

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 -

8:30am - 4:00pm

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Tips for Golf Season

As spring approaches, more and more people will be turning their attention to the golf course. Hopefully many of these people have been preparing for the new season by doing some regular exercise. If you have not started your preseason exercise routine, it is not too late to get started. Fortunately in Central New York the golf season comes slowly. The three most common causes of golf injuries are excessive play, poor swing mechanics, and poor physical conditioning.

Overuse injuries occur when we force deconditioned muscles and joints to do repeated high force movements, such as swinging a golf club. Performed too frequently, injuries can result. The body can withstand many forces placed on it, but there's a limit to how much it can take before it reacts with injury. High repetitions of the golf swing during play and practice can cause trauma to muscles and connective tissue, leading to inflammation and pain. When key areas are kept strong and flexible, the body can withstand these forces better with less risk of injury.

Poor golf swing mechanics can also lead to injury. Repeated collisions with the ground (besides creating divots) will place increased stress on the muscles, tendons, and ligaments of the shoulder, elbow, and wrist. Back injuries can occur if you bend too far forward during the golf swing. If you have back trouble that is made worse with your golf swing, you should have your swing analyzed by a certified golf instructor to pick up any faults that can be corrected. To help prevent back injuries, you should also use



good body mechanics when lifting your golf bag and teeing the ball.

Unconditioned muscles are weak and inflexible, causing them to be more susceptible to injury. The back is especially vulnerable to the increased pressure placed on it during the golf swing (rotating while leaning forward). If lower back and abdominal muscles aren't strong or flexible enough, the high repetitions of the golf swing eventually will cause pain. If you are limited in your golf swing by a health-related problem (such as having had a joint replacement in either your knee or hip) being on a strengthening program is even more important. Keeping your legs strong will take the strain off your back.

Here are the easiest and most productive exercises for any golfer to perform. While it would be easy to fill your day with exercises, these target specific areas of weakness found in most amateur and recreational golfers.

Bridging strengthens the back and hips. Lay on your back with your knees bent and feet flat on the floor. Push your feet into the floor, lifting your bottom

off the floor while squeezing your bottom. Hold for 3 seconds and lower slowly. Start with 2 sets of 10-12 repetitions per day and increase to 2 sets of 25-30 repetitions per day.

A seated piriformis stretch increases flexibility in the hips and is performed seated with both feet on the ground. Cross one leg over the other. Grasp your knee with both hands and pull your knee to your chest. Hold for 15-30 seconds and repeat one at a time 3-5 times per day.

The Prone "T" exercise strengthens the shoulders and upper back and is performed lying face down on the floor with a folded towel under your forehead. Your arms are out to the side with the palms facing the floor so you are in the shape of a "T". Squeeze your shoulder blades together and lift your hands off the floor until they are parallel to the floor at the height of your body. Hold for 3 seconds and lower slowly. Repeat sets of 10-12 repetitions to start and increase to 2 sets of 25-30 repetitions per day.

The cross body shoulder stretch increases flexibility of the shoulder and can be performed by crossing one arm across the chest. Grasp the elbow with the other hand and pull your arm into your chest while depressing the stretched shoulder. Hold for 20-30 seconds and repeat one at a time but 4 times per day.

By following a golf-specific strength and flexibility program, you will lower the risk of injury and, most



Cross-body Shoulder Stretch (above) & Seated Piriformis Stretch (right)

Exercises of the Month:

Cross-body Shoulder Stretch & Seated Piriformis Stretch

This month's exercises are stretches mentioned in the cover article to help increase flexibility for golfing. However, these stretches can benefit all of us, golfers or not!

The first stretch increases flexibility of the shoulder. It is performed by bringing one arm across the chest as shown.

Grasp the elbow with the opposite hand and pull your arm into your chest. Be sure to not shrug your shoulder up to your ear; rather squeeze your shoulder

blade down and back while holding the stretch. You should feel this stretch along the back of your upper arm and shoulder. Hold the stretch for 20-30 seconds and repeat one at a time but 3-4 different times throughout the day.

The second stretch increases flexibility of the hips. It is performed seated, starting with both feet on the floor. Then cross one leg over the other (as shown) while grasping your knee with both hands. Pull your knee

to your chest first, then toward the opposite shoulder if flexibility allows. You should feel a comfortable, tolerable stretch in your hip. Hold for 15-30 seconds and repeat on each side once, 3-5 times throughout the day.

Remember, never pull a stretch so far that it is painful! If you're experiencing increased pain with either of these stretches (either during or after the stretch), discontinue and seek the help of a health care professional!

Tips for Golf Season *Cont.*

likely, improve your game. While there are many gadgets and gimmicks promoted to improve the golf swing, the easiest and most cost effective way is to strengthen inherent physical weaknesses. A program doesn't have to be complicated or take a lot of time. Injury prevention starts with taking a few minutes every day to perform a few exercises. The degree of improvement in

your game is directly proportional to the effort you put into preparing. Showing up at the golf course every day won't necessarily improve your game if you show up each day with the same weaknesses. Remember if you have 5 hours to play 18 holes of golf you need to find 15 minutes to warm up before you play.

Look for Dr. Buchberger's

NEW e-book on iTunes: *The Buchberger-12 for Golf*. When used according to the guidelines, this will help you avoid the majority of shoulder injuries related to golfing and, in the process, will enhance your performance.

Article by Dale Buchberger, DC, PT, CSCS

Dr. Buchberger Elected to YMCA Board of Directors

Dr. Dale Buchberger was elected to the Board of Directors for the Auburn YMCA-WEIU on April 2, 2015. He has been involved with the YMCA's Health and Wellness committee for the last 5 years

and will continue his presence on that committee. He has also been a volunteer swim coach for the Auburn YMCA Stingrays swim team and their strength coach for the last 6 years. Dr. Buchberger

will continue in these positions going forward into 2016. He looks forward to helping guide the Auburn-Y and continuing a positive influence on the youth of Auburn. Congratulations, Dale!



APTS Participates in Earth Day Clean-Up!



On Wednesday, April 22, Active Physical Therapy Solutions participated in an

Earth Day Clean-Up. Tom Zirilli, Maggie Whitehouse, and Carolyn Collier spent part of their lunch hour on a chilly, damp spring day cleaning up trash around the outside of the new building at 91 Columbus Street. Tom's best find was a rusty coffee can in the brush behind the building, Maggie found a champagne bottle by

the creek, and Carolyn picked up a lot of cigarette butts in the front of the building. Sadly, we ended up with three full bags of trash, but we feel good knowing we did our part to help take care of our planet! We would like to thank IGNITE of Cayuga County for giving us the challenge and look forward to making this a yearly event!

APTS Recipe Box: Perfect Paleo Burger

It's officially grilling season and what better recipe to share this month than a burger?

Ingredients for burgers: 1-pound grass-fed ground beef, 4 small slices of sharp cheddar or goat cheese, sea salt and black pepper to taste, juice of 1 lemon (divided).

Ingredients for toppings: 2 tbsp bacon fat (or coconut oil, duck fat, etc), 1 sweet potato (peeled), pinch of sage, 2 cups baby spinach, 1 roma tomato, 1 avocado, sea salt and pepper to taste.

Instructions for toppings: You want to prepare these before cooking your burgers so you can dress your burgers as soon as they're done.

Preheat a cast iron skillet or pan over medium heat. Using a spiral slicer or julienne peeler, make your peeled sweet potato into noodles. Place your bacon fat in your pan and, once melted, add your sweet potatoes and your pinch of sage. Sauté for 8-10 minutes stirring often as to not burn the sweet potatoes until they are the consistency you desire. Remove from the heat and set aside. Wash and slice your roma tomato. Cut your avocado in half, remove the pit, peel the skin off, and slice. Wash your baby spinach and set aside.

Instructions for burgers: Preheat your grill on high heat. Ensure your ground beef has been at room temperature for a minimum of 30 minutes.

Place ground beef, salt, pepper, and half your lemon juice in a mixing bowl and combine with your hands. Divide the meat in half and form two even-sized 3/4-inch patties ensuring you depress the center with your thumb to make a well. Place on grill and cook covered for 3 minutes, then flip and cook covered for another 2 minutes. Top with cheese and let sit until cheese is melted, then remove from the grill.

Assembly: Place 1 cup of spinach on each plate, top with a burger, add avocado and garnish with sweet potatoes and tomatoes. Sprinkle remaining lemon juice over entire plate and enjoy!

Source: <http://civilizedcavemancooking.com/recipes/beef/perfect-paleo-burger/>

APTS Attends Chronic Pain Seminar

On Thursday, April 16, Dr. Dale Buchberger and Carolyn Collier attended a Chronic Pain Seminar presented by Dr. Farah Siddiqui of Regenerative Spine and Musculoskeletal Medicine (RSM) Associates at the Hilton Garden Inn in Auburn. There we had an oppor-

tunity to sit down and talk one-on-one with Dr. Siddiqui about certain conditions and patients requiring pain management, as well as discuss various pain management techniques that they currently use. We hope they will come back to this area and do an-

other talk in the near future so that more patients can benefit from this very important topic!

For more information on chronic pain, contact RSM at (315) 701-4000 or visit their website, www.rsmd.com.



Dr. Farah Siddiqui



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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: Muscle Soreness vs. Pain

Quite often, we see patients who are not sure how to differentiate between muscle soreness and pain. Knowing the difference can help you prevent a potential injury, or prompt you to see a health care provider sooner for further treatment. In turn, this may speed up the recovery process! The following chart is not a substitute for obtaining medical advice from your health care provider, but rather a guide to help you distinguish your symptoms and treatment options.

	Muscle Soreness	Pain
Onset:	During exercise or 24-72 hours after activity.	During exercise or within 24 hours of activity.
Type of Discomfort:	Tender to touch, may burn or feel fatigued with exercise. May be tight or achy at rest.	Sharp pain, may ache at rest or with exercise.
Duration:	2-3 days	Can last 1-2 weeks or longer.
Location:	Muscles	Muscles or joints
Improves with:	Stretching, following movement.	Ice, rest
Worsens with:	Decreased activity, sitting still.	Continued activity
What to do:	Wait until soreness decreases before returning to low intensity activity.	Seek medical attention if pain is extreme or lasts >1-2 weeks.

*Adapted from American Physical Therapy Association website MoveForwardPT.com.