

**N E W S L E T T E R**



**DISCOVER THE BENEFITS**  
OF A STRONGER CORE





# MALVERN

## PHYSICAL THERAPY



# NEWSLETTER



## DISCOVER THE BENEFITS OF A STRONGER CORE WITH THESE TIPS!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Malvern Physical Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

*It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life.*

Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

**CONTACT US TODAY TO SET UP AN APPOINTMENT OR LEARN MORE ABOUT HOW OUR TEAM CAN HELP YOU STRENGTHEN YOUR CORE!**



**GET IN TOUCH TO START HEALING TODAY! 501.359.5948 | MALVERNPHYSICALTHERAPY.COM**

# WHAT IS THE "CORE"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle. Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain. The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain. A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

## BUILDING CORE STRENGTH WITH EXPERT GUIDANCE

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, your body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

## BOOK YOUR APPOINTMENT AT MALVERN PHYSICAL THERAPY TODAY!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life! Call us today to set up an appointment!

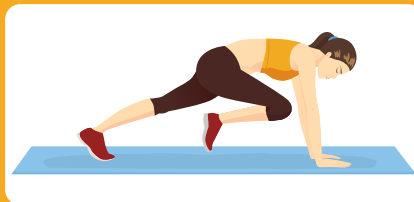
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## NASHVILLE HOT CAULIFLOWER BITES

Ingredients:	flour	• ½ tsp hot sauce
• ½ head cauliflower cut into florets	• ½ tsp baking powder	• 1 ½ tbsp rice vinegar
• ½ tsp salt	• 3 tbsp cornstarch	• 1 tbsp agave honey
• ½ tsp garlic powder	• ½ cup milk	• ½ tsp black pepper
• ½ tsp paprika	<b>Nashville style hot sauce</b>	• 1 tsp paprika
• ½ tsp black pepper	• 1 tbsp olive oil	• ½ tsp garlic powder
• ¼ cup all-purpose		

**Directions:** Preheat the oven to 425°F. Cut the cauliflower into florets. Line a sheet pan or baking dish with parchment paper. Make sure the pan is large enough that the cauliflower is spread in a single layer and not touching. Use two pans if necessary. Whisk the salt, garlic, paprika, pepper, flour, baking powder, and cornstarch together. Add the milk and whisk until combined. Add 1 tsp hot sauce if you want more heat. Drop the cauliflower into the batter and stir to coat all the cauliflower. Pour the cauliflower onto the parchment-lined sheet pan and spread it into a single layer. If there is any batter left in the bowl, pour it over the cauliflower. Bake at 425°F for 20 minutes. **For the Nashville style hot chicken sauce:** That's the olive oil, hot sauce, agave, vinegar, pepper, paprika, and garlic powder. Option 1: Remove the cauliflower from the oven and toss in the Nashville hot sauce. Return to the oven for 5 minutes. Option 2: If you want the cauliflower to stay super crispy, leave them in the oven for another 5 minutes, then serve the Nashville Hot Sauce as a dipping sauce, and don't pour it over the cauliflower bites.

## EXERCISE ESSENTIALS MOUNTAIN CLIMBERS



Get into a plank position, making sure to distribute your weight evenly between your hands and your toes. Pull your right knee into your chest as far as you can. Switch legs, pulling one knee out and bringing the other knee in. Keep your hips down and run your knees in and out as far and as fast as you can for 30 seconds. Repeat 3 times.

*If you have any questions, please consult with a healthcare provider before starting.*

**CALL 501.359.5948 TODAY**

## PATIENT SUCCESS SPOTLIGHT



"How refreshing to be in a clinic where they are concerned about you and not when your time is up. I left feeling hopeful and optimistic. God bless you. This is your place to be if you need help." — J.G

### IF YOU NEED TO HAVE THERAPY:

1. **CHOOSE** Physical Therapy
2. **GO** to all prescribed therapy appointments!

## STRETCH YOUR MIND

6			5	9	4		
		3		1			
7			6			2	5
	1			7	8		2
		7		1		3	
8			9	4			6
5	8				3		7
			1			2	
		9	8	2			4

[MALVERNPHYSICALTHERAPY.COM](http://MALVERNPHYSICALTHERAPY.COM)

## STAFF SPOTLIGHT



### MACKENZIE SIMON

PT & Clinic Director at Benton

Mackenzie, her husband and their 2 adorable kids are current residents of Benton, AR. In her spare time she loves to spend time with her family and play tennis. Mackenzie joined our team in August of 2017 after graduating from University of Central Arkansas. She has recently taken on the role of Clinic Director at our Benton location. Mackenzie found a love for Physical Therapy after doing PT herself to recover from a knee injury in her teens. This made her want to pursue a career in Physical Therapy to help others return to doing the things they loved.

### HER FAVORITE PART OF HER JOB:

"Getting to treat a wide variety of patients of all ages, diagnoses, and personalities."



**MALVERN**  
PHYSICAL THERAPY

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