



Vibrant Health
SOLUTIONS



Move better.
Feel better.
Live better.

The Newsletter About
Caring for Your Health!



Help Us Celebrate Our
**GRAND OPENING &
RIBBON CUTTING FOR
VIBRANT HEALTH
SOLUTIONS**
On February 29th



785.367.3395

It's Time for Our...

ANNUAL RUNNER'S CLINIC

DETAILS INSIDE

Start Prepping for Your

Spring Running Sessions

Winter is finally starting to thaw out, and if you're a runner, that means one thing: getting ready to start prepping for your outdoor running sessions once spring arrives! Vibrant Health Solutions is here to help make sure you're in top shape so you don't suffer an injury when you start up your runs again.

A handful of injuries can occur when you start up an intense running regimen after some time away. Fortunately, you can avoid them with a few simple precautions. If you do suffer an injury in the spring, our team is here to help.

THE IMPORTANCE OF STARTING SLOW

If you've been taking it easy this winter, it's crucial that you gradually ease into your running routine come spring. Why? So you can avoid developing these three common overuse injuries:

- **Runner's knee** is the most common running-related overuse injury, usually resulting from training errors or weakness in the hip or pelvis muscles. It causes a dull pain around the front of the knee.
- **Plantar fasciitis** occurs when the plantar fascia, which stretches along the arch of your foot, becomes irritated or inflamed. It leads to pain in the bottom of the foot near the heel.
- **Shin splints** occur when the muscles and tendons around your shinbone become inflamed. It causes pain along the inside of your shin, and runners have a higher-than-usual risk of developing the condition.

All of these injuries can develop when you start a new exercise program or progress a current program too quickly — such as running in the spring after taking the winter off. If you skipped out on cross-training this year, it's important that you gradually ease into or progress your running routine. Start by resuming regular training frequencies, then increase the duration and finally, the intensity as the weeks go by.

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THE IMPORTANCE OF PROPER BIOMECHANICS

As you prepare for running this spring, you'll want to consider the entire kinetic chain (the joints and muscles from the hip to the foot that work together to perform movement). Think about what happens when you take a run—your entire body works together to propel you forward. In a single stride, the chain of movement starts with your hips and then runs through your knee, ankle, and foot.

If one of the links in the kinetic chain is missing or impaired, it can cause pain and injury throughout your lower extremities.

For example, you might assume shin splints stem only from weakened lower leg muscles. But in some cases, they actually develop due to weakened hip muscles. When the hip flexors on the front of your hip are weak, they do not lift your leg high enough to clear your toe and prevent tripping. When these bigger muscles are too weak to do the job, the smaller muscles of the shin have to work overtime to pull up your toes and they fatigue more quickly and become painful. This overuse results in shin splints.

Our team can help you identify any potential problems in your kinetic chain. We can perform a comprehensive physical assessment to identify weakness, muscular imbalances, or faulty biomechanics that might contribute to plantar fasciitis, shin splints, or other common running injuries.

Once we've identified these issues, our multidisciplinary team will create a customized program to help get you ready for the spring. Depending on your needs, we might suggest the following:

- **Targeted strengthening exercises** to address specific areas of weakness
- **Gentle adjustments** to the pelvis to ensure proper alignment of the whole chain
- **Laser therapy** to promote deep tissue healing
- **Saline-based trigger injections** to break up trigger points that are restricting tissue movement.

SPRING'S JUST AROUND THE CORNER!

Warmer weather will be here before you know it, and you want to make sure you're prepared to hit the trails with confidence.

Schedule an appointment with Vibrant Health Solutions to learn how we can help runners like you get back into your groove — safely and effectively.

785.367.3395

Call us at **785.367.3395** or visit us at therapyworkskansas.com or vibranthealthkansas.com

Join Us for Our... Grand Opening & Ribbon Cutting for Vibrant Health Solutions

February 29th from 4 - 6pm

We will be celebrating 1 year of VHS and 30 years of TherapyWorks. The ribbon cutting will be at 4pm followed by a mixer where we will be offering refreshments, prize drawings, and more! We will also be offering trigger point massage and joint check-ups for those interested.

EXERCISE ESSENTIALS

This exercise helps increase flexibility in your calves.

1. STANDING CALF STRETCH (GASTROCNEMIUS)

Stand about three feet from a wall and put your right foot behind you ensuring your toes are facing forward. Keep your heel on the ground and lean forward with your right knee straight. Rotating the toes in and out slightly will target the medial and lateral parts of this muscle separately. Hold this for 30 to 60 seconds.

2. STANDING CALF STRETCH (SOLEUS)

Stand away from a wall and put your right foot behind you and be sure your toes are facing forward. Lean forward at the ankle while bending the right knee and keeping your heel on the ground. Because the knee is flexed, tension is taken off the gastrocnemius and placed on the soleus. Hold this for 30 to 60 seconds.



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Meet

Cindy Johnson
M.S., P.T., MCMT & Owner

Cindy Johnson, M.S. P.T., completed her Bachelor's Degree in physical therapy at the Medical College of Georgia in Augusta in 1988. She later received her Master's Degree in Biomechanics and Exercise Physiology from the University of Kansas in 1996. She opened TherapyWorks in January 1994 and Vibrant Health Solutions in February 2023. She has a passion for helping people get better without unnecessary medications or surgery. She enjoys staying active and has completed four marathons including the Disney Dopey Challenge (48.6 miles long). She and her husband, Chris, have been married for 35 years and have four children. Together they enjoy running, hiking, attending kids' activities, and traveling.



FEBRUARY VIRTUAL WORKSHOPS

With Cindy Johnson, M.S., P.T, MCMT & Owner

BACK PAIN AND SCIATICA

• February 7th at 6:30 pm

SHOULDER PAIN AND ROTATOR CUFF

• February 21st at 6:30 pm

Follow us on Facebook, Instagram, and X for more information and other virtual events!

Patient Success

VIBRANT HEALTH SOLUTIONS

"I'm impressed and pleased with the integration between physical therapy, chiropractic, ultrasound, platelet-rich plasma injections (PRP), etc."

—Beth N

It's Time For Our...

ANNUAL RUNNER'S CLINIC

On Saturday,
February 17th
From 8 - 10 am
AT THE CLINIC



This clinic includes a video analysis, trigger point massage, joint mobility assessment, prize drawings, and more!

This event is open to all so come on by!

Your success story could be someone's inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone's life.

Share Your Success Story

