



Deer Park Physical Therapy & Sports Conditioning



Monthly Newsletter for May 2011

Exercise of the Month

The Light Weight Shoulder Workout (with dumbbells)

Do the following sequence of exercises non-stop for ten reps each:

- Lateral Raises - 10 (palms down)
- Lateral Raises - 10 (thumbs up)
- Lateral Raises - 10 (thumbs down)
- Front Raises - 10 (thumbs up)
- Crossovers - 10 (palms facing away from you)
- Military press - 10 (overhead press)

Lateral Raise

Over 5 pound dumbbells is not recommended for this exercise. Keep your knees slightly bent, shoulder back, and your chest high. Lift weights parallel to ground in a smooth controlled motion, keep your palms facing the ground.

Thumbs-up

Do 10 lateral raises with your thumbs up, touching your hips with your palms facing away from you and raising your arms no higher than shoulder height.

Thumbs-up / Down

Continue with side lateral raises. As you lift your arms upward, keep your thumbs up. Once your arms are shoulder height, turn your hands and make your thumbs point toward the floor. Repeat for 10 times, always leading in the up and down direction with your thumbs.

Front Raise (Thumbs-up)

Now, for 10 more repetitions, time to work your front deltoids. Lift the dumbbells from your waist to shoulder height keeping your thumbs up.

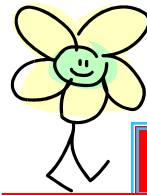
Crossovers

With your palms facing away from you and arms relaxed in front of your hips, bring your arms up and over your head as if you were doing a jumping jack (without jumping). Cross your arms IN FRONT of your head and bring them back to your hips for 10 repetitions.

Military Press

Place one foot ahead of the other as shown and knees slightly bent to reduce strain on your lower back. Exhale as you push the weights over your head for 10 final repetitions in the mega-shoulder pump workout. Slowly lower them to shoulder height and repeat. Muscles used are shoulders and triceps (back of arm).

Do this routine during any upper-body day workout. Your arms will be burning, but it is a great total arm workout!!!



Recipe of the Month

Grilled Peach Sundaes!

Ingredients: (makes 1 serving)

- 2 peaches, halved and pitted
- 1 teaspoon canola oil
- 2 scoops nonfat vanilla frozen yogurt or fruit sorbet
- 1 tablespoon toasted unsweetened coconut

Preheat grill to high. Brush peach halves with oil. Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

154 calories per serving 4g. of fat, 28g. of carbs., 4g. of protein

Pilates Mat Classes

(second session)

Tuesday – Thursday

6:15pm-7:15pm & 7:15pm-8:15pm

8 weeks (1x/week or 2x/week options)

Starting May 3rd, 2011 at Little Blessings (100 N. Weber Rd., Deer Park)

Child care available for \$2 per hr./per child!

We will soon be offering
24hr./7 days per week
access to our
Fitness Center!!!
Stop by or contact our
office for more info.



ENDURANCE FUELS
& SUPPLEMENTS

www.deerparkphysicaltherapy.com