



## Physical Therapy Month: Exercises to do at Home

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

**Sitting Stretch:** Sit on the floor with a towel around one of your outstretched feet (or around one bent knee.) Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

**Standing Wall Push:** Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing

your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

**Tightening Legs Over a Ball:** With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!



### Wellington Place at Fort Atkinson

200 South Water Street W  
Fort Atkinson, WI 53538  
920.563.6959  
[www.wellingtonplacefortatkinson.org](http://www.wellingtonplacefortatkinson.org)



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## Oct. 11th – National Depression Screening Day: Recognizing and Managing Depression

This day strives to raise awareness and encourage individuals who experience prolonged and consistent feelings of sadness, anxiety, depression, or drastic changes in mood to seek professional help. Feeling depressed or anxious can be challenging and different for each individual. Fortunately, there are ways to help manage these feelings prior to scheduling an appointment with a physician and therapist:

**What you eat can impact your moods.** Eating foods which are packed with omega-3 fats can boost a person's mood.

**Pay attention and track your symptoms, especially when it comes to mood, concentration and memory.** Being mindful of how you're feeling can help with understanding the sources of your stressors.

Remember the important thing is to seek professional help right away and to be honest about your feelings when meeting with your physician and therapist.



## Your Wellington Staff

Jennifer	Administrator
Alicia	Care Coordinator
Denise	NOC
Marissa	AM
Beth	AM
Rita	AM/NOC's
Katie	PM
Stacy	PM
Venessa	AM/PM's
Daisy	NOC
Brontae	AM
Brittany	AM

## Tips to Help You Sleep Better

**Room temperature:** Keeping the temperature in your bedroom at 70 degrees Fahrenheit or below is recommended. Studies show that the body can better relax with temperatures at 70 degrees or slightly below.

**Reduce caffeine.** The effects of caffeine last much longer than most people expect. The result is difficulty falling asleep. Studies have shown better sleeping patterns if no more caffeine is consumed after 6:00 PM.

**Avoid alcohol.** Alcohol will keep the body from reaching the deeper stages of sleep, where the body does most of its healing and resting. The result of drinking can be a very light sleep or difficulty falling asleep in general.

**Beds are for sleeping.** If you are used to watching TV in bed or even

working while being in bed, you may find it much harder to relax and to fall asleep. Sleep requires your brain to slowly shutdown and any distraction will cause sleeping problems.

**Go to bed at around the same time every day.** Don't change your bedtime back and forth. Having a certain schedule developed will make it easier to fall asleep pretty much at the same time every day. A recurring schedule will help your body to get into a sleep pattern and make it easier to fall asleep.

**Remove the alarm clock from your view.** Staring at the time will only create the feeling that you have to sleep, but you are not. Losing track of time and how long you have been awake has shown to improve healthy sleep.



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