



**IMPROVE YOUR PHYSICAL PERFORMANCE  
WITH THESE STRETCHES!**

**Improve Your Physical  
Performance**  
with These Stretches!

**Exercise Essentials**  
Try these exercises to  
strengthen your core.

**Healthy Recipe**  
Try this delicious dinner  
recipe tonight!



# IMPROVE YOUR PHYSICAL PERFORMANCE WITH THESE STRETCHES!

Many common aches and pains stem from tight muscles and poor movement. The key to good health is to keep your body flexible. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. When your tissues are flexible, normal blood and lymphatic fluids circulate the body easier, oxygenating your tissues properly. This helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

Additionally, stretching is necessary for dedicated athletes, weekend warriors, or anyone looking to improve their physical performance. After a workout you may not feel the need to stretch if your muscles aren't aching or sore. However, there are several potential effects of not taking the time to stretch correctly after exercise. You might experience stiffness if you're not stretching

adequately. Muscles and tendons that aren't stretched properly after exercise may be more susceptible to injury.

It is important to not only make sure you're stretching after exercise, but that you're doing the right types of stretches. Some helpful stretches to incorporate that will help you avoid pain and injury include:

**1. Kneeling hip flexor stretch.** Kneel on a mat or soft surface. Make sure you're positioned so your right knee is straight up and the bottom of your right foot is flat on the floor. Extend your left leg behind you so the top of your left foot is flat on the floor. Begin to shift your weight forward and stop when you begin to feel the stretch in your hip. Hold for 30-45 seconds, then switch legs.

**2. Pigeon stretch.** Begin on a mat or soft surface. Sit so your left leg is extended behind you, with the top of your left leg flat on the floor, and your right leg bent so the outside of your calf and thigh are flat on the floor. Your right foot should be almost touching your left hip. Slowly lean forward with your arms outstretched so your chest is resting on top of your bent right leg. Keep your head tucked toward the ground. Hold for 30-45 seconds, then relax and switch sides.

**3. Calf stretch.** Stand with your hands on your hips. Step forward with your right leg and bend your knee, keeping your left leg straight behind you. Place your left heel flat on the ground so you feel the stretch in your left calf muscle. Hold for 30-45 seconds, then switch legs.

*(Continued inside)*



# IMPROVE YOUR PHYSICAL PERFORMANCE

**4. Quad stretch.** Stand with your legs hip-width apart. Relax your shoulders and flex your abdominal muscles. Use your right hand to pull your right leg toward your buttocks, so your knee is bent facing the floor. Hold your right foot in your hand for 30-45 seconds, then repeat on the left side.

**5. Hamstring stretch.** Begin by holding onto a stable object, such as a wall, chair, or railing. Place your right foot on a slightly raised surface, such as a step or a curb, so your heel is touching the surface and your toes are facing upwards. Make sure your hips are straight. Slowly bend your left knee until you begin to feel the stretch in your right thigh. Hold for 30-45 seconds then repeat with the left leg.

**6. Supine twist stretch.** Begin by laying on a mat or soft surface, with

your back flat on the ground and your right knee bent. Use your left arm to bring your bent right knee to the other side of your body, keeping your right arm outstretched flat on the ground. Rotate your hips slightly to the left in order to do this. Hold for 30-45 seconds then repeat with the left leg.

## Add stretches to your daily routine today!

There are many other ways that stretching can help you live your best life. If you are looking to add stretches to your daily life, contact us for assistance! We will schedule a consultation with one of our dedicated physical therapists, so you can discuss which stretches will be best for you. Contact Iberia Rehab today to get started on the first steps of your treatment plan and learn more about how targeted stretches will benefit you!

## WANT TO IMPROVE YOUR HEALTH?

### CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner. Repeat 20 times.



## TRY THESE EXERCISES AT HOME!



### FRONT PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up on your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.

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



## TRY THIS RECIPE! BLACK BEAN TACOS

### INGREDIENTS

#### For the beans:

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika
- 1/8 tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste

- 1 tbsp tomato paste
  - 1 tbsp water
- #### For the tacos:
- 8 hard corn taco shells
  - 4 oz Hass avocado
  - Pinch kosher salt
  - Juice from 1/2 small lime
  - Ground black pepper, to taste
  - ½ c shredded cheddar cheese
  - 1 plum tomato, diced
  - 1 c shredded romaine lettuce

### DIRECTIONS

Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with 1/8 of the bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

<https://www.skinnytaste.com/black-bean-tacos/>

# IBERIA



## SPORTS & REHABILITATION

## STAFF SPOTLIGHT



### Jason Keigley, Physical Therapist

Jason Keigley is a physical therapist who works with various orthopedic, neurological, and vestibular pathologies by improving patient's functional deficits. Jason believes physical therapy is a great alternative to medication and surgery. Jason previously worked at Lake Physical Therapy in Lake Charles from 2011-2014. Jason graduated from LSU in 2007 with a Bachelors in Kinesiology. He then received his Doctorate of Physical Therapy from LSU Health Science Center in New Orleans in 2011. Jason got his certification in Functional Dry Needling from KinetaCore and certification in Applied Functional Science from the Gray Institute. During his spare time, Jason enjoys playing golf and hanging out with friends and family.

Learn more about our staff and how they can help you by visiting our website at [isrehab.com](http://isrehab.com)!

## TIPS FOR PLANTING A POTTED HERB GARDEN

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Iberia Rehab, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

**1. Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

**2. Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for

plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- **1 foot in diameter:** chives, cilantro, parsley, dill
- **2 feet in diameter:** summer savory, thyme, basil, tarragon
- **3-4 feet in diameter:** sage, mint, rosemary, marjoram, oregano

**3. Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check lighting and watering requirements for each herb you purchase.

**Looking for more spring activities?** For more tips, don't hesitate to contact Iberia Rehab today! We can help you enjoy a fun and safe spring.