



# ISR Physical Therapy Newsletter

## Houma

478 Corporate Dr.  
Houma, LA 70360  
(985) 872 - 5911

## New Orleans

1516 River Oaks Rd. West  
Harahan, LA 70123  
(504) 733-2111

*A Proactive Approach to Excellence in Health & Rehabilitation*

**HAMMING IT DOWN**

**February, 2008**

One problem that seems to afflict an inordinately large percentage of the population is tight hamstrings. There are three hamstring muscles at the back of each thigh, two on the inside and one on the outside. As these muscles tighten, they become a major cause of muscle imbalance. As the upper body leans forward to perform various everyday tasks, the hamstrings oppose the force to balance the shift in weight. As a result, stress is exerted on vertebrae in the lower back, and pain ensues. To relieve hamstring tightness, sit on the floor with one leg extended straight out; the other leg is bent. Grab the calf or ankle of the extended leg and lean forward at the waist until you feel a mild stretch in your hamstring. Hold this position for 20 seconds. Repeat 3 times on each leg.

The most important part of treating a hamstring injury is resting your leg while it heals. Resting your leg as much as possible will lessen swelling and keep the pain from getting worse. When the pain decreases, begin normal, slow movements. A physical therapist can initiate treatments and exercises to help your hamstring injury heal faster. If you or a family member needs physical therapy, please call ISR Physical Therapy. Our services include post surgical rehab, sports injury care, and back and neck care.

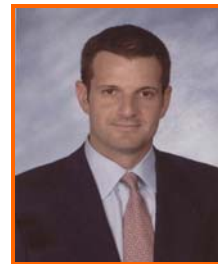
PS.. Tight hamstrings contribute to swayback by pulling the knees behind the body's vertical centerline (locking the knees).



**Richard W. Bunch PhD,  
PT**



**Trevor D. Bardarson PT,  
OCS**



**Marc Cavallino MPT,  
OCS**



**Kristy Trosclair, PT**

## **ISR Welcomes Kristy Trosclair, PT**

*Kristy Trosclair has recently joined ISR Physical Therapy in September of 2007. Kristy is a native of Thibodaux Louisiana; she graduated from Nicholls State University in May 2005 with a Bachelor of Science Degree in Biology and a minor in Chemistry. She then went on to obtain her Master of Physical Therapy Degree from Louisiana State University Health Sciences center in New Orleans, Louisiana, in August 2007.*

*Kristy states, "I am glad to be using my degree right here in my home state of Louisiana." She looks forward to the career ahead of her as a Physical Therapist and is excited about the opportunity to put her skills to use at ISR Physical Therapy.*

[www.isrphysicaltherapy.com](http://www.isrphysicaltherapy.com)

***"No Excuses, Just Results!"***

*“When I first came to ISR for treatment I could hardly twist, bend or lift anything because of back pain. Through the work, exercise and education, I am now pain free.”*  
*F.L.*

**ISR Physical Therapy**  
**478 Corporate Dr**  
**Houma, LA 70360**