

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

APTS Monthly



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Office Hours:

Monday -

8:00am - 5:30pm

Tuesday -

8:00am - 7:00pm

Wednesday -

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Thursday -

8:00am - 5:30pm

Friday -

8:00am - 4:00pm

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Healthy Tips for Each Decade

October is National Physical Therapy Month! So we thought we would share some healthy habits that you can start early to help stave off many age-related health conditions.

2 Tips for 20s:

1. Be active 30 minutes per day to make it a habit for life. Regular exercise now is a great way to keep serious health issues (heart disease, diabetes, etc.) out of your future.
2. Put down your smartphone and get up and move! Bones begin losing density in your mid-20s. Weight-bearing exercises are key to avoiding osteoporosis later in life. Dance. Jump rope. Run. Whatever!

3 Tips for 30s:

1. Feeling pressed for time? Don't cut corners with your health if you're being asked to do more at work and at home. Make sure you continue to eat well, get adequate sleep, and exercise regularly.
2. Saving for retirement? Adopt the same attitude about your long-term health. Just like a financial planner can make sure you're putting enough money in the bank, a physical therapist can evaluate your current weaknesses and outline a plan to make them future strengths.
3. Testing your physical limits? Many people in their 30s challenge themselves with road races, bike rides, and obstacle courses. These activities are an excellent way to stay active, but be sensible too. Ease into new routines and allow your body time to adjust to stresses that could lead to injury.

4 Tips for 40s:

1. Some inactivity researchers believe that prolonged sitting is so detrimental to your health that exercise doesn't offset its negative effects. So get up from sitting at least once an

hour—more if you can!

2. Does your exercise routine include aerobic exercise, strength training, and flexibility activities? If not, have a physical therapist evaluate you and make recommendations for safely addressing areas you're neglecting.
3. Women who experience bladder leakage after childbirth should know that urinary incontinence is common but not normal. It's treatable too. Find a physical therapist who specializes in women's health. (We recommend Sharon Riccio, PT, at Mauro-Bertolo Therapy Services in Cicero, NY.)
4. Don't start acting "over the hill"! Aches and pain may increase in your 40s, but that doesn't mean you have to live with them. Act your age by doing something about it! Physical therapists can often treat your pain without the need for surgery or long-term use of prescription medication.

5 Tips for 50s:

1. See the world and exercise, too. Traveling for work or pleasure shouldn't derail your healthy habits. Physical therapists can suggest exercises you can do on the go, anywhere.
2. Menopause contributes to increased loss of bone density, making bones more brittle and prone to breaking. The older you get, the more important it becomes to get the recommended amount of calcium and vitamin D, and perform weight-bearing or resistance exercises 30-60 minutes at least 3 times per week.
3. Imitate a flamingo! If you can't stand on one leg for 5-10 seconds, that's a sign your balance needs immediate improvement. Don't let a fall be your wakeup call!
4. Be active every day! The older you get, the more important it becomes to be vigilant about your health. Each week, you want 2.5 hours of moderate-

intensity aerobic physical activity, 1.25 hours of vigorous-intensity activity, or an equivalent combination of the two.

5. Get a second opinion. People in their 50s often experience the first major signs of aging. If you've tried to manage your health on your own thus far, now is the time to get off the Internet and in front of a physical therapist, who can provide an expert assessment of your health that will be key to your ability to maintain your independence.

6 Tips for 60s and Beyond:

1. Regular physical activity is more crucial than ever, but if aches and pains are making walking or jogging a chore, move some of your exercise to a pool where you can work just as hard with less pounding. And see a physical therapist about those aches and pains!
2. Get balanced. One-third of adults over age 65 are likely to fall each year, and those falls will lead to more than 700,000 hospitalizations. Unfortunately, too many people realize they are prone to falls when they experience their first fall. Be proactive! See a physical therapist for a balance assessment.
3. Preserve your mental health with physical activity. People who are physically active—even later in life—are less likely to develop memory problems or Alzheimer's disease.
4. Maintain your intensity! Studies show that people in their 60s, 70s, and even 80s and older can make improvements in strength and physical function, which is associated with improved health and quality of life. But that can't happen unless your physical activity is

Exercise of the Month: Standing Hip Abduction



Standing hip abduction, start & end position (left), exercise position (right)

This exercise is great for people of all ages to help with hip strengthening and balance, and the best part is that it can be performed anywhere!

To get into position, stand at a table or your kitchen counter or even behind your couch, using your hands for balance and support of your upper body. Make sure you are close enough to the surface to limit bending forward at the waist.

To perform the exercise, lift one leg out to the side only as

high as shown, leading with your heel to keep your foot pointing straight. Then return foot to midline placing it back on the floor if necessary for balance in between repetitions. Be sure to stand up as straight as possible while lifting your leg to the side.

Perform 2 sets of 10 repetitions on each side every day, alternating sides between sets if necessary for balance or fatigue. Gradually increase by 5 repetitions every 1-2 weeks as

tolerated until you reach 30 repetitions. Once you can perform 2 sets of 30 repetitions comfortably without too much fatigue or loss of balance, you can strap a 1-pound weight around your ankle (we sell them here at APTS!), and drop your repetitions back to 10, gradually working back up to 30. If at any time you have increased pain, fatigue, or loss of balance, stop the exercise and consult your health care professional!

Just like a financial planner can make sure you're putting enough money in the bank, a physical therapist can evaluate your current weaknesses and outline a plan to make them future strengths.

Healthy Tips for Each Decade con't

physical activity. People who are physically active—even later in life—are less likely to develop memory problems or Alzheimer's disease.

- Maintain your intensity! Studies show that people in their 60s, 70s, and even 80s and older can make improvements in strength and physical function, which is associated with improved health and quality of life. But that can't happen unless your physical activity is
- intense enough to produce gains in muscle strength. Don't do this alone. A physical therapist can prescribe an exercise dosage adequate enough to generate results.
- Set a goal to be physically active 60 minutes a day. You don't have to do it all at once. Ten-minute increments count, too.
- Team up! If you're retired, what better way to stay close

to longtime colleagues than to make time to walk together? Whatever the activity, doing things as a team will keep you accountable and provide social interaction.

As experts in movement, physical therapists will work with you to help you prepare for aging, treat the effects of aging, and help you #AgeVWell at any age!

Source: www.moveforwardpt.com

APTS Attends Vestibular Rehab and Balance Training Seminar

On Saturday, October 3, 2015, Dale Buchberger and Carolyn Collier attended a one-day Vestibular Rehabilitation and Balance Training Seminar in Rochester, NY. They wanted to refresh their skills a little more since there is an increasing need for this type of physical therapy in this area. The

class was taught by Karen Hogan-Curran, DPT, a vestibular rehab specialist and Program Director of The Balance Center in New York City. Though the class did not certify us as vestibular rehab specialists by any means, we left with a better understanding and with several exercise techniques to

use on this population. For more information on vestibular disorders, visit www.vestibular.org or call our office at (315) 515-3117.



9 Physical Therapist Tips to Help you #AgeWell

#AgeWell

WITH THE HELP OF A
PHYSICAL THERAPIST

www.MoveForwardPT.com

We can't stop time. Or can we? The right type and amount of physical activity can help stave off many age-related health conditions. Physical therapists, who are movement experts, prescribe physical activity that can help you overcome pain, gain and maintain movement, and preserve your independence—often helping you avoid the need for surgery or long-term use of prescription drugs. Here are 9 things physical therapists want you to know to #AgeWell.

1. **Chronic pain doesn't have to be the boss of you.** Each year 116 million Americans experience chronic pain from arthritis or other conditions, costing billions of dollars in medical treatment, lost work time, and lost wages. Proper exercise, mobility, and pain management techniques can ease pain while moving and at rest, improving your overall quality of life.
2. **You can get stronger when you're older.** Research shows that improvements in strength and physical function are possible in your 60s, 70s, and even 80s and older with an appropriate exercise program. Pro-

gressive resistance training, in which muscles are exercised against resistance that gets more difficult as strength improves, has been shown to prevent frailty.

3. **You may not need surgery or drugs for low back pain.** Low back pain is often over-treated with surgery and drugs despite a wealth of scientific evidence demonstrating that physical therapy can be an effective alternative—and with much less risk than surgery and long-term use of prescription medications.
4. **You can lower your risk of diabetes with exercise.** One in four Americans over the age of 60 has diabetes. Obesity and physical inactivity can put you at risk for this disease. But a regular, appropriate physical activity routine is one of the best ways to prevent—and manage—type 1 and type 2 diabetes.
5. **Exercise can help you avoid falls—and keep your independence.** About one in three U.S. adults age 65 or older falls each year. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping, and standing. Exercise can improve movement and balance and reduce your risk of falls. It can also reduce your risk of hip fractures (95 percent of which are caused by falls).
6. **Your bones want you to exercise.** Osteoporosis or weak bones affects more than half of Americans over

the age of 54. Exercises that keep you on your feet, like walking, jogging, or dancing, and exercises using resistance, such as weightlifting, can improve bone strength or reduce bone loss.

7. **Your heart wants you to exercise.** Heart disease is the Number One cause of death in the U.S. One of the top ways of preventing it (and other cardiovascular diseases) is exercise. Research shows that if you already have heart disease, appropriate exercise can improve your health.
8. **Your brain wants you to exercise.** People who are physically active—even later in life—are less likely to develop memory problems or Alzheimer's disease, a condition that affects more than 40 percent of people over the age of 85.
9. **You don't "just have to live with" bladder leakage.** More than 13 million women and men in the U.S. have bladder leakage. Don't spend years relying on pads or rushing to the bathroom. Seek help from a physical therapist. (We recommend Sharon Riccio, PT, at Mauro-Bertolo Therapy Services in Cicero, NY.)

Physical therapists can help you #AgeWell. To learn more about how a physical therapist can help transform your life, or to find a physical therapist near you, visit www.MoveForwardPT.com.

Source: <http://www.moveforwardpt.com>

Low back pain is often over-treated with surgery and drugs despite scientific evidence demonstrating that physical therapy can be an effective alternative with much less risk than surgery and long-term use of prescription medications.

APTS Recipe Box: Pumpkin Ginger Soup and Fall Salad

Here are a couple of easy, quick fall recipes you can whip up for lunch or a light dinner!

Pumpkin Ginger Soup

Ingredients: 3 cups roasted pumpkin, 2 cups chicken stock, 3/4 cup coconut milk, 1/4 teaspoon stevia, 2 tablespoons freshly squeezed lemon juice, 1 tablespoon minced ginger.

Instructions: In a mixer or food processor, combine pumpkin, chicken stock, and coconut milk, and process on high until smooth. Blend in stevia, lemon juice, and ginger. Place mixture in a pot and bring to a boil then reduce to a simmer and cook for 5 minutes. Serve hot.

Source: elanaspantry.com/recipes/

[pumpkin-ginger-soup/](#)

Paleo Fall Salad

Ingredients: Spring lettuce, 1 cucumber, 1/2 cup pecans, 1/4 cup raisins, 1 can of tuna or 5 oz chicken, 1 oz of balsamic vinegar and olive oil mixed for dressing.

Mix together and serve!

Source: donnaahup.com/2013/10/08/

[paleo-fall-salad](#)



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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: The PT's Role in Ergonomics

What exactly is “ergonomics” and how do physical therapists play a role in this area? Since October is National Physical Therapy Month, this is a great time to talk about it! To understand this role, we must first define **ergonomics**: *an applied science concerned with designing and arranging things that people use so that the people and things interact most efficiently and safely.* This can be anything from your computer workstation to your snow shovel or gardening tools to cooking, playing a sport or an instrument, or even knitting! With proper ergonomics, one can greatly reduce the rate of repetitive strain injuries, whether it is from work or from hobbies.

Understanding the complexity of the human movement system within a specified environment takes unique skills. The education and experience of physical therapists make them ideal candidates to address ergonomic is-

suues. Here are a few reasons why physical therapists are experts in ergonomic evaluation and treatment:

- they have the ability to evaluate specific risk factors of the movement patterns of individuals in everyday activities.
- they are trained to design a customized program that can be tailored to an individual's physical ability and the unique environments in which they live, work, and play.
- they take into consideration the goals and motivation unique to the individual when designing ergonomic programs. For example, “I'd like to make it through my 8-hour work shift without pain in my shoulder” or “I'd like to be able to garden for 30 minutes without knee pain”.
- they are trained to re-evaluate progress of the individual and make changes to the plan to achieve suc-

cess.

A physical therapist can do a basic ergonomic assessment of specific daily motions or activities at an initial evaluation in their office. They try to mimic the painful environment as best they can with the information that the patient provides, and then they can come up with a solution to decrease the pain. With more training, they can also do on-site visits at one's place of work, especially if any kind of repetitive motion is the source of an individual's pain and it only occurs using a specific piece of equipment. At an on-site visit, they could make recommendations on workstation modifications so that the employee can work in a pain-free environment.

Article by Tom Zirilli, PT