

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

Care options for neck pain

EXERCISE IS AN ANSWER FOR MANY AILMENTS -WHY DON'T WE DO IT?

It seems that rarely a week passes that I don't hear about how exercise is the answer to yet another health or quality-of-life problem. For example, exercise can help reduce the risk of heart attack, decreases the risk of developing type II diabetes, improves your energy levels, helps with controlling your weight, managing stress, etc.

SO WHY DO SO MANY RESIST?

I'd like to challenge you to achieve just ONE, just one exercise goal. That goal is to commit to do something, 3x/week for 1 year. The greatest challenge to starting and maintaining an exercise routine has nothing to do with your body (everything from the neck down). It's all in your head. Therefore, I would like to challenge you to just get out and be active for 30 minutes 3x/week.

WHY NOT START A WALKING PROGRAM?

A walking program is a great way to start. It's easy on your joints, you can do it most anywhere, and the expense is minimal. But before you start a walking program or any other exercise program, first consult with us or your doctor. Assuming that you are cleared for a walking program, here are some tips:

Get yourself a good pair of shoes. Running shoes are typically better than walking shoes because they are built to last with stitched rather than glued components, better arch support and cushion.

Start off on flat paths. Avoid walking inclines and challenging terrain for now and if possible walk on soft ground like grass or dirt paths.

Make sure you walk in a safe place - avoid busy streets and make sure your route is well lit.

Maintain a brisk but "comfortable pace".

You don't have to do it all at once. If you have to break it up into two 15 minute walks 3x/week that's fine.

Monitor your heart fitness. Measure your pulse before and after you walk and 30 minutes later. Record the numbers and over time you should see them slightly decrease as your fitness improves.

Finally, and most important, make it easy on yourself. A slow and steady increase in the walking intensity over several months, rather than days or weeks, will result in long-term success.

Remember, your goal is to be exercising a year from now. Achieve that one simple goal and you will have made great progress toward improving your health.

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

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