

Parkinson's Disease Awareness Month

Parkinson's disease is a nervous system disorder that progresses over time causing decreased muscle control, coordination deficits, abnormal gait, frequent falls, and overall decreased quality of life. Nearly 1 million US citizens and 10 million people worldwide suffer from Parkinson's disease with around 60,000 more diagnosed each year.

Treatment Options:

Medication

Surgery

Physical Therapy

Boxing*

Big Movements

see blog:

www.atlastherapy.com/blog/post/parkinsons-disease







Why Boxing?

Boxing activities have become popular with Parkinson's treatment because of the core strength gains, improved hand-eye and hand-foot coordination, increased balance, faster and better cognitive processing, and improved reaction time.

Spring Cleanup Advice

It's that time of year when the sun is out, temperatures rise, and all of the snow has melted. This makes spirits rise, increases energy and time spent outdoors. This time of year also means time to clean up the yard and get the garden ready! After a long winter, where most of us were less active than in the warmer months of the year, it's important to take the following steps to avoid injury during spring cleanup tasks.

-  Warm Up: Stretch your legs, back, arms, and neck. Walk to get your blood flowing.
-  Alternate Tasks: Reduce time with repetitive motion tasks to avoid tendonitis or muscle strain.
-  Maintain good posture: Lift with your legs, carrying objects close to your body. Keep your feet and shoulders aligned with any twisting motion.
-  Use ice and moist heat to decrease pain and tension after work activities.

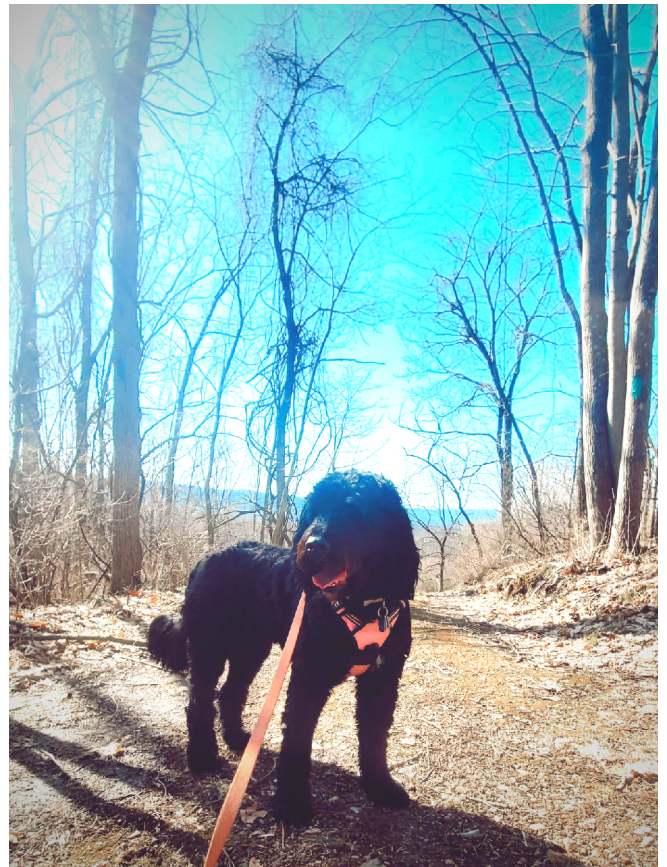


Meet Lucy!

April is Canine Fitness Month. What better way to celebrate than to introduce you to Atlas pup, Lucy, who celebrates Canine fitness all year long.

"Lucy is a 4 year old Bernedoodle. She's been my running buddy since she was about a year old. She's helped me train for numerous races and has even participated in a few virtual 5k's. Recently, we've started focusing more on trail running. Some of our favorite places to trail run include: Bell's Gap Trail in Bellwood, PA and Canoe Creek State Park in Hollidaysburg, PA."

-Hannah Williams, PTA
Director of Atlas Therapy Mobile
Rehabilitation



Physical Fitness Preparation for Trout Season:

Trout season poses unique threats that you won't face when fishing at a pond or from a boat, like being forced to walk a long distance to your favorite hole. When you're trout fishing, you're often standing in moving water, and there can be ice or slick surfaces surrounding the water. Maximize your safety by physically preparing with the tailored fitness guide below.



- Regain any general cardiovascular endurance that you may have lost over the winter months. As fatigue sets in, poor judgment can lead to falls.

- Build strength in your legs and core by doing simple exercises such as squats, heel raises, lunges, and planks. Proper leg and core strength will help to prevent a fall if you slip or trip.

- Practice balance by standing on one leg, walking on uneven surfaces, or standing on a pillow. (Always practice balance with a hand-hold nearby to reduce the chance of a fall.)