

# Foam Rolling At Home

Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion. Foam rolling can be an effective tool to add to your warm-up or cooldown, before and after exercise.

Here are a few simple techniques anyone can do at home with foam roller!



## Thoracic Stretch



# S'MORES



As we near the end of summer, we soon will be approaching those cooler fall nights. Two things come to mind. Bonfire and S'mores. S'more of what you say? These creative S'more recipes will be a hit around your own campfire.

### The Classic

**Graham Cracker - Milk Chocolate - Marshmallow**

### The Grasshopper

**Graham Cracker - Peppermint Patty - Marshmallow**

### The Nutty Buddy

**Graham Cracker - Peanut Butter Cup - Marshmallow**

### The Samoa

**Graham Cracker - Milk Choc/Caramel Square- Toasted Coconut - Marshmallow**

### Mexican Hot Cocoa

**Graham Cracker - Milk Chocolate - Marshmallow - Cinnamon & Nutmeg**

# Women's Health

Women's health therapy is a conservative treatment using manual techniques, muscle re-education, strengthening, modalities, and lifestyle modification. Common issues addressed are: urinary urgency and frequency, bowel and bladder incontinence, pelvic pain, recurrent UTIs, SI pain, hip and low back pain.



If you find yourself experiencing any of these issues be sure to check out our website and get set up to see our Women's Health Specialist, Holly Strobel, in our Altoona Clinic.



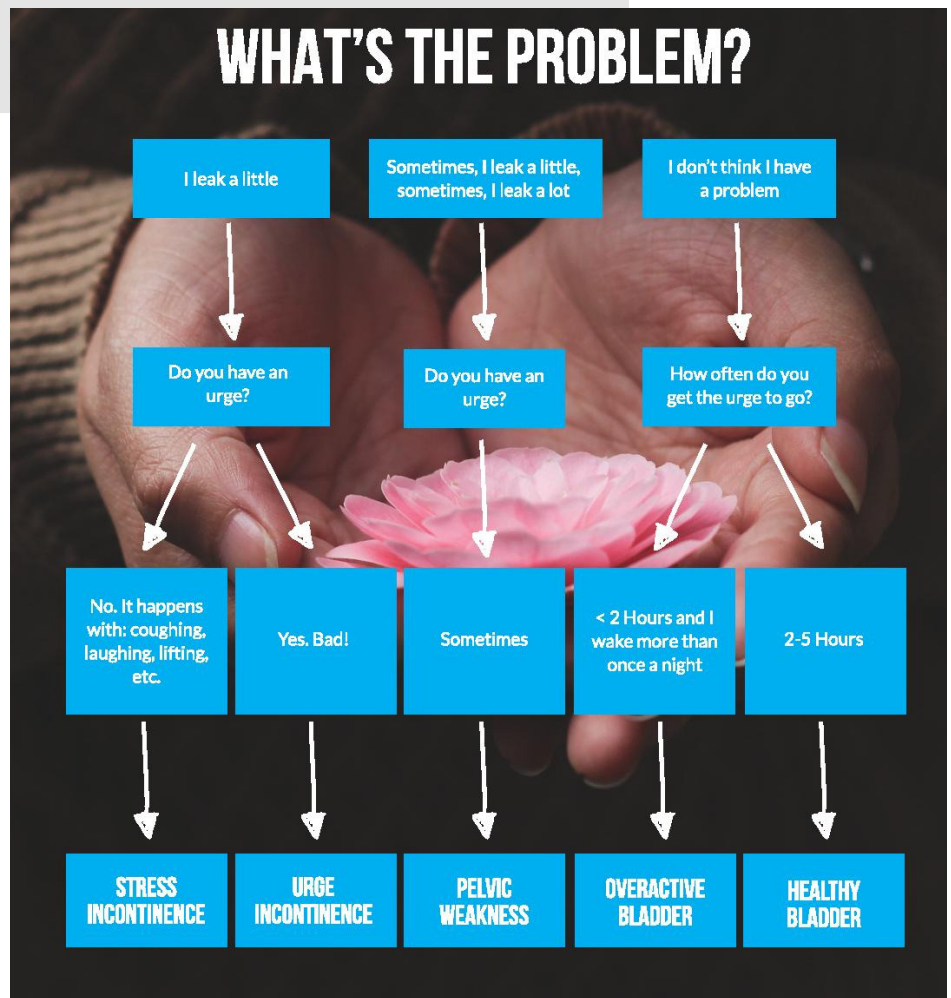
Refer to:

[AtlasTherapy.com/womens-health](https://AtlasTherapy.com/womens-health) to learn more about what conditions women's health physical therapy treats and meet Holly!

## TESTIMONIAL

"I am a fairly new patient to Atlas, but they came highly recommended by family and friends. In my short time here, I have developed complete faith and trust in Ryan, Rebecca, Jake, Stephanie, and the rest of the staff. I feel much stronger and have more pain-free days. Everyone I've worked with has a deep understanding of the way the body works. I've had pain and mobility issues for years... and they finally seem to be resolving. I highly recommend Atlas Physical Therapy to anyone in need of physical therapy."

-Carrie L.



Answer to August trivia question:

a.) 206

The human skeleton is the internal framework of the human body. It is composed of around 270 bones at birth – this total decreases to around 206 bones by adulthood after some bones get fused together.