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SpineOne SM
REHABILITATION PROGRAMS



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Have you considered adding Kettlebells to your workout?

Have You Considered Adding Kettlebells To Your Workout?

If you are looking for an efficient way to get a great workout into a busy schedule, consider Kettlebells. You can multitask with kettlebells and strengthen your major muscle groups, improve your posture, endurance, and core stability, while getting a fantastic cardio workout. All in 30 minutes or less!

What Are Kettlebells?

This may be the first time that you've come across the term, despite the fact that kettlebells have been around since the 1700s in Scotland and Russia. Made of cast-iron and shaped like cannonballs, kettlebells have a distinct looped handle at the top, hence the name. The traditional kettlebells weighed 16 kg (35 lbs); nowadays, they are also available in weights of 9 kg, 12 kg, 20 kg, 24 kg. and up. Because a kettlebell is weighted at the center below the handle, when you swing it, the stabilizer muscles have to work hard to counteract the momentum and maintain balance.



Why Kettlebells?

The past decades have seen kettlebells actively used in sports competitions and trainings throughout Europe. In fact, the Soviet armed forces even incorporated kettlebells as



part of their physical conditioning programs. It is estimated by the American Kettlebell Club that 100,000 people are working out with kettlebells in the U.S. and many claim that it's because it combines cardio and strength training, as well as it strengthens, tones, and burns fat faster than other forms of exercise. One of the specific benefits of kettlebell exercises is from the ballistic movements. When one performs snatches, swings, cleans, and jerks the result is incredible muscular endurance when done in high repetitions. The Turkish Get-Up exercise is performed slower with concentration on precise movements thereby improving muscular control, coordination, and functionality. Kettlebells are highly effective tools because they require synergistic muscle recruitment, coordination, compressive breathing techniques, and highly efficient structural alignment.

At the RehabOne Programs, the evolution of rehabilitation and reconditioning continues. Based on appropriate clinical reasoning and rationale, the kettlebell serves as an excellent tool in our programs. Kettlebells are effective modalities for regaining functionality, strength, and coordination of movements.



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Work better.
BE better!

RehabOne is a physiatry-based medical group with over 30 years of combined experience in comprehensive evaluation and treatment. As a community leader in rehabilitation-focused practice management, we provide a variety of services to help those living with pain and disability. Choosing the right physician group to support your work is important. RehabOne Medical Group is the *right* choice – the *smart* choice. Let RehabOne help. **To learn more about our services – or to make a referral – please call 408-445-8400.**