



MAKE THIS YOUR BEST SPRING
IMPROVE YOUR HEALTH AND FITNESS WITH
STRENGTH TRAINING

Improve Your Health

*4 exercises for a
healthier you.*

Exercise Essentials

*Try these exercises to
improve your posture.*

Healthy Recipe

*Try this delicious dinner
recipe tonight!*



MAKE THIS YOUR BEST SPRING

IMPROVE YOUR HEALTH AND FITNESS WITH STRENGTH TRAINING

Health is a relative term. It means that your body is operating at a high normal range in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

Everyone desires to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish, due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this also affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create

a personalized strength training plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle. Contact Iberia Sports & Rehabilitation today to learn more.

WHY IS STRENGTH TRAINING SO IMPORTANT?

There are approximately 642 skeletal muscles in the body. This means that your strength and flexibility play an important role in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you means a healthier you. Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps in building muscle mass, and it is typically the final step in a rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain, strength training will help you get back to your optimum physical performance.

At Iberia Sports & Rehabilitation, our strength training programs will get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

4 EXERCISES FOR A HEALTHIER YOU

There are some simple exercises you can do on your own, in order to complement your strength training plan and keep in shape after your sessions are over. These include:

1. HAMSTRING STRETCH

Stand facing a wall or counter. Use it to steady yourself if needed. Take a large step forward with one leg, making sure the knee of the forward leg is straight and your body weight is shifted to the bent back leg.

Place your hands on your forward knee. Hinge forward from the hips, keeping your back straight. Push your hips back until you feel a definite, but not painful, stretch at the back of the forward knee. For a greater stretch, elevate your heel on a step. Hold for 20 seconds. Repeat 3 times on both legs.

2. ILIOPSOAS STRETCH

Assume a wide and long lunge position, with your hands on your hips. Tuck your buttocks under you while you shift your weight to the forward leg. Make sure to keep your posture straight. Hold for 20 seconds. Repeat 3 times on both legs.

3. SHOULDER FLEXION STRETCH

Stand in a corner of the room with one foot in front of the other. Place your hands on the wall and make sure to keep your back flat. Reach your arms up overhead. Move your chest towards the wall to feel a stretch in the chest. Hold for 20 seconds. Repeat 3 times.

4. PIRIFORMIS STRETCH

Lie on your back with knees bent and your feet flat on floor. Cross one leg over top of the other. Lock your hands around your knee and pull it to your chest. Hold for 20 seconds. Repeat 3 times on both legs.

CONTACT IBERIA SPORTS & REHABILITATION TODAY!

Strength training can help you reach the physical goals that you've always wanted. It can aid you in your health and fitness journey so you can become the more active version of yourself that you envision. If you are interested in improving your health and fitness through strength training, don't hesitate to contact Iberia Sports & Rehabilitation today to find out how our services can benefit you!

WANT TO IMPROVE YOUR HEALTH?

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height. Repeat 10 times.



TRY THESE EXERCISES AT HOME!



THORACIC ROTATION WITH RIB GRABS

Lie on your side, with torso and legs straight. Bend your top knee up and rest it on a support as shown. Holding your knee in place, reach under your side with your top arm and grab your ribcage. Pull your ribs upwards as you rotate your shoulder blade toward the floor behind you. Follow through with your head by looking over your shoulder. Hold for 2 seconds and repeat exercise 5 times on each side.

ARE YOU READY FOR A PAIN-FREE LIFE? CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!



TRY THIS RECIPE!

LENTIL SALAD WITH SPRING VEGGIES, MINT & YOGURT SAUCE

INGREDIENTS

- 2 c cooked lentils
- 3 c spring veggies- your choice of snap peas, english peas, snow peas, green beans, asparagus, radishes or chard
- 3 tbsp red onion, chopped fine
- 2 garlic cloves, finely minced

- ¼ c chopped mint leaves
- 2 tbsp olive oil
- 1 lemon, zest and juice
- salt and pepper to taste

OPTIONAL YOGURT SAUCE:

- 1 c plain thick greek yogurt
- 1 tablespoon lemon juice
- 2 tbsp fresh chopped dill
- 2 garlic cloves finely minced
- 1/4 teaspoon salt

DIRECTIONS

Cook the lentils in salted water until tender, but not falling apart. Lightly steam, grill or blanch the veggies. If adding radishes, you can keep those raw and crunchy- (or feel free to grill them). If using chard, finely chop and wilt in a pan with a little olive oil, shallot or garlic, and salt and pepper. Place the lentils, veggies, onion, garlic and mint in a bowl. Toss with the olive oil, lemon zest and juice from ½ a lemon. Season generously with salt, pepper and optional sumac. Adjust lemon, adding more if you like. If it's bland, it most likely needs salt. Make the optional Yogurt Sauce to lather on the bottle of the plate or platter. Mix all the ingredients together in a small bowl. Smear the yogurt sauce on a platter (or individual bowls or plates) then top with lentil salad. Dive in.

Recipe: <https://www.feastingathome.com/lentil-salad-with-spring-veggies/>

IBERIA



SPORTS & REHABILITATION

STAFF SPOTLIGHT



Matt Lopez, Physical Therapist

Matt Lopez is a physical therapist that specializes in outpatient orthopedic rehabilitation. He has spent the last 7 years working at Iberia Sports and Rehabilitation treating all types of injuries including joint replacements, sports and work injuries, as well as, chronic pain patients. Matt is a native of New Iberia and completed his undergraduate studies in exercise science at the University of Louisiana at Lafayette. He continued his education at the University of South Alabama, and graduated with a Doctorate of Physical Therapy in 2012. Matt has specialty training in dynamic taping and is certified in dry needling. In his spare time, Matt enjoys spending time with his wife Brinkley and their 9-month-old daughter Malia. Matt also enjoys weight lifting and running obstacle course races.

Learn more about our staff and how they can help you by visiting our website at isrehab.com!

COVID-FRIENDLY SPRING ACTIVITIES YOU CAN DO IN 2021!

Try a new outdoor sport: As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months! Make sure to avoid crowded areas, and choose routes that put you at less of a risk of coming into direct contact with other people.

Visit an outdoor farmers market: If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try. Just make sure you wear your mask and stay 6 feet away from other shoppers!

Go see a drive-in movie: The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great spring activity, especially because you can roll down your windows and enjoy a nice breeze as you watch

on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.

Break out the gardening tools: Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, an excuse to get fresh air, and is also COVID-safe! Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.

Take a scenic drive: So many parts of nature come back to life in the spring, so why not take a scenic drive now and then to get out of the house? Try getting off the interstate and going the long way around to see some trees, fields, or parks - just make sure you have a GPS or know how to get home safely!

Make the most of this spring: We all deserve to enjoy spring for what it is: a new beginning. Try some of these fun activities to add a bit of joy to your daily routine, and don't forget to keep a mask handy at all times!