



Discover The Benefits Of A Stronger Core & Make This Your Best Summer Yet

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At OSR Physical Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

What Is the "Core"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle. Significant weakness in the core will often lead to compensations

and straining of 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.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly. The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.



We Can Help You Heal.
Call 1.480.360.3921 Today!

Building Core Strength with Expert Guidance

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input forms the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.



Book Your Appointment at OSR Physical Therapy Today!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life! Call us today to set up an appointment!

Sources: <https://bmcmusculoskeletalord.biomedcentral.com/articles/10.1186/s12891-021-04858-6>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC640754/> · https://journals.lww.com/nsca-jscr/fulltext/2012/02000/effect_of_core_strength_on_the_measure_of_power_in_b.aspx · <https://www.mdpi.com/2411-5142/16/2/37> · <https://www.frontiersin.org/articles/10.3389/fphys.2022.915259/full>

Yummy Recipe: Tofu Banh Mi

Ingredients:

- 1 (14-oz) block extra-firm tofu, sliced into 8 slabs
- 1 small carrot, julienned
- 1 small daikon, julienned
- 1/2 small red onion, sliced
- 1 c. rice wine vinegar
- 3 tbsp. maple syrup
- 2 tsp. kosher salt
- 1/4 c. vegan mayonnaise
- 1 tbsp. Sriracha
- 1/4 c. low-sodium soy sauce
- 2 tbsp. sesame oil
- 2 tbsp. maple syrup
- 3 cloves garlic, peeled
- 3 -inch lemongrass, chopped
- 1/2 -inch piece fresh ginger
- 1/3 c. fresh cilantro, chopped
- 3/4 tsp. kosher salt
- 1/2 tsp. black pepper
- 2 tbsp. vegetable oil
- 1 baguette, halved lengthwise and cut into 4 equal portions
- 2 c. cilantro
- 1 c. basil leaves
- 1 small cucumber, sliced
- 2 jalapeños, thinly sliced

Here's how to make it: Line a baking sheet with a clean kitchen towel folded in half. Lay tofu slices in a single layer. Cover with another clean kitchen towel and a baking sheet. Place a heavy pot on top to press out as much liquid as possible. In a medium bowl, combine carrot, daikon, red onion, rice wine vinegar, maple syrup, and salt. Stir until salt is dissolved, then press vegetables down to submerge in pickling liquid as much as possible. In a small bowl, combine mayo and Sriracha. In a blender, blend soy sauce, sesame oil, maple syrup, garlic, lemongrass, ginger, cilantro, salt, and black pepper until smooth. Transfer dried tofu to a large plate. Pour marinade over tofu and turn to coat. Set aside two minutes. In a large skillet over medium heat, heat oil until shimmering. Gently shake marinade off tofu. Cook tofu until browned, about 3 minutes per side. Transfer tofu back into marinade for at least 10 minutes. Spread baguettes with spicy mayo. Top with tofu, cilantro, basil, pickled vegetables (shaking off pickling liquid first), cucumber, and jalapeños.

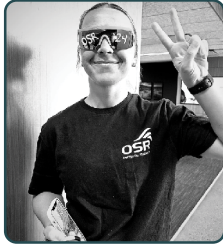
Share this newsletter with a friend and help them find relief from pain!

All Staff Spring Meeting: Staying Connected for Quality Care

This May, we held our highly anticipated All Staff Spring Meeting, bringing our entire team together to reinforce our commitment to excellence in physical therapy. These gatherings are essential for fostering a strong, connected team and ensuring that we remain focused on providing the highest quality care to our patients.

During the meeting, we shared valuable insights, celebrated our collective achievements, and discussed strategies to enhance our services. These interactions help us stay aligned with our mission and support each other in delivering exceptional patient outcomes. Together, we continue to build a supportive and effective environment for both our staff and patients.

Thank you to everyone who participated and contributed to making this event a success!



Get Rewarded For Helping Us Help Others!

Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Scan or call to schedule 602.607.4950

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