

DIRECT ACCESS

You no longer need a referral for physical therapy! Change your life today at Loudoun PT.

LOUDOUNPT.COM



**GET BACK
INTO A SAFE
EXERCISE
ROUTINE**

ACCESS PT RIGHT AT YOUR FINGERTIPS!

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INSIDE:

- Meet Our Team: Dr. Tulsi Parmar, PT

- 6 Sneaky Ways To Change Your Routine Towards Better Health
- At-Home Exercise
- What Is A Teletherapy Visit?



WITH THE HELP OF PHYSICAL THERAPY, GET BACK INTO A SAFE EXERCISE ROUTINE!

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. Leading a sedentary lifestyle can lead to more aches, pains, and discomfort than you might think!

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Loudoun Physical Therapy, we want to make sure you can get back into your normal exercise routine without developing any unnecessary aches and pains.

Try the following tips and feel free to contact us if you have any additional questions!

1. Always use proper form.

Proper form could mean the difference between physical progress and developing an injury. No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it!

Your ability to safely perform stretches and exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our physical therapists at Loudoun Physical Therapy can assist with improving your form during exercise by addressing any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. They can show you the correct targeted exercises and stretches you can do to improve your current form and limit the amount of impact on your joints during exercise.

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SERVING YOU WITH AWARD-WINNING CARE

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2. Take it easy at first.

If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with gentle exercises and stretches, and build up from there!

3. Set a weight goal.

The past six months have caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight, taking off the added stress on your joints that may have developed.

Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your targeted weight and decreasing pressure on vulnerable parts of your body.

Ready to get back to a safe, healthy exercise routine?

We've all had to adjust our schedules and normal lifestyles as a result of the havoc wreaked by the pandemic. Life as we know it has changed and our bodies are taking a toll. Sitting at home constantly can cause way more damage than you might realize.

If you've been looking for assistance in getting back in shape, your search ends here. Loudoun Physical Therapy is here to help you achieve your wellness and fitness goals. Give us a call today to discover how we can help you safely strengthen your muscles and get your energy back!



MEET OUR TEAM: DR. TULSI PARMAR, PT, DPT



Tulsi has worked as a Physical Therapist in inpatient and outpatient facilities where she worked with neurological, cardiology, orthopedic, sports, and pediatric patients. Tulsi is multilingual (English, Hindi, and Gujarati) and always tries to make the patient comfortable by breaking

the barrier of communication. Tulsi earned her degree from SBB College of Physiotherapy, Gujarat University, India in 2013. Her first priority is to improve the patient's quality of life and to restore functional mobility. She finds pleasure in providing the best patient care through her manual skills.

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6 SNEAKY WAYS TO CHANGE YOUR ROUTINE TOWARDS BETTER HEALTH

1. Get off the bus one stop early and walk the rest of the way to your destination.
2. Choose the stairs instead of the elevator.
3. Shovel snow, rake leaves, and garden in your yard as the seasons change.
4. Park farther away from your destination and walk the extra distance.
5. Walk up and down the field while your children are playing sports.
6. Take the dog on walks around the park or your neighborhood every day.

“ WHAT PATIENTS ARE SAYING

“Loudoun PT is absolutely fantastic. They spend time customizing exercises and treatment plans based on your unique needs. They also allow you to explore alternative/supplemental therapies.” - B.R.

AT-HOME EXERCISE STRENGTHEN GLUTES & HAMSTRINGS

Exercises copyright of
SimpleSet Pro

Bridging While lying on your back, raise your buttocks off the floor/bed slowly and with control. Hold position for 10-15 seconds and slowly release to starting position with an exhale.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

? WHAT IS A TELETHERAPY ? VISIT?

It is a remote, one-on-one Telehealth visit that is performed by our skilled physical therapists on a computer, connected to the Internet.

During your visit, you will receive:

- Movement Evaluation to determine your problem
- Education on why you are hurting and how to prevent it from reoccurring
- Exercise prescription to meet your specific needs

This physical therapy option is convenient and accessible from the comfort of your home!

**CALL AND SCHEDULE YOUR
APPOINTMENT TODAY!**

Leesburg:
(703) 443-6700

Lansdowne:
(703) 858-9880

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 **Loudoun**
Physical Therapy
Expert care for life-changing results.