



ALPINE

Physical Therapy & Spine Care

PRESENTS



POCKET BOOK FOR

WELLNESS

SUCCESS DURING OREGON'S
STAY HOME, SAVE LIVES
CAMPAIGN



The world is bringing us some challenges right now, however, Alpine PT has got your back with some strategies to maintain your health and wellness while practicing social distancing. Read on my friends. We're happy to help with some tips on stretching, strengthening and mindfulness. Be Safe. Be Well. Be Strong. Feel free to share!



COVID SAFETY TIPS:



Do: Clean your hands regularly

Washing hands with soap for >20 secs or using hand sanitizer of 60% or greater is recommended. Avoid touching eyes, nose, mouth with unwashed hands.



Do: Practice Social Distancing

Avoid close contact with people. Stay at least 6 feet from others. Stay at home when possible. Travel only for essential tasks (grocery, fuel, work).



Do: Cover your nose and mouth with a face cover when around others

You could spread covid even if you are not sick. Continue to practice 6 foot distancing when in public.



Do: Cover coughs and sneezes

Since this is a respiratory virus, covering coughs and sneezes with a tissue or sneezing into the inside of your elbow is of utmost importance.



Do: Clean frequently touched surfaces daily

Doorknobs, phones, tables, computers, toilets, faucets, sinks, handles.

A person in a pink shirt and dark pants is running on a dirt trail. The background is a blurred landscape with hills and a bright sun low on the horizon, creating a warm, golden glow.

THE IMPORTANCE OF MOVING: REGULAR EXERCISE = IMPROVED HEALTH

Exercise has been shown to improve immune regulation, metabolism, mental health, and quality of sleep. All aspects of health we could use a little boost in right now. Question is, *gyms and trails are closed, how do I get my regular exercise?*

Answer: *there are plenty of exercise opportunities you can do at home or in your neighborhood while practicing social distancing.* Read on for some sample stretches and strength exercises from Alpine's physical therapists:

Don't have exercise weights or resistance bands?

- grab some soup cans for 1-2# weights,
- fill a gallon jug with water for 8#
- a bag of rice becomes an ankle weight
- bungee cords substituted for a resistance band
- a stable supportive chair for a step up box
- cam strap over the top of the door for a pull up strap
- *need some room? use the street or your yard*
- *get creative, but be safe, use common sense!*

**It is important to respect your body and ease into any new stretching or exercise routine. Do not force or continue if painful and limiting.



STRETCHING

Physical Therapists love yoga! It gives you and an opportunity to *connect with your body* through dynamic ranges of motion, breath work, and proprioception (the "feel" of your movement). Here is a simple 5-10 minute routine that is a great for starting your day or taking a break from home office work or favorite Netflix show. Bonus points if you can do with your kids!

Ease into each movement and progress as you feel comfortable. Stop if painful.



CAT and COW: start on your hands and knees, focus on rotating your pelvis up towards the ceiling making an 'arch' in your back (cat) while bending your head down. Your arms should stay stable and body weight centered over your hands and knees. Then slowly reverse the position by tilting your pelvis forward towards the floor to allow your back to relax into extension as you raise your head up (cow). Great unloaded spinal flexibility exercise. 1-2 min



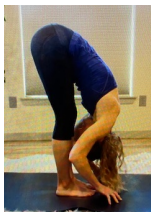
LUMBAR PRESS UP: move to lying on your stomach with your arms by your side. Gently push your upper body towards the ceiling to comfortably perform a back bend. Exhale softly while relaxing your lower back and glutes. Slowly relax to prone position. Repeat slowly 3-5x. Inhaling on way down, exhaling at the top. Move within comfort, increasing as allowed.



PRAYER STRETCHING: FORWARD AND TO EACH SIDE: move back into kneeling position with body weight relaxed and centered over your lower legs and hips. A rolled up towel or yoga block can be used if you cannot bend your knees fully to support you in a painfree position. Extend arms out in front of you. Hold 30-60 secs. Then side bend and reach to one side to elongate your trunk on the opposite side. Repeat in the other direction. Hold each position 30-60 secs or longer. Finish in forward position.



DOWNWARD DOG: from forward prayer position extend your arms and push your body weight to your feet while extending your legs straight. If possible, push your body weight to your heels keeping your feet flat and back in a forward arch bias. Hold for a count of 2-3 slow breaths.



FORWARD FOLD TO UPWARD SALUTE TO HANDS AT

HEART: gently hop or step forward to a forward fold position with hands on your mat and legs extended within comfort or hands supported on knees. Hold for 1-2 breaths.



Next, rotate hands out so palms are faced forward and move to a standing position with the arms 'waiving out to side' and finishing holding overhead and together. Hold for one breath then side bend to one side maintaining your balance. Hold for one breath and repeat on the other side.



Finish with arms overhead and then slowly bring down to your heart for 1-2 breaths. Close eyes if stable and take a moment to feel the relaxed sensation of your breath and hands at your heart. This is a great time to place some attention of comfort/compassion for yourself, those who are special to you or our community at large.

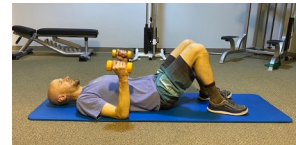


ARM/UPPER CHEST EXTENSION: open your eyes and smile! place your hands together and behind your back at waist level. Extend your arms away from your body while lifting your sternum (breastbone) and keep a soft gaze upright. Hold for 2-3 breaths. Nice work! You're finished. Feel free to repeat a few cycles through the program if you would like.

STRENGTH EXERCISES

UPPER BODY PRESS:

beginning: *Supine press:* lying on back with knees bent and feet flat. Hold some weights with your elbows bent at your side. Reach toward the ceiling to extend your elbows, slowly return. Perform 10 reps 1-3x



intermediate: *Modified push up:* On your countertop or a stable bench. Hold your arms to support your body weight and walk your legs out to a "push up position". Perform 5-10 pushups slowly. 1-3x



advanced: *Single leg alternating push up:* Start in a "push up position". Place weight on one leg. Perform push up then transfer weight to opposite leg and repeat. Keep weight on one leg only with each rep. 10 reps 1-3x



ABDOMINALS:

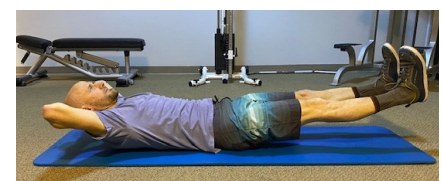
beginning: *Supine isometrics:* while lying take your R hand and place it against your L knee. Press your hand into your knee without moving, feeling your lower abdomen contract. Hold 5 secs, repeat with opposite sides. Perform for 10 reps 1-3x



intermediate: *Partial curls:* lie down with knees bent and feet flat. Support your hands behind your head. Contract lower abdomen and curl up so your shoulder blades come off of ground, slowly lower maintaining lower abdominal contraction. Perform 10-30 reps 1-3x



advanced: *Short arc leg curls:* lying down with hands behind head and legs extended. Contract lower abdomen, pull toes back and perform partial curl with upper and lower body, pause and slowly lower. Perform 10-20 reps 1-3x



SQUATS:

beginning: *Wall slide:* stand against wall with stable footing, walk feet out and slowly slide down into "sitting position". Your lower legs should be perpendicular to the floor and hips slightly higher than knees. Hold 10 secs or longer. Repeat 5-10x



intermediate: *Squat Thrust:* holding weights at shoulder level with elbows bent, squat down and then back up while raising arms overhead with elbows extended. Repeat bringing arms back down as you squat. 10 reps 1-3x

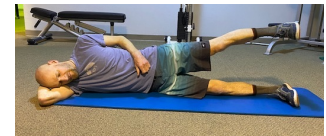


advanced: *Drop Squats:* starting in standing, hop and drop quickly and controlled to the lower position of a squat and then burst back up to standing, repeating the same drop again. 10-20 reps 1-3x



HIP ABDUCTION:

beginning: *Sidelying leg raises:* lying on your side (against a wall can help), pull toes back and tighten your thigh. Raise leg up keeping in alignment with the rest of your body. 10 reps 1-3x. Repeat on opposite side.



intermediate: *Double leg raise:* Lying on your side. Raise the upper leg as in previous exercise. Pause. Then raise lower leg keeping body straight. Hold 5-10 secs. Then slowly lower in reverse. 10x each side.



advanced: *Side plank:* Lying on your side, propped up on your elbow. Contract your lower abdominals and raise your body to a straight position. Your shoulder should be supported and pain free. Hold 5 secs. Bonus points if you can raise your top leg from that position. 10x. Repeat on opposite side.



TRUNK EXTENSION:

beginning: *Prone head lift:* lying on stomach with forehead rested on your hands. Gently push down into ground with hands as you lift your head 1-2" off ground. Avoid your end range. Hold 5-10 secs. Repeat 5x



intermediate: *Upper trunk extension:* lying on stomach with arms rested by your side. Gently contract lower abdomen and raise your head with slight chin tuck while pinching shoulder blades together and lifting upper body off ground. Hold in your mid range. Hold 10 secs. Repeat 5x



advanced: *Supermans:* Lying on stomach with arms out to side/overhead comfortably. Gently contract lower abdomen and raise your upper and lower body to your mid range. Hold 10-30 secs. Repeat 5x. Bonus points for flying sound effects or cape wearing!





HUMAN BEING > HUMAN DOING

Now is a great time to take a moment to slow down and provide flexibility and space to daily life. Mindfulness and Relaxed breathing can be great ways to explore that space.

THE BENEFITS OF MINDFULNESS

Mindfulness has been described as "the awareness that emerges through paying attention on purpose, in the present moment and non-judgmentally to the unfolding experience, moment by moment" (John Kabat Zinn). With changing events day to day in our world and daily life responsibilities moving from community based to home based, now is a great time to explore mindfulness techniques. It may take some time to adjust and slow down, however, research has shown benefits range from improved sense of well being and sleep to less worry and improved stress regulation. For more information on techniques search helpguide.org/harvard/benefits-of-mindfulness.htm

THE IMPORTANCE OF BREATHING

Have you ever really paid attention to the *quality* of your breathing? Your breathing can have a powerful effect on your physical and emotional health. Deep breathing, especially slow and voluntary is associated with your body's "relaxation response". The relaxation response activates calming mechanisms of your nervous system associated with deep states of rest. Benefits include: decreased heart rate, relaxed muscle tension and improved ability to handle stressors. Feeling anxious or stressed? Go ahead and try it! Gently inhale through your nose, focusing on your lower belly moving out, pause, then slowly exhale through pursed lips paying attention to the relaxation sensations of your exhale as your belly draws in. Nice work!

SMILE OFTEN, BE PRESENT

There is a lot of power in your smile! Every time you smile you throw a feel good party in your brain. Research shows smiling activates neural messaging that benefits your health and happiness. "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy". See a trend here? We have some simple tools in our own bodies that have similar effects on producing positive changes for us and those around us. Yes, life has changed, but this is *temporary*. So, be goofy! Take a moment to smell that morning coffee, witness the sunrise and embrace the sensations of a hug with your child. If you find yourself feeling stressed, key into the sensations of 3 deep, slow breaths. Give yourself the flexibility and space to be *here*.

SAMPLE STRATEGIES TO EXPLORE MINDFULNESS DURING YOUR DAY:

- **Walking meditation:** Bring your attention to the *experience of walking*, focusing on the sensations of your body as it moves through space and feeling of weight transfer with each step. If you find your mind wandering, gently bring your attention back to your sensory experience or breathing. Movement should be slow and natural.
- **Sitting meditation:** Find a comfortable place to sit. Gently close your eyes and place your sensory experience on your breathing. Inhale slowly. Pause. Exhale in a relaxed manner. If you find yourself thinking come back to the sensory experience of your breathing. Smartphone apps can be a great resource for beginners. Try 5 minutes to start.
- **Make time for pleasant activities:** When you do something you enjoy notice how it feels in your body and mind . Pay attention to the experience of the pleasant. This reinforces positive pathways in your brain that are healing.

THANK YOU

The COVID outbreak is changing the way we operate during our daily lives, however, we still have opportunities to provide health and wellness to ourselves and our community at large.

History has shown that humans are resilient and come together during difficult times. *We will get through this.* Take a moment to give a friendly gesture or kind look to those around you and in our community.

Special thanks to our front line healthcare workers locally and across our nation. Alpine Physical Therapy is proud and thankful to be a part of this great community. We'll be ready to help you get back out there when safety allows. Thank you for taking interest in your health. You are appreciated.



For more information or questions on exercise or your health, or to sign up for our monthly newsletter to receive tips on health and wellness email us at info@alpinephysicaltherapy.com

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We are currently open for those with in-clinic needs practicing COVID safety precautions and and social distancing. Telehealth options as well.