

Frequently Asked Questions:

What does a physical therapist do?

Physical therapists are licensed health care professionals who evaluate and treat people with health problems that result from injury or disease. Physical therapists promote health, wellness and injury prevention through exercise, proper body mechanics, and education.

When should I use ice versus heat?

The use of ice is best if an injury is recent to help reduce swelling and pain. Ice may also reduce muscle spasms. Heat is usually used to increase muscle pliability. Both ice and heat can reduce muscle spasms and pain. When deciding to use ice or heat for pain or muscle spasm, it is usually which ever the patient prefers. Apply ice or heat for 10 to 15 minutes. Never leave it on for any longer than this or you may cause a burn.

For how long should I hold a stretch?

For optimal benefit, a muscle stretch should be held for 30 seconds.

Raking Tips

When fall has arrived and the leaves start to fall, it's time to get those rakes out. Save your back...



Try to maintain a straight back while raking. Use the power in your legs to do the work rather than bending forward and putting stress on your back.

Exercise of the Month:

Lower back strengthening using Swiss Ball

How?

Rest your stomach on the Swiss ball. Place your hands in front of you on the floor about shoulder width apart. Place both feet on the floor to steady yourself. Slowly raise your right arm up along with your left leg. Keep your leg and arm as straight as possible. Return arm and leg back to starting position. Now raise your other arms and opposite leg. Try to keep you abdominal muscles tight while lifting your arms and legs. You should feel the muscles in your lower back working hard to stabilize your body and maintain your balance.

If you have any questions, comments or concerns please contact:

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