



ALLIED
Physical Therapy
WELLNESS COMMUNITY™
Get back to what you love

Breathing for Relief

Stressing out? 😞

Try breathing to restore balance

Are you feeling stressed out? Or maybe a little bit anxious? Maybe the better question is, "Who isn't?!"

You must see our video, which was filmed during the days of COVID when everyone was confined to their homes and going a little stir-crazy with the lock-down. Dr. Matt reviews some simple breathing techniques to help restore your emotional balance so you can think straight and lessen the actual aches and pains that come with chronic stress. It's just as useful now as it was then!

Including deep breathing, here are some quick pointers to help you relieve stress:

1. Use slow, diaphragmatic breathing. Sit or lie comfortably, relax your shoulders, and breathe in slowly through your nose for about 4 seconds, then exhale for 6 to 8 seconds.
2. Take a 10- to 20-minute walk. Walking at a comfortable, steady pace can decrease muscle tension, improve circulation, and help regulate your nervous system.
3. Gentle movement. Spend 5 to 10 minutes slowly moving your neck, shoulders, upper back, hips, and legs. Gentle movement can reduce muscular stiffness.

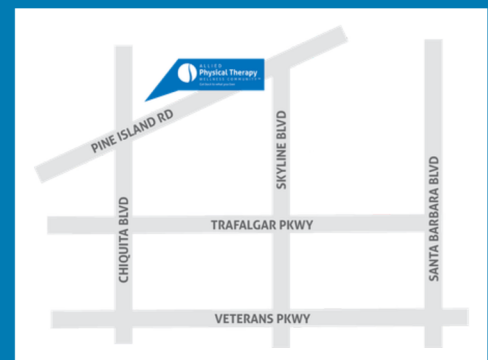
Even these small diversions can make a big difference in your stress levels and the negative consequences to your body! Give us a call at (239) 242-0070. Our physical therapists are skilled in helping you work out those kinks so you can get back to what you love!

SCAN HERE WITH YOUR PHONE
TO SEE OUR VIDEO!



A very Healthy Habit: "Brush" your muscles!

Just like brushing your teeth three times a day – it is equally important to "brush" your muscles! Stretching the muscles of your arms, legs, back, and neck can help keep joints lubricated and increases blood flow to keep tissues healthy! Make it a habit – when getting ready in the morning, waiting on dinner, or while watching television in the evening! Your body will thank you!



1469 SW 4th Terrace • Cape Coral FL 33991

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



(239) 242-0070



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