. Hold your right foot in your hand for 30-45 seconds, then repeat on the left side.



PIGEON STRETCH

Begin on a mat or soft surface. Sit so your left leg is extended behind you, with the top of your left leg flat on the floor, and your right leg bent so the outside of your calf and thigh are flat on the floor. Your right foot should be almost touching your left hip. Slowly lean forward with your arms outstretched so your chest is resting on top of your bent right leg. Keep your head tucked toward the ground. Hold for 30-45 seconds, then relax and switch sides.



VIEW MORE STRETCHES INSIDE >>

IMPROVE YOUR PHYSICAL PERFORMANCE WITH THESE STRETCHES! (CONTINUED)

HAMSTRING STRETCH

Begin by holding onto a stable object, such as a wall, chair, or railing. Place your right foot on a slightly raised surface, such as a step or a curb, so your heel is touching the surface and your toes are facing upwards. Make sure your hips are straight. Slowly bend your left knee until you begin to feel the stretch in your right thigh. Hold for 30-45 seconds then repeat with the left leg.



SUPINE TWIST STRETCH

Begin by laying on a mat or soft surface, with your back flat on the ground and your right knee bent. Use your left arm to bring your bent right knee to the other side of your body, keeping your right arm outstretched flat on the ground. Rotate your hips slightly to the left in order to do this. Hold for 30-45 seconds then repeat with the left leg.



Add stretches to your daily routine today!

There are many other ways that stretching can help you live your best life. If you are looking to add stretches to your daily life, contact us for assistance! We will schedule a consultation with one of our dedicated physical therapists, so you can discuss which stretches will be best for you. Contact Atlanta Human Performance Center today to get started on the first steps of your treatment plan and learn more about how targeted stretches will benefit you!

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpct.com.



3 NATURAL SOLUTIONS TO BEAT SPRING ALLERGIES WITHOUT MEDS!

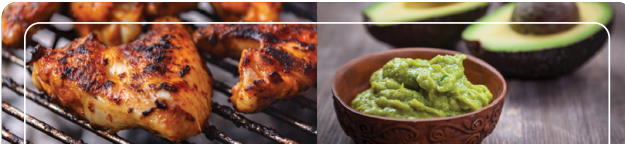
1. **Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
2. **Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.
3. **Keep it clean!** Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.

Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE

- 4 (4 oz) chicken breasts
- 2 tbsp blackened seasoning
- ½ cup plain, Greek yogurt
- ½ avocado
- 1 tsp lemon juice
- ½ tsp garlic powder
- ½ tsp salt
- 2 tsp green onions, thinly sliced

Place the chicken breasts and blackened seasoning in a large resealable bag. Seal and shake a few times to evenly coat the chicken. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until cooked through, 4-6 minutes per side. Meanwhile, in a food processor, combine the yogurt, avocado, lemon juice, garlic powder, and salt and pulse until smooth and creamy. To serve, top each chicken breast with 2 tablespoons of the creamy avocado sauce and garnish with ½ tablespoon green onions.

ARE YOU IN PAIN? CALL FOR A PHYSICAL THERAPY CONSULTATION



ATLANTA HUMAN PERFORMANCE CENTER

(404) 346-1526

OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

For more information about our services and specialties, feel free to call and talk with your physical therapist today!

HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT,
DN CERT. CEO/Director of Atlanta
Human Performance Center



With the corona virus still being an issue, I want to provide you with 7 safety measures:

1. Stay safe.
2. Wear double masks.
3. Wash your hands and sanitize frequently.
4. Change your mask frequently or wash them if they are cloth.
5. Avoid super-spreader events.
6. It is recommended that you vaccinate if you and your primary care physician agree upon it.
7. Exercise frequently to continue to boost your immune system.



www.ahpcpt.com