

# PHILADELPHIA STYLE

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## SPRING TRAINING

Philadelphia fitness experts on recovering  
from sports-related injuries

SPRING'S RISING TEMPERATURES mean it's time to get moving again—and for many that begins with moving their workout routines back outdoors. But those restarting a fitness regimen or recovering from a sports-related injury should take special care, according to Joseph Zarett of Zarett Rehab & Fitness.

“It's a domino effect,” explains Zarett, whose facility specializes in orthopedic rehabilitation, sports rehabilitation and fitness training for the city's elite. “One minuscule strain [if left untreated] can cause multiple other injuries because the weight gets transferred to a body part that's not meant to handle the workload.”

Though all of Zarett's clients are evaluated on an individual basis, he follows a three-prong plan dubbed The Zarett Method, which incorporates top-notch strength training, manual stretching and a post-workout session with a licensed massage therapist. For clients nursing injuries, a nonimpact exercise like stretching is key.

“Flexibility eliminates pain,” says Zarett. “Without flexibility, strength training alone does not work.”

Pilates, a practice rooted in flexibility through lengthening and alignment, is another worthy alternative.

“The idea behind Pilates is to create a muscularly balanced body using your own weight,” says Steffi Freedman, a Philadelphia-based Pilates instructor and owner of Corps Pilates in Old City. “It's great for rehabilitation because it strengthens and stretches at the same time.”

Relying on your own body weight to assist in a timely recovery has other benefits as well. “You can take Pilates anywhere you go,” says Freedman.—KRISTIN DETTERLINE-MUNRO