

COMING OUT OF COVID

By Kristen Wilson, PT, DPT, GCS
Co-owner, Action Potential



With the dust finally starting to settle from the past year of disarray, many of our community members are beginning to find their

footing on the backside of the pandemic. Masks are slowly being lowered, restaurant dining rooms beginning to fill, and kids' sports activities returning to the field, yet many neighbors continue to feel the physical effects of last year. Whether affected by a year of altered physical activity due to gym closures or having had to recover from a bout with Covid, it is not uncommon to feel as though the past 12 months have left you feeling short of breath, weaker than typical, and achier than desired.

To help get your body back on track, consider the following tips:

- **START A WALKING PROGRAM.**

Walking is an approachable way to start to improve your cardiovascular function by increasing your heart's strength and enhancing the performance of your lungs. You can gradually build a program starting with a mere 5 minutes of continuous walking and progressing upwards in small increments as your body tolerates it. Consider keeping your exertion level under a 6/10 to ensure that you aren't taxing your body in

the early stages of implementation. To determine your exertion level, consider a scale of 1 to 10, where 1 is like sleeping in bed and 10 is like you can't take another step. Keeping your exertion under 6 will offer enough challenge to the system without fatiguing you too much.

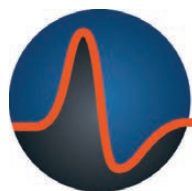
- **STRETCH!** Our bodies have experienced less movement in the past year than typical and as a result they are stiff and achy. Consider a 5-10 minute morning stretching routine to loosen your joints and increase circulation to your muscles. Download this free guide for the Top 3 Spine Stretches: <https://reachyours.com/backpain/> for guidance.
- **BUILD STRENGTH SLOWLY.** You may have been a weekly exerciser prior to the pandemic, but now your body may be unaccustomed to lifting weights. As you return to your lifting program, reduce your weight and emphasize your form. Or perhaps, consider a program that uses light weights and more body weight support. A simple squat and pushup routine can work wonders!
- **IF YOU HAD COVID,** you may be affected by Long Haulers Syndrome, a term used to describe a condition where symptoms last longer than

two to three weeks. Consider seeking medical assistance for your recovery. Long Haulers Syndrome can affect people of all ages and is characterized by a constellation of symptoms, including everything from shortness of breath and lethargy to headache and GI symptoms. Monitored physical activity will be crucial in your recovery back to "normal." Visit our blog: <https://reachyours.com/blog/longhaulers/> for more information on this syndrome.

- **DON'T FORGET MENTAL HEALTH!**

This year has been difficult for so many reasons, so be mindful of how your mental self is feeling. Re-engage with friends, consider meditation for stress management, and entertain the notion of a counselor for depression. Your mental health is paramount in transitioning positively toward the next year.

Yes, we are finally seeing the light at the end of the tunnel, and most of us are ready to run towards that light at a full sprint. If your body isn't ready for that sprint, consider the above tips or reach out to your favorite physical therapist for guidance. Regardless, know that you're running side by side with people who care. Strap on those running shoes, and let's do this... together.



Action Potential

One on One Physical Therapy

One on One Sessions | No Doctor Referral Necessary

ReachYours.com/GVL | ActionPotential@ReachYours.com

Glen Mills: 1786 Wilmington W Chester Pike Ste 200A; 484.841.6154

Kennett Square: 228 S Mill Rd #131; 610.455.4284

Start reaching your potential today!

EVERYONE HAS A HIGHER POTENTIAL...TOGETHER WE CAN **REACH YOURS**

