

WE FOCUS ON

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Advice and info
from the we Focus
on Fitness staff...

FITNESS

Quote Me!

“There are some cases in which the sense of injury breeds not the will to inflict injuries and climb over them with a ladder, but a hatred for all injury.” – George Eliot

IS KNEE OR HIP PAIN SLOWING DOWN YOUR ROUTINE?

Power through the pain with these quick tips.

A lower extremity injury can be difficult to circumvent when trying to lose weight or maintain baseline fitness levels and proper joint function. Although resistance training may cause some discomfort, University of North Carolina researchers found that strengthening your gluteal muscles, hamstrings, and quadriceps can help decrease the pain and improve joint motion. These muscles support the weight of the body, and are primary movers that allow us to walk, sit, stand, run, jump, and ultimately, live, without assistance.

These simple suggestions and exercises will strengthen the muscles in your lower extremities, help you keep pain at a minimum and provide some calorie burn while you're recovering from injury.



▶ If you were an avid runner before your injury, consider aqua therapy. Water workouts are a safe, non-weight bearing alternative to hitting the pavement or bounding on your favorite treadmill. Visit a pool and take some early victory laps on your way to recovery.

▶ Feeling tube-tied? Do a few straight leg raises while you watch your favorite broadcast or show. Lie on your side with legs straight (facing the TV of course!) and raise the top leg 12" above the bottom leg. Lower the leg and repeat. Then, switch sides.

Standing all day?

A stationary bike workout provides an opportunity for you to take a load off and burn some calories sans impact. Your hips and knees will be grateful.

Exercise: Bridge

Target: **Hamstrings and Gluteals**

1. Lie on the floor on your back. Bend both knees and place your feet flat on the ground.
2. In one motion, lift your hips off the ground so that they create a straight line between your shoulders and knees.
3. Lower your hips to the floor and repeat.

Exercise: Sit to Stand

Target: **Hamstrings, Quadriceps, Gluteals**

1. While seated, place your feet a little wider than shoulder width apart.
2. Without using your upper body for assistance, push through your heels to stand up.
3. Slowly return to the seated position in your chair so that there is no 'flop' at the bottom. Repeat.



Thoughts? We're here to help. Leave a question with Erum or Antoinette and Hannah, our exercise physiologist, will answer it in the next newsletter.