


The METRO SPORTSMED SPRING NEWSLETTER June 1, 2009

Friday, May 29, 2009

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METRO SPORTSMED®
Physical & Occupational Therapy

METRO SPORTSMED® Physical and Occupational Therapy is pleased to present information on the benefits of proper stretching. Oftentimes, we are in a hurry and fail to perform the necessary stretches prior to a physical activity, thus resulting in injury. In this issue you will learn how to safely incorporate a stretching program into your lifestyle, regardless of your age or activity level.

Thank you for choosing us as your rehabilitation provider,

The METRO SPORTSMED® Team
www.metrosportsmed.com
718.METROSPORTSMED
718.638.7677

METROFIT Health & Wellness Division

In an effort to meet the growing needs of the community, we have developed METROFIT™ a health and wellness division to compliment your active lifestyle. We offer [nutritional services & natural supplements](#), an [online store](#)- featuring rehab items used during your sessions, along with a wide array of fitness and yoga classes to suit your schedule.

Please feel free to visit our site@
www.metrofitonline.com

MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: June 1st

Time: 7:00-8:00 pm

Place: METRO SPORTSMED Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metroportsmed.com

Try Our PROSTRETCH Product;
ProStretch Products Optimally position user to isolate and stretch gastrocssoleus, anterior tibialis, and hamstring musculature, plantar fascia and Achilles tendon. User controls degree of stretch which helps limit guarding.

Our Price: \$44.42

For iinformation on similar products click [here](#)
or visit us @ www.metrofitonline.com

FREE LECTURE: FOOT & ANKLE PAIN

Date: Thursday, June 4th

Time: 12:00-1:00 pm

Stretch Your Way To A Healthier Life!

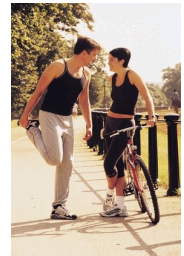
Although stretching is an important component of exercise and fitness, it is often overlooked. It is important for individuals in sports or other rigorous activities, and it also has great benefits for those who aren't as active. Even though it is highly recommended, many individuals fail to make stretching a part of our regular routine. Sometimes, we avoid it because we "don't have time"!

The good news is, stretching only takes a few minutes and has benefits like:

- Improved posture – Stretching helps alleviate tightness in tense muscles and promotes a proper alignment of the spine.
- More flexibility – Stretching helps muscles get ready for activity by improving a person's range of motion.
- Increased circulation – A good stretch will increase the blood flow sent to muscles, which can lead to a faster healing process.
- Improved coordination – Loosening your joints by stretching encourages smoother movements, contributing to a better sense of balance.
- Decreased stress – Stress often leads to physical discomfort and stretching will help resolve these issues.

Stretching correctly is crucial to properly prepare for any activity – be it light or strenuous. Muscles respond best to stretching when warmed up, so it's a good idea to first take a brisk walk. All it takes to warm-up the upper body are some simple arm movements.

For best results, hold stretches for at least 30 seconds to fully take advantage of the benefits. Avoid bouncing, irregular, jerky stretches. Start off slowly. DO NOT hold your breath. Remember, **stretching should not be painful**. If a movement causes pain, ease up on it or stop and consult a METRO SPORTSMED® physical therapist.



Stretch Your Schedule To Include Flexibility!



Some people fail to stretch because they think it takes too much time. Unfortunately, certain activities can cause discomfort without prior stretching, especially simple household tasks. If you have plans to tackle housework, take part in an aerobics class, or simply take a quick walk during your lunch break - your body will thank you later!

Failing to stretch before moving furniture can be particularly uncomfortable. When confronting a heavy sofa or stubborn television, stretching will assist in alleviating any pain that may result. Remember, "a few minutes of stretching before you play

can save you a lifetime of pain."

Physical Therapy As a Preventative Measure

Many people wait to visit a physical therapist until they are injured. Sometimes, it's a case of too little too late. Don't let that happen to you! At METRO SPORTSMED® our team of highly trained therapists will teach you preventative measures as well. By asking you a few questions about your background, general health, and the activity you plan to pursue, we can design a customized stretching program specific to your needs and demonstrate the right way to do



380 Second Avenue Gramercy Park, Manhattan

A Word of Caution: Stretching Should Not Hurt!

For more information please contact:
jsheinberg@metrosportsmed.com

Sometimes a particular injury or condition makes it hard to stretch. In fact, stretching improperly, especially when injured, can do more harm than good.

REFRESHMENTS WILL BE SERVED

If you are suffering from acute muscle strains, bone fractures, or sprains, **avoid stretching**. While the benefits of stretching usually outweigh the risks, these types of injuries need time to rest in order to heal properly. By trying to stretch an injured area, you could experience more pain and discomfort.

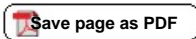
It is important to address the issue before it begins. Schedule an appointment with **METRO SPORTSMED®** today and start reaping the rewards of preventive practice. By learning how to stretch properly, many activities will become easier, and tense/tight muscles will soon become a thing of the past. We can help you find the perfect set of stretches to keep injury away.

Call 718 METRO SPORTSMED® (718 638 7677)

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