

STIFFNESS?

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When you wake up or have been stationary for awhile are you stiff in your neck, shoulders, arms, back, and/or legs? If so, the solution can be MOVEMENTS. A daily routine of walking, jogging, hiking, biking, Yoga, exercise routine, and/or a simple activity 2-3 times a week can help reduce every-day stiffness.

Now your saying I don't have time, I'm not motivated, or you may have a physical limitation which is keeping you from a daily activity. I am not suggesting an "Olympic routine," (unless that's your goal) what I am suggesting is to find an activity you can do which will create movement. Think of those areas of your body which are stiff and then develop an activity which will last 20-30 minutes or multiple 5-10 minute activities during the day or night (if you work during the day).

For those of you who need guidance there are plenty of local resources; Doctors, Certified Athletic Trainers, Physical Therapists, Exercise Physiologists, Educated Personal Trainers, and many more.

Don't use time, motivation, or a physical limitation to put up a wall against daily activity.