

ACTIVE P.T. SOLUTIONS
...BECAUSE LIFE
SHOULD BE ACTIVE

APTS Monthly



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NOVEMBER 2014

Office Hours:

Monday -

8:30am - 5:30pm

Tuesday -

8:30am - 7:00pm

Wednesday -

8:30am - 5:30pm

Thursday -

8:30am - 5:30pm

Friday -

8:30 - 4:00pm

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Why Sitting is Killing You

Modern conveniences, technologies, chairs, and remotes are designed to make our life easier but all of them encourage sitting. Chronic sitting steals our opportunities of habitual movements we used to make before we lived without modern conveniences. Workplace office design, recreational activities, and entertainment devices with remote controls are all designed to minimize moving. This is why the average American spends 9.5 hours sitting in a given day. It is estimated that 2 out of 3 people in the United States are unhealthy. Research dating back to the Apollo Space projects has shown that the human body declines rapidly when sitting for long periods of time. Society is on diverging pathways. Technological efficiency causes us to sit for excessive periods of time while the "fitness craze" has us performing P90X, Insanity and Cross-fit programs promising weight loss and a muscular body. The reality and science clearly show that exercising one time per day does not prevent the effects of sitting. How many people do you know that "exercise" and are still overweight? You simply cannot neutralize 9.5 hours of sitting by going to the gym for 60 minutes 3 or 4 days per week.

The human body was designed to be a perpetual motion machine moving all day, every day, including weekends. Gravity can keep the body tuned with daily movements used in activities of daily living. Move with purpose, go somewhere, do something, not on a machine that has you spinning in place. The concept of chronic movement is now referred to as NEAT or

nonexercise activity thermogenesis. Simply put: moving often for as long as possible. Instead of chronically sitting, we should be chronically moving.

As kids growing up in a pre-technology world, NEAT was part of our daily life. Examples of NEAT from my own upbringing are walking 1.7 miles each way to school, riding my bike 4.5 miles

that sitting produces similar aging effects to being in space. Sitting accelerates the aging process, while moving reverses the process. The affects of an anti-gravity environment that the astronauts were exposed to reversed once they returned to the gravity of earth.

Introducing NEAT back into your day without formal exercise can also reverse the effects of aging such as high blood pressure, excessive weight gain, type-II diabetes, etc. A 2004 study of an Amish society revealed that Amish women walked ~14,000 steps per day and the men took ~18,000 steps per day or roughly 7-8 miles per day of walking. This population had lower levels of cancer and obesity. The funny thing was that they didn't have one treadmill or a gymnasium chain available to them.

There are simple ways to fit NEAT into your day without giving up your automobile. If you conduct meetings in a conference room, move the meeting outside and have a walking meeting. If you can't move outside have a standing meeting with higher tables and a footrest. Standing meetings are healthier, faster and more efficient. If you talk on your cell phone, why sit at a desk? After all it is a "mobile-phone" right? Then get mobile! Go for a walk down the hall or on the grounds. Take a 1-2 minute micro-break every 20-30 minutes to either, stand, stretch, walk or perform a task that doesn't require



each way to the Babe Ruth field for games, and walking 1.2 miles to the cinema or shopping mall. We walked or rode our bike everywhere we could. We stayed outside until dark running, walking or playing basketball. We were in constant motion. Then came cable television and the genesis of the sedentary society. Some have said that sitting is the new smoking. In the '70's we were moving 8-9 hours per day. In 2014 we are sitting 9-10 hours per day.

Dr. Joan Vernikos a former NASA researcher and author of the book *Sitting Kills, Moving Heals* has shown

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Exercise of the Month: Bridging



Bridging: start position (top) and end position (bottom).

The bridge exercise is a great way to isolate and strengthen the gluteal muscles and hamstrings (i.e. your bottom & posterior thigh). If you do this exercise correctly, you also will find that it is a good core stability and strengthening exercise that targets the abdominal muscles, as well as the muscles of lower back and hip. Finally, the bridge exercise is considered a basic rehab exercise to improve core and

spinal stabilization.

To start, lie on your back with your hips and knees bent and your feet flat on the floor. Press down through your feet, squeezing your buttock muscles together to slowly raise your hips off the floor until your hips are straight. Keep your feet and shoulders on the floor at all times and do not arch your back. Hold 2 seconds in the air, then slowly lower to the starting position. Perform one set of 10-15 reps

two times a day to start building your core musculature, and increase your repetitions as you get stronger. This is a great exercise for those of you that sit a lot at your job, as it also stretches your hips.

APTS will be hosting a non-perishable food drive for the month of November to benefit the St. Alphonsus food pantry in Auburn. Feel free to drop off your donation to the office by November 14!

“The average American spends 9.5 hours sitting in a given day. You cannot neutralize this simply by going to the gym for 60 minutes 3-4 days a week.”

Why Sitting is Killing You Con't

sitting. When you go grocery shopping or to work, park at the space furthest from the door instead of closest to the door. Use the stairs instead of the escalator or elevator. Look for opportunities to walk. Each day these opportunities are available but we pass them up for the sake of convenience.

Lastly, the national average for television watching is 5 hours

per day. This can be time for stretching, CORE work, or performing the Tibetan rites. Anything but sitting on the couch. There are virtually unlimited opportunities for movement throughout the day, from housework or gardening, to cooking, and even just standing up every 10-20 minutes during the course of the day.

I highly recommend the book *Sitting Kills, Moving Heals* by Dr. Vernikos. It will give you a different perspective on the need to get up and move and the difference it can make in your life.

Article by Dale Buchberger, PT, DC, CSCS

APTS Providers Receive ART Re-certification

Left: The APTS PTA team practices some ART techniques!



Right: Carolyn, Tom, Dale, & Maggie (L to R) checking out the falls after dinner

The clinical staff of Active Physical Therapy Solutions spent July 17-20 in Niagara Falls, Canada, doing Active Release Technique. Dale Buchberger, PT, DC, became certified in Complex Protocols, Carolyn Collier, PTA, became certified in Spine, and Tom Zirilli, PT, and Maggie Whitehouse, PTA, became re-certified in Spine. It was a pretty

intense weekend, but well worth it. We took some time out to eat steak and walk down by the falls, too! As a result, Carolyn is now able to see her own patient schedule when Tom is out of the office, so stop in to see us!



Article by Carolyn Collier, PTA



APTS is Moving!



It's official! We are excited to announce that the new home of Active Physical Therapy Solutions will soon be 91 Columbus Street, Auburn! (Across from the Auburn Diner between Jacobs Press and Currier Plastics.)

We have about 8 weeks of construction to do before it is move-in ready. Dates for relocation and the grand opening are to be announced as it gets closer. Up-to-date information can be found at www.activeptsolutions.com and our Active Physical Therapy Solutions Facebook page. Stay tuned!

The new home of Active Physical Therapy Solutions will soon be 91 Columbus Street, Auburn!

APTS Recipe Box: Beef, Celery, Walnut, & Apple Stuffing

Who says turkey stuffing absolutely has to be made out of bread? This paleo version tastes amazing and is a lot healthier!

Ingredients:

- 1 lb extra lean ground beef
- 1 tbsp cooking fat
- 4 stalks celery, diced
- 1 medium onion, diced
- 1 apple, diced

- 2 cups finely chopped walnuts
- 1 clove garlic, minced
- Generous amount of poultry mix or sprigs of fresh rosemary, sage, thyme, and marjoram, very finely chopped
- Sea salt & freshly ground black pepper to taste

Preparation:

1. Preheat oven to 375 F.
2. In a large pan, sauté ground beef and celery with the cooking fat for about 3 minutes. Make sure to

crumble the ground beef to small pieces.

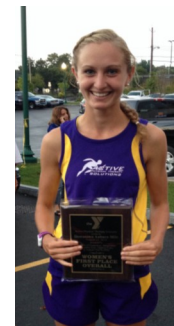
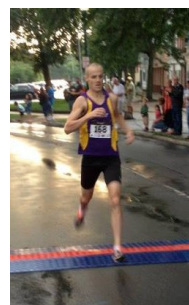
3. Add the diced apple and onion and continue sautéing for another 2 minutes.
4. Add the fresh herbs or poultry mix, minced garlic, walnuts, and season with salt and pepper. Mix well. The meat should still be somewhat pink; it'll finish cooking in the oven
5. Put the mixture in a baking dish and bake uncovered for about 30 minutes.

Source: <http://paleoleap.com/paleo-thanksgiving-recipes/#s3>

APTS Sponsors the Downtown Auburn Mile

Active Physical Therapy Solutions was the head sponsor of the Downtown Auburn Mile, held on Friday, August 22, 2014. Members of "Team APTS" included the first place male, Chip O'Hara, with a time of 4:29.79, a personal best, and the first place female, Madeline Adams, with a time of 5:32.55, also a personal best! APTS staff and family members were also part of Team APTS, including Dale &

Zach Buchberger, Linda & Jack Schattinger, and Emily Zirilli, and others were race volunteers, including Cara Cuthbert; Carolyn, Patrick, Erin, and Aiden Collier; Elaine Buchberger; and Bob Schattinger. It was a rainy day, but the rain held out long enough for everyone to complete the race. We look forward to this event again next year!



Chip O'Hara (left) crossing the finish line & Madeline Adams with her winning plaque

Article by Carolyn Collier, PTA



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Get Well...Get Active...Be Active

**At Active Physical Therapy Solutions,
we utilize the most cutting edge
treatment and management
techniques available. Our goal is to
deliver the best possible healthcare in
a friendly, caring, and well-organized
environment. Our staff is here to
provide active solutions to achieving
your personal goals!**

...Because Life Should Be

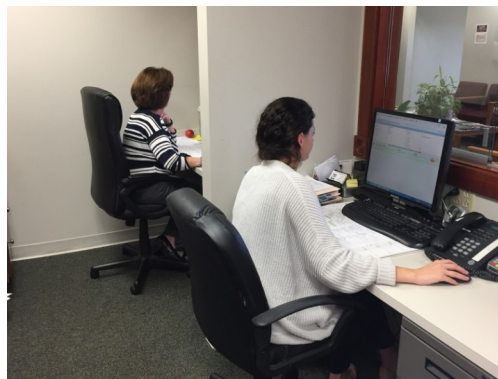
ACTIVE!

Ergonomics 101: Maintaining Back Health at Your Sit-Down Job

Does your job require you to sit for prolonged periods of time? Have you noticed increased pain in your low back after sitting all day? Your workstation setup and poor sitting posture may be the cause of your pain. Preventing back pain from the start is much easier than dealing with the symptoms once they start. There are several strategies to help limit the stress on your spine while sitting at work.

A good place to start is with the chair you sit in every day. Be sure that you have an ergonomic chair that fits your body type, as there are several styles on the market which vary in the type of feature they have. You will want to find a chair that has a seat cushion that is 1-inch wider than your hips on each side. The cushion should allow you to tolerate sitting for approximately 60-120 minutes comfortably.

Other features you should look for on a chair are the ability to adjust the



height of the backrest and make sure the chair provides adequate lumbar support. Find a chair that allows you to recline backwards slightly to help shift your weight throughout distribute the load over different parts of the spine. You don't want a chair that necessarily locks you into one position all day. This will eventually become uncomfortable as the day goes on.

Even with a good ergonomic chair sitting all day with increase pressure on the disk in your low back. Frequent breaks to unload the spine are a must for back

health. The time it takes to do this is less than you would think. Short breaks of 10-20 sec are enough to relieve some of the stress on the disk. This can be done every hour and have a cumulative effect on the back. Why not simply put your trash can on the opposite side of the room? Or take a walk down the hall?

Sitting all day at work does not have to lead to a future of back problems. Following a few simple strategies will go far in saving your back from injury. Be sure to work with your employers with any questions or concerns you have regarding your workstation and most should be willing to work with you to make you more comfortable and productive throughout the day.

Article by Tom Zirilli, PT