

JACO

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**WAYS  
TO AVOID  
PHYSICAL  
THERAPY**



## **YOUR BUTT CALLED,** **it says get off me.**

We live in this beautiful island paradise yet we travel in our cars almost constantly. Walk places, ride a bike to the store. Stretch while you wait in the grocery line. Do squats while talking on the phone. Exercise doesn't have to be a complicated time consuming event. Successfully fit people incorporate exercise into their daily routine. Exercise is not an option, it's part of your daily regimen—like brushing your teeth, or putting on deodorant...you DO use deodorant, right?



## **HUMPS ARE FOR CAMELS** **Stop slouching. Sit or stand up straight.**

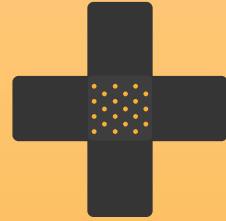
Many conditions treated by physical therapists—pinched nerves, headaches, neck or back problems, and shoulder impingement—are posture-related disorders. Our bodies are most efficient and pain-free when our spines are positioned in its natural S-curve, and when our core muscles are actively supporting the body.



## **WARM-UP SUIT OPTIONAL**

**Warm-up before you exercise.**

Stretching or light jogging before your chosen activity prevents injuries by cuing the heart to pump blood to the muscles and skin. We're all busy, and we know how tempting it is to jump right in. But so many muscle strains and joint sprains occur, when we rush in and ignore warming up!



## **TREAT IT, DON'T REPEAT IT**

**Make the right choice the first time.**

After injury or surgery, physical therapy insurance benefits are limited. Avoid having to do it over again by immediately choosing a group of therapists that are activity-minded, put the patient first, and are putting quality before quantity.



## **PAIN WAITS FOR NO ONE**

**Don't wait to "see if the pain will go away".**

You may be unnecessarily delaying your recovery by waiting. Act now! If in doubt, see your doctor. It's always better to play it safe than sorry. Don't self diagnose or follow your-friend's-uncle's-sister's advice. Leave it to the experts and you'll be healthier, faster!



## **GO KICKING AND SCREAMING**

**Release stress. Don't hold it in.**

Stress causes insomnia. Insomnia causes more stress. Stress delays healing. Stress makes us grind our teeth at night. Stress makes the muscles in our necks and shoulders tight. Stress makes us gain weight. Stress makes us tired. Stress is bad.



## **YOU'RE NOT A KID ANYMORE**

**It's not like the old days...**

You can't stay up until 4 am, drink with your buddies, and play three sets of tennis at 7 am. So many injuries occur when our bodies are fatigued or malnourished.



## **KEEP YOUR EYES PEELED**

**If you stay out of trouble, trouble won't find you.**

You'd be surprised to hear some of the stories from our past patients. Take risk management of your body seriously. There's no need to put your body in harms way. PT's are adrenaline junkies too, but (be sure to) take calculated risks, and know what you're getting into before diving in head first.



## **POWER IN NUMBERS**

**Exercise with others.**

Grab a work out buddy. Sign up for a yoga class you've always wanted to do. Hire a personal trainer. Take your family on a great hike in the Ko'olau's. When you make a commitment, you increase accountability and increase the chances that you will follow through with exercise.



## **IF ALL ELSE FAILS,**

**come in to Jaco Rehab. We're here to help.**

- Highly trained licensed Physical Therapists
- Extremely specialized in ortho and sports injuries
- Thoroughly Personalized one on one sessions
- Ultra Smart answers to your difficult questions
- Real Customized training programs with photo how-to reminders
- State-of-the-art Facility, Pool and equipment
- Human Performance Center
- JACO Halt Injury Education Seminars for active minded people
- JACO Fit Programs for club sports
- Video Risk of Injury (ROI) testing

## **JACO PHYSICAL REHABILITATION**

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