

VOL. 2 | APRIL 2023

STAY IN THE GAME



Newsletter for all our Form & Function Family



OVERVIEW:

Essentials of Stretching

Most people acknowledge that stretching is a good thing, and that they don't do it nearly enough, but stretching can cause as many problems as it can help. The following tips can help eliminate some of the potential pitfalls when stretching.

Warm-up before you stretch

The risk of injury is higher when stretching tissues that haven't been warmed up.

A pre-stretch warm up has many benefits, but primarily its purpose is to prepare the tissue for the stress you are about to apply to it. It achieves this by increasing core body temperature as well as the body's muscle temperature. By increasing muscle temperature you are increasing muscle pliability. This is critical to gain the maximum benefit from the stretch.

An additional benefit of a warm up is increased heart rate and respiratory rate. This increases blood flow, thereby increasing the delivery of oxygen and nutrients to the tissues, aiding the stretch.

- Essentials of Stretching
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Stretch to the point of tension

The biggest mistake you can make when stretching is pushing past the point of pain.

When you do, your body's response is to protect itself with the stretch reflex. The 'stretch reflex' will contract the muscle you are trying to stretch in order to prevent tear or injury. By preventing further lengthening of the muscle you are defeating the purpose of the stretch.

So to avoid the 'stretch reflex', you should avoid pain. By doing this you can enjoy the benefits of the stretch without the risk of injury.

Breathe!

Many people unknowingly hold their breath when they stretch. The result is increased tension in your muscles, making it more difficult to stretch.

Just breathe slowly and deeply in through the nose and out through the mouth. This will relax your muscles, making it easier to stretch, and improve oxygen delivery to the tissues.

When and what type of stretches should be done

There is some debate about the most appropriate time to stretch and what type of stretching is best. We have covered that it should happen after the tissues have been warmed up, but even more important, the wrong type of stretch could make you vulnerable to injury.

Stretching before exercise is essential in helping prevent injury, but static stretching (as little as 30 seconds), decreases force production (strength), delays reaction time, and decrease balance. Yes, it reduces muscle and tendon stiffness, but that reduces the tissues ability to transmit forces. Lengthening muscles and tendons will increase your range of motion, but right after stretching there is limited control of that newly gained range of motion (loss of proprioception).

So the best pre-exercise stretch would be a dynamic quick stretch to the tissues after a warm up.

After exercise, static stretching should be employed to correct the tight muscle groups that will affect performance, or cause a muscle imbalance. They are also done to aide in the recovery process of the muscles and connective tissues. Stretching helps to prevent tight muscles and delayed onset muscle soreness(DOMS), frequently associated with strenuous exercise.

Stretch both side of the joint

Every muscle in the body has an opposing muscle that acts against it. For example, the muscles in the front of the leg, (the quadriceps) are opposed by the muscles in the back of the leg, (the hamstrings). These two groups of muscles provide a resistance to each other to balance the body. These are merely general basics of stretching. Look for future articles that outline the proper components of the warm-up, and dynamic stretching activities.

Product We Love



Instrument assisted soft tissue mobilization (IASTM) Tools

Click image for link

Stainless Steel Gua Sha Scraping Massage Tool Set - H-Brotaco
IASTM Tools Great Soft Tissue Mobilization Tool

- INJURY PREVENTION & RECOVERY - reduce muscle soreness after working out, improve recovery times, and treat soft tissue

Instruments effectively break down fascial restrictions and scar tissue. The ergonomic design of these instruments provides the clinician with the ability to locate restrictions and allows the clinician to treat the affected area with the appropriate amount of pressure. The introduction of controlled microtrauma to affected soft tissue structure causes the stimulation of local inflammatory response. [5] [6][7]

"Instrument Assisted Soft Tissue Mobilization." *Physiopedia*, . 27 Jan 2021, 10:12 UTC. 10 Aug 2021, 17:05 <https://www.physio-pedia.com/index.php?title=Instrument_Assisted_Soft_Tissue_Mobilization&oldid=265698>.

This tool set can be found on our recommended products page on our website. www.formfunctionpt.com

Health Tip & Trick: F.A.S.T. Method

By Trevor Field



The Field Approach to Sports Therapy or F.A.S.T. is an integrated method to treat injured athletes from adolescents to adults, to masters. It was developed by Trevor Field, a physical therapist, over a 10 year span using methods of traditional physical therapy, manual manipulation of joints and tissue akin to chiropractic and accupressure, as well as revolutionary treatments modalities like Cold Laser that immediately reduces pain and inflammation, and promotes tissue healing.

We understand athletes never want to be told, “just rest it for 2 weeks, and then we’ll see.” That’s why we believe in an active recovery model of healing, and very specific tests are performed to determine if you can safely play through the pain, or if you truly are putting yourself at risk for further injury by playing.

The F.A.S.T. approach works whether an injury is an hour old, or has lingered for years. It was designed to create an environment in the body that will allow the body to heal at its’ optimum potential. So if you, or someone you know is an athlete with pain or injury, just remember you want to return to sports F.A.S.T.

Trevor Field is a physical therapist in the Inland Empire of Southern California, specializing in treatment of adolescent athletes, and has developed programs for ACL injury prevention, sports performance enhancement, and fibromyalgia.

Assisted Stretching



Let me guess... you aren't stretching as often as you should, and even when you do, you might be wondering if you are doing it properly?

Stretching... We all know we need to do it, but let's be honest, WE DON'T! Might be because we don't have the time, we don't do it right, or we just don't know where to start.

Don't let that stop you from a healthy body that moves with ease and without pain.

- **IMPROVED ATHLETIC/SPORTS PERFORMANCE**

- For active adults & athletes looking to take their performance to their optimum level and support their training.

- **INCREASED RANGE OF MOTION & FLEXIBILITY**

- For those looking to bullet proof their bodies and prevent imbalances.

- **REDUCED MUSCLE & JOINT PAIN**

- To alleviate muscle tension, reducing pain in sore areas and joint pain as well as aid in injury and pain prevention.

- **IMPROVED POSTURE**

- Proper alignment and balance through stretching helps improve overall posture and allows you to stand taller.

- **REDUCED STRESS**

- Stretching benefits both your physical well-being and your mental health as it allows the blood and oxygen to flow better, improving mental clarity.

BOOK HERE



Recipe We Love

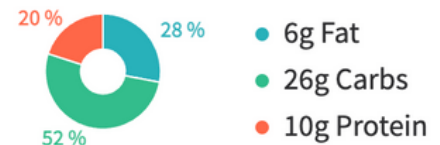
4 Ingredient Pancakes



NUTRITION INFORMATION

204 CALORIES PER SERVING

Serving Size: 5 pancakes



	% DV*
Total Fat 6g	9%
Saturated Fat 2g	
Cholesterol 186mg	62%
Sodium 139mg	5%
Carbohydrates 26g	13%
Dietary Fiber 4g	
Sugars 11g	
Protein 10g	6%

⌚	PREP	COOK	TOTAL
	05 m	03 m	08 m

For a sweet breakfast to wake up to, whip up a batch of these banana oat pancakes. They take less than 10 minutes to make and feature only four ingredients: banana, eggs, baking powder and instant oats. Super easy!

INGREDIENTS

SERVES 2

- 1 portion Ripe Banana
- 2 large whole egg
- 1/2 tsp Baking Powder
- 1/2 cup Gluten Free Quick Rolled Oats

DIRECTIONS

- 1 Preheat medium-sized pan on stove top.
- 2 Lightly coat pan with non-stick cooking spray.
- 3 In a blender or with a hand mixer, blend banana, eggs, baking powder and oats until smooth.
- 4 Pour the batter onto the griddle in small pancake circles. After approximately one minute of cooking, flip your pancakes.
- 5 Enjoy them plain, or add a small sprinkle of powdered sugar, cinnamon or drizzle of pure maple syrup or honey.
- 6 Serve with syrup and top with berries (optional).