

HEALTH & WELLNESS

SMART  **SPORTS** 2022

NEWSLETTER

STRONGER CORE, BETTER HEALTH

COME BACK TO PT!



**How Physical Therapy
Can Help Strengthen
Your Core**

**Develop A Stronger
Core At Our Fitness &
Wellness Gym**

Healthy Recipe

SMARTSPORTSMED.COM

CALL US TODAY (307) 632-7677

NEWSLETTER

PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR CORE



RETURN TO PT TO SEE LASTING RESULTS! CALL (307) 632-7677!

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At Smart Sports, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again! Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move! Contact Smart Sports today to figure out how we can help you strengthen your core muscles and improve your overall health.

What are the core muscles? When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

HOW PHYSICAL THERAPY CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it. Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements. Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

What to expect in physical therapy. When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function. Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.



In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

Contact us today to schedule an appointment. At Smart Sports, our physical therapists are here to help you improve your function and relieve your pain. **If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!**

Sources: https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core_stability_exercise_principles.14.aspx
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/>
https://journals.lww.com/nsca-jscr/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during.29.aspx
<https://www.sciencedirect.com/science/article/abs/pii/S1350453318301152>

CALL (307) 632-7677 TODAY TO SCHEDULE AN APPOINTMENT!

HOMEMADE BLACK BEAN VEGGIE BURGERS

INGREDIENTS

- 1 (16 oz) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce
- ½ cup bread crumbs

DIRECTIONS

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet. In a medium bowl, mash black beans with a fork until thick and pasty. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans. In a small bowl, stir together egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Source: <https://www.allrecipes.com/recipe/85452/homemade-black-bean-veggie-burgers/?internalSource=hub%20recipe&referringId=84&referringContentType=Recipe%20Hub&clickId=cardslot%209>

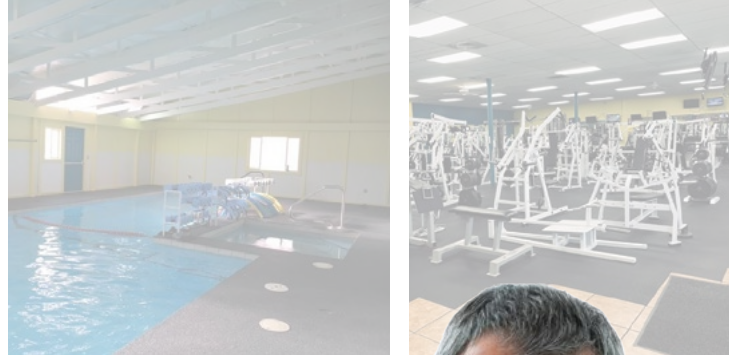


DEVELOP A STRONGER CORE AT OUR FITNESS & WELLNESS GYM

Divided into four specialized areas, our 24-hour gym makes it easy to pursue your goals at a pace, intensity level, and time of day that's right for you. If you are looking for a gym service in or around Cheyenne, WY, SMART Sports is here for you. Whether you're looking to amp up your power-lifting routine, get in a full-body workout, enjoy a low-impact run, or give group fitness classes a try...we'd be thrilled to welcome you into the SMART Sports family!

Your membership at SMART Sports gives you access to:

- 24-HOUR MAIN GYM
- HEAVY LIFTING ROOM
- CORE/STRETCHING AREA
- 90° SALT WATER POOL



FREE FITNESS CLASSES

- Empower Hour
- Aqua-Fit
- Wellness (recommended for seniors and beginners)
- SPRINT
- Zumba
- Zumba Gold (low impact)
- Tai Chi Basics
- Piloxing

FULFILL YOUR NEW YEAR'S RESOLUTIONS

FREE 1 WEEK TRIAL MEMBERSHIP

GET

FIT!



NO CONTRACTS FOR ANY GYM MEMBERSHIPS. OUR GYM IS OPEN 24/7!

CALL (307) 632-7677 OR MORE INFO TODAY

TELL US HOW WE DID!



Leave a review for our practice & help us connect with the community!

Visit <https://tinyurl.com/yekc5chp> to leave us a Google review!

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