

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

APTS Monthly



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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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If the Shoe Fits...

A common question asked to health-care providers almost daily is, "Which sneakers should I buy?" Most patients are usually asking for a "brand" versus a "type" of shoe. Back in "the day", it was much easier to pick athletic shoes by brand because the number of models was limited. Nowadays, almost every company makes 10+ models, so keeping track of the "good ones" is quite difficult. Today there is what would be called "subtypes" of models. For instance, running shoes, walking shoes, and cross-training shoes are all subtypes. So the real question is, "What subtype of sneaker should I be buying?"

Let's start with the first most common mistake made on a daily basis: wearing running shoes to walk in. We need to examine the shoe's purpose. Running shoes are made to run in for approximately one-hour 5-days per week, not to walk or stand in 8-12 hours per day. Wearing running shoes to walk or stand in breaks them down prematurely and subjects your legs and back to the forces you were trying to avoid in the first place by purchasing the running shoes. So, what should you buy to walk or stand in? Typically, the best shoes for walking or standing are either walking shoes or cross-training type shoes. These shoes are made to withstand sustained forces generated through walking or standing. They will last longer and provide the support you are looking for.

The next question is, "What if I wear

orthotics?" Most athletic shoes today will accommodate a custom or over-the-counter orthotic. The main thing to keep in mind when buying shoes and wearing orthotics is to be sure that the manufacturer's insole is removable. This is another common mistake that is seen clinically each day. Patients spend hundreds of dollars on custom orthotics and then place it on top of the existing insole. Most orthotics should sit on a flat platform. By placing it on an angled or uneven platform, such as the existing insole, it makes the custom orthotic ineffective or even detrimental. If you have recently been prescribed custom orthotics, you should also insert them in new shoes. Placing a new custom orthotic in an old pair of broken down shoes is a waste of money.

Now we pose the question, "What if you actually run?" Choosing running shoes can be a daunting task. There are numerous brands and varying subtypes of running shoes. First, buy running shoes that correspond to your foot type and weekly mileage. Next, only run in your running shoes; don't run in shoes that you walk around in. If possible, rotate at least two pairs of shoes. This will extend the life of the shoes and help prevent injuries. Keep in mind that the materials of the shoe break down long before the shoe looks bad. If you start feeling a strange ache or pain in your legs that you haven't felt before, recall how old your running shoes are. Most running shoes are good for somewhere between 300-500 miles or 6 months. When you get

your new shoes, write the date of first use on the heel with a Sharpie® and, if you alternate shoes, number each pair so you don't mix them up.

By now you have an idea of the type of shoe you are looking for but you may not know where to buy them. There are many options today for the purchase of athletic and walking footwear. If you shop at large chain retail sporting goods stores, your choices will be limited and you cannot be sure of the knowledge background of the sales person giving you the advice. While the advice may sound good, it may not be accurate. Most sales people in sporting goods stores rarely have healthcare or biomechanical degrees. It is not a bad idea to ask the person selling you the shoes for their qualifications to provide athletic footwear advice. If you shop online, the most comprehensive website for fitness and walking footwear is www.roadrunnersports.com. Shoes are broken down by gender, activity, foot type, and cost. In a pinch, they have a helpline with a very knowledgeable staff. Their return policy is also consumer friendly.

Whether your foot has a low arch or high arch, and whether you walk, run, or stand, keep in mind that shoes are only half of the equation for foot, ankle, knee, hip, or back pain. Even the best shoes and orthotics in the world cannot replace

Exercise of the Month: Calf Stretch vs Wall



Gastroc Stretch vs wall (left) and Soleus Stretch vs wall (right)

Tight calf muscles are a common complaint, whether you've been performing strenuous exercise or just living a sedentary lifestyle. They can be painful and limit your ability to perform physical activity, but simple stretching exercises can help loosen them.

The calf consists of two muscles: the gastrocnemius and the soleus. The gastrocnemius muscle crosses the knee joint and the soleus muscle does not. Therefore, there are

two different ways to stretch these muscles.

To stretch the gastrocnemius, stand facing the wall and lean back to get as much of the bottom of your foot on the wall. Keep your knee straight and hips square to the wall. Then "scoop" your hips toward the wall until you feel a strong but comfortable stretch in your calf. Be sure not to push into the wall with your foot; this should be a passive stretch. Once you feel a stretch, hold for 30-60 seconds, and perform

3 different times a day.

To stretch the soleus muscle, the only difference is to bend your knee slightly while performing this stretch. The soleus muscle lies deeper than the gastrocnemius muscle, so you will feel a slight difference in the area of stretch. Performing these stretches daily will exhibit a noticeable difference in calf flexibility in a short amount of time.

The first most common mistake made on a daily basis: wearing running shoes to walk in.

If the Shoe Fits... Continued

strong hips. When you feel as though you cannot get a straight answer on footwear, ask your healthcare provider. Healthcare providers that treat and manage sports injuries of the feet, knees, hips, and back should be able to give you straightforward advice on the purchase of adequate athletic and walking footwear.

Article by Dale Buchber-

ger, DC, PT, CSCS

Looking for Public Speakers?

Are you a member of a club or committee that is looking for speakers from time to time? The staff at Active Physical Therapy Solutions is well-versed in a variety of health-related topics,

from ergonomics to repetitive strain injuries to when to use heat vs ice to starting an exercise program or preventing sports injuries. We can cater to your needs! We would be happy to pro-

vide some informative material or set up a talk with your group at any time! Please call the office at 315-515-3117 or email Cara at cara@activeptsolutions.com for more information.



Workers' Compensation Medical Treatment Guidelines

Starting in December 2010, the Workers' Compensation Board implemented new guidelines for managing medical care. These guidelines only affect patients who are receiving medical treatment for the **neck, back, shoulder, or knee** from a work-related injury. If you are going to be receiving physical therapy for any of these body parts, we are required to follow these guidelines:

- Patient is required to follow

up with their referring physician **every 30 days**. This is a very important part of your treatment!

- After 8 weeks of physical therapy, the referring physician is required to submit an **MG-2 variance**, which is a request to continue P.T.
- Patient **must** be compliant with the P.T. treatment plan.
- Patient must show functional improvements within 3-4

weeks of starting P.T.

- If the patient's condition is not improving, the therapist will change the treatment plan or send the patient back to the referring physician for further work up.

**FOR
YOUR
INFORMATION!**

The patient is responsible for understanding how these guidelines work. For more information, you can visit www.wcb.ny.gov or ask the front desk staff at APTS.

APTS Recipe Box: Dr. Pain's Training Room Chili

(If his thumb doesn't get you, his chili will!)

- One tablespoon of olive oil
- 1-pound 85% lean ground meatloaf mix (veal, pork, beef)
- One whole onion
- One bunch of scallions
- One green bell pepper
- One red bell pepper
- One orange bell pepper
- One yellow bell pepper
- One hot pepper (chopped)
- 5 cloves of garlic cut in half

- One package Chili-o chili mix
- One-tablespoon chili powder
- One tablespoon Franks Red Hot
- One tablespoon Tabasco sauce
- One large can of Hunts tomato sauce
- One can of red kidney beans
- One can of small white beans
- One can of black beans
- ½ teaspoon black pepper
- ½ teaspoon white pepper
- One can of Coors original or Rolling Rock beer

Brown beef in skillet with one tablespoon of olive oil. Add chopped scallions, chopped peppers (all), seasonings (all), garlic, chili powder.

Cook until meat is brown and vegetables are soft. Add tomato sauce, cook one hour. Add kidney beans, simmer 30 minutes. Add beer, simmer one hour, Serve over rice or large egg noodles with French or Italian bread

Garnish with chopped scallions and/or jack cheese.

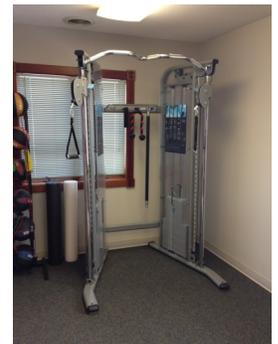
**Submitted by Dale Buchberger,
DC, PT, CSCS**

APTS has New Equipment!



Active Physical Therapy Solutions recently purchased two new pieces of equipment for the clinic! The first is a Precor Leg Extension/Leg Curl machine, good for working the quadricep and hamstring muscles in a seated position. The second is a Precor Functional Trainer System Glide™ machine,

used for a variety of upper and lower body and back strengthening exercises. We are looking forward to providing our patients with more of a variety of exercises in the clinic to enhance the rehabilitation process!



The Precor Leg Extension/Leg Curl machine (left) and Functional Trainer System Glide™ machine



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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: Shoveling Made Simple

Well, we are still in the thick of winter, with lots of snow to shovel and nowhere to put it! With the added strain to your muscles and joints, this activity can cause a number of musculoskeletal injuries. To avoid injury, keep these helpful tips in mind:

Pick the right shovel. An ergonomic snow shovel can help take some of the effort out of snow removal. A shovel with a curved handle or an adjustable handle length will minimize bending. A small, lightweight, plastic blade helps reduce the amount of weight you're moving.

Prior to shoveling, you should start with a short warm-up to prepare your body for the task. A brisk walk or marching in place is enough to increase blood flow to the muscles. Gentle stretches to the lower back and hamstrings will also be helpful. Limber up your arms and shoulders with a body hug, holding for 30-60 seconds.

Here are a few proper lifting techniques to keep in mind while shoveling:

Always face the load you want to lift while keeping your shoulders and hips square to the load.

Bend at the hips and not with your back. Push your chest out and point forward. Bend your knees and lift with your leg muscles, keeping your back straight.



Lift lighter loads more often rather than heavier loads less often. Removing snow over a period of days will lessen the strain on the back and

arms. Remove a few inches of deep snow from the top at a time instead of attempting to shovel the full depth at once.

If you must lift a full shovel, grip the shovel with one hand as close to the blade as comfortably possible and the other hand on the handle. Keep your hands about 12 inches apart to provide greater stability and minimize injury.

Avoid twisting the back to move the snow to its new location. Always pivot your whole body to face the new direction.

Walk to the area where you want to deposit the snow rather than throw it. Keep the load as close to your body as possible.

Take a break every 10-15 minutes or at any point that you feel overworked. Do a few stretches during this time.

Slippery conditions can put a twist on things, causing you to slip and fall or strain your back. Shoes or boots with good treads will help minimize slipping. Spreading sand, rock salt, or kitty litter on the surface will increase traction and reduce the likelihood of slipping.

If you have a large area to clear you may want to consider using a snow blower if you are able to operate one safely. Avoid stressing your back by using the power of your legs to push the snow blower while keeping your back straight and knees bent.

Another option is to hire a professional to clear the snow. This option may cost you money up front but may end up saving you money—and injury—in the long run. Consider the best option for you and stay safe and healthy this winter!

Source: www.spine-health.com

Article by Tom Zirilli, PT