

JointStrong Program



Make Time to Get Moving But...

In light of the stressful times, we continue to face, it's no wonder you may have let your exercise routine lapse. Yes, it's tough to exercise outside when the weather doesn't cooperate or inside when other priorities bubble up to the surface.

This is a gentle reminder that too much sitting and too little exercise may be putting you at risk for injury. As we eagerly await Spring's much-anticipated arrival, here are some helpful reminders to get you moving without injury.

Start slowly. Perform a proper warm-up regiment The best way to prevent sprains or muscle pulls is by warming up the muscles and tendons prior to exercise. Get the blood flowing and heat up the muscle tissue before stretching.

Increase your activity and intensity gradually. Start with an intensity or activity level that you can handle, and do not increase weight resistance, speed, or duration by more than 10% each week. Find a pace you're comfortable with to start.

Keep a balanced routine and schedule Cross-train with various types of aerobic exercise, stretching, muscle conditioning, and recreational activities throughout the week. This helps prevent overuse injuries.

Listen to your body: If you feel pain while ramping up your exercises, slow down, or stop. Try to determine what your body is telling you and adjust your workout.

Go to **emiia.org** and type **fitness** into the search box for some recorded yoga, strength, and balance workouts.

If you are experiencing any kind of persistent joint pain and can't get to the physical therapist, JointStrong's Telehealth and mobile app are here for you. No one should have to put off getting the care they need to get better.

What's Telehealth?

It is a way to provide care for patients remotely - simply through a camera-enabled smartphone, tablet or computer.

How does it work?

Telehealth video chats are scheduled appointments. Once scheduled, you would have a face-to-face conversation about your issue with one of the JointStrong highly qualified Physical Therapists - just as you would in person.

All this from the comfort and safety of your own home! Access to great PT, where and when you need it. So why wait, when you could be getting the help you need for those nagging injuries now? **To schedule an appointment, call 855-293-0340.**



JointStrong - A partnership with MIIA to reduce joint pain.

