



Franklin Physical Therapy at FitnessPro

THE ORTHOPEDIC AND SPORTS INJURY SPECIALISTS

FEBRUARY 2009 FPT Newsletter

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MS, PT, CSCS



Owner
Licensed Physical
Therapist
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*The
Orthopedic
and Sports
Injury
Specialists*

385 West Central Street
Franklin, MA 02038
*Located in Liquor World
Plaza on Route 140*

Phone:
508.528.0147

Website:
www.franklinpt.com

Hours:
Monday - Thursday
7:00 am to 7:00 pm

Friday
7:00 am to 12:00 pm

WHY SHOULD I STRETCH?

There are several good reasons to stretch. First, stretching will maintain joint range of motion and flexibility. Flexibility is the total range of motion in a joint or joints.

Second, stretching provides reflex feedback to the muscles causing them to lengthen. It helps relax the muscle(s), and it may also prevent injury of muscles and soft tissues.

Intuitively, if one maintains good flexibility through stretching, there is balance between the body's opposing muscle groups and enhanced muscular performance.

Stretching should be performed after a light warm up of 5-10 minutes. This increases the blood flow to the tissues and increases the tissue temperature. Increased tissue temperature should allow for greater tissue extensibility and decrease the risk of injury. There is controversy as to how long you should hold a stretch. Some say 10-15 seconds, others say 30-60 seconds, and still others feel there is no benefit to stretching. It is generally recommended to stretch for 20-60 seconds, and to repeat the stretch 2-3 times.

DO YOU NEED A SPECIFIC PROGRAM?

Are you a golfer, skier, gardener? Each activity places specific demands on the body and requires the body to move through different ranges of motion. Physical therapists are movement specialists. We can help you with an appropriate stretching program designed for your specific needs. So if you need some help with stretching, make an appointment. For a small fee, we can help you avoid future injuries.

As always, consult your physician or physical therapist before you start this or any other exercise program.

General Shoulder Stretching



PLACE YOUR HANDS AT SHOULDER HEIGHT ON EACH SIDE OF THE DOOR JAM. LEAN FORWARD AS ILLUSTRATED TO OBTAIN A GENTLE STRETCH IN THE CHEST. DON'T BOUNCE. THE STRETCH SHOULD BE SLOW AND CONTINUOUS.

Repeat: 3 times

Hold Time: 20 secs

Sessions: 2 /day

For more information about our clinic, check out our website@

<http://www.franklinpt.com>

Until Next Month,

Thanks from Matthew J. Tibert, MS, PT, CSCS

**Thank you for taking the time to read this newsletter.
Healthy regards from Franklin Physical Therapy!**