



## How To Avoid Pain This Spring

The American College of Sports Medicine (ACSM) recommends warming up for a minimum of 5-10 minutes before exercise.



The snow has melted and it's time to get outside and be active once again! Whether you will be doing yard work, going for a walk, or playing your favorite sport, your muscles may be working at a level they haven't in a long time, which leads to injury. However, you can make it through summer pain-free by doing a few simple exercises.

The best way to prevent injuries is to start with small projects or activities and slowly increase the workload (so don't landscape your entire lawn in one day!) Stretching is another good way to prevent injury and should take place directly before or after the activity. The ACSM recommends that each muscle should be stretched 3-5 times on each side for 15-30 seconds. Preparation and maintenance are the keys to having a healthy season.

Did you know that you are able to contact us about inquiries without a referral? Call us today or please visit our website for more information:

**[westarmhomecare.com](http://westarmhomecare.com)**

## Employee Spotlight

You may have previously seen Tanisha Gorny, DPT at our Leechburg facility as a staff therapist. She currently works at our Cheswick / Pittsburgh Mills and Plum locations as our Facility Director, where she specializes in all types of orthopedic problems and vestibular therapy.



Tanisha graduated in 2015 with her Doctorate in Physical Therapy from Daemen College and attended Penn State University for her BS in Biology. She competed on the Cross Country and Track teams at Penn State Behrend and she enjoys spending time with her friends and family. Tanisha and her husband reside in Plum.

## Did You Know?

The roots of physical therapy can be traced back to 460 B.C. and Greek physicians Hippocrates and Galenus are believed to have been the first practitioners!

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Will Jones, DPT, OCS, ATC

as well as **Eric Evans, MD**

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from Greater Pittsburgh

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Tuesday,  
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6:00 PM

Call us at  
724-337-6522  
to register



Lower Burrell outpatient facility  
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