



How to Keep up With Your **PHYSICAL THERAPY THIS SUMMER!**



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Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At Carolina Prime Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

How to Incorporate Home Exercises into Your Travels

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

Use the hotel gym: Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.

Exercise in the pool: You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.



Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and helps you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

Explore the town you are staying in: Does your schedule leave little time to fit in physical activity?

Walking around the neighborhood or visiting the shops can be an easy way to exercise.

Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

Maintain a healthy diet on the go: Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

STAFF SPOTLIGHT



ALEX HOLLAND PT, DPT

Alex Holland, PT, DPT, is from Wilkes County, NC. He received his Bachelor's Degree in Exercise Science from Appalachian State University in 2018. He then went on to obtain his Doctorate in Physical Therapy from Winston-Salem State University in 2022. Alex has received further advanced training in the Maitland-Australian Approach to Orthopedic Manual Therapy, Dry needling, the SFMA (Selective Functional Movement Assessment), and Myofascial Decompression. Alex is grateful to get to serve and connect with those in his community while working here at Carolina Prime Physical Therapy.

When not working, Alex enjoys reading, going to the gym, and doing anything outdoors. More specifically, he enjoys fly fishing NC's beautiful trout streams, hiking, and spending time with his wife, his friends, and his dog.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

Request an Appointment at Carolina Prime Physical Therapy Today

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Carolina Prime Physical Therapy to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856927/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>

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6 NUTRITION TIPS FOR A HEALTHY SUMMER



Summer weekends at the beach, backyard barbecues, and outdoor dinners are here, often with high-calorie foods. Enjoy your favorites while keeping your nutrition in check with these tips:

- 1. Don't skip breakfast:** A breakfast with protein, carbs, and healthy fat boosts your metabolism and provides energy.
- 2. Enjoy summer fruits and veggies:** Incorporate a variety of in-season colorful veggies for a nutrient boost.
- 3. Snack at work:** Eat five to six times per day to avoid overeating and stay energized.
- 4. Hydrate often:** Start with two glasses of water in the morning and keep drinking throughout the day, especially before and after workouts. Carry a water bottle as a reminder.
- 5. Recover with a post-workout shake:** Blend summer fruits and whey protein to aid muscle recovery and boost energy.
- 6. Pre-plan your meals:** Prepare your meals on Sunday to ensure you have nutritious options all week and save money.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

Healthy Recipe GREEN SMOOTHIE

- 3/4 cup milk of choice
- 1 small frozen banana
- 1 tablespoon nut/seed butter of choice
- 3 cups baby spinach
- 2 scoops protein powder of choice

Combine all ingredients in a blender and blend until smooth.



Patient Success Story



I have been suffering with lower back pain for years. At times I have had difficulty standing for long periods and more recently began having numbness in one leg. My doctor recommended Carolina Prime over a year ago and now my quality of life has been greatly improved. Scott, Heather, Elizabeth and the others have been wonderful. If you're unsure about getting help don't hesitate to give Carolina Prime a try.

- C. Rouse

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Your success story could be the inspiration someone else needs to improve their life by seeking PT!



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