

Physical Therapy for People Who Want to Understand Their Body, Not Just Treat It.

# Spring Into Strength

## Your Body, Your Freedom



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*"I want to keep up with work and still have energy for my family."*

**Dear Friends,**

This month in the clinic, I've noticed something subtle but important: our bodies are quietly reminding us that winter is ending, and spring is arriving.

For many seniors, the longer winter months mean stiffer joints, but, excitement to step outside after weeks of indoor routines. For our busy & active moms, March brings longer days, but also longer hours at the desk, leaving shoulders and backs stiff.

I often hear:

"I just want to walk my dogs without wincing."

Or

"I want to keep up with work and still have energy for my family."

That's why this month, I'm focusing on **gentle movement, joint preparation, and body maintenance** for all ages, so you can embrace March, spring walks, gardening, and outdoor activities with confidence.

Warmly,  
**Aime Maranan**

# Spring Into Movement Without Pain

A majority of our patients notice aches when winter gives way to spring. Joints that were stiff from inactivity may protest longer walks or gardening tasks. Shoulders, hips, knees, and low backs often remind us: we moved less than we thought we did.

## Why It Happens:

- Cold months can cause tissues to tighten and joints to lose some mobility.
- For active seniors, even small balance or strength changes make walking feel riskier.
- For middle-aged women, prolonged desk time amplifies postural strain.

## What to Watch For:

- Stiffness after sitting or sleeping
- Shoulder or back tension mid-day
- Fatigue that sets in before your usual activity

## What Helps:

- Gentle warm-up on an elliptical, recumbent bike, or stationary bike to get joints moving without stress
- Spring gardening? Warm up with light stretches before kneeling or lifting
- **Simple chair-based strength drills:** leg lifts, seated marches, or mini squats for knee and hip support
- Short posture checks every hour if working at a desk

## Skillz Difference:

We focus on **movement confidence**, not just pain relief. That means helping you **walk, lift, and garden safely**, without the fear of starting over after an injury.

# Micro Case Story

## Patient:

Mid-40s medical professional

## Problem:

Persistent shoulder pain for nearly a month that was severe enough to keep awake at night. Even the primary physician suspected the shoulder joint itself was the issue. Despite rest and activity modification, the discomfort continued and sleep was disrupted.

## Turning Point:

During a comprehensive evaluation at Skillz Physical Therapy, we assessed not just the shoulder, but the entire cervical and upper kinetic chain. The true source was not the shoulder at all, it was originating from the neck. Once the cervical dysfunction was identified, we implemented a targeted treatment plan addressing mobility, joint mechanics, and nerve irritation at the source.

## Outcome:

The patient slept through the night after the first visit. As treatment progressed, the shoulder pain resolved because the true driver had been addressed. ***Since then, the patient has referred several colleagues and patients to Skillz***, a reflection of clinical trust earned through precise evaluation and accurate diagnosis.

### Common Belief — Corrected

#### Common Active Senior belief:

“If it hurts, I should just rest.”

#### Clinical reality:

*Gentle movement and targeted strengthening can prevent small aches from becoming bigger problems.*

#### Common Active Moms belief:

“I’ll fix it later; I don’t have time for therapy.”

#### Clinical reality:

*Addressing tension and imbalance now keeps your body high-performing for work and life—saving time in the long run.*

# Safety & Independence Tip of the Month

## Tip for March:

Check your outdoor footwear and walking paths as the snow melts. Uneven ground, wet leaves, or residual ice can increase fall risk. Consider non-slip shoes and short warm-up stretches before venturing outside.

## Tip for desk warriors:

Set a timer every hour to stand, stretch, and roll shoulders to prevent stiffness from building up over long work sessions.

## A Note About Ongoing Wellness

Over the past several months, a number of our patients have asked an important question after completing therapy:

“Do you offer a way to continue maintaining strength and mobility once formal treatment is finished?”

We are currently developing a structured Maintenance Wellness Program designed specifically for Skillz alumni who want continued guidance, accountability, and support in preserving the progress they’ve worked hard to achieve.

If this is something you would be interested in, please contact Vanessa to add your name to our interest list. We will personally reach out once the program details are finalized.

Our goal is simple: help you stay strong, steady, and confident long after discharge.

Warmly,  
Aime