

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

APTS Monthly



VOLUME V, ISSUE VI

JUNE 2015

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

Location:

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Sprains vs. Strains

The recent stretch of beautiful weather is getting all of us eager to exercise and/or work in the yard. This new found activity is sure to bring with it a few aches and pains. It may also bring about some minor injuries and, unfortunately, some severe injuries. Understanding the difference between a minor injury that is treatable at home and a more severe injury that needs professional medical attention can save time, money, and pain.

Sprains and strains are common injuries that share similar signs and symptoms. A *sprain* is a stretching or tearing of a ligament. Ligaments are thick bands of fibrous tissue that connect bone to bone. A *strain* is a stretching or tearing of muscle or tendon. A tendon is a fibrous cord of tissue that connects muscles to bones. Sprains and strains are graded as first, second, and third degree.

First-degree strains and sprains cause very little actual tissue damage, so detecting whether the injury occurred to a tendon or ligament comes down to whether pain is elicited with the contraction of the muscle or not. Generally, the pain will subside in both first-degree sprains and strains in a matter of days. Gradual return to activity is usually possible after a few days with complete return to activity in 1-3 weeks, depending on the area of the body injured and the activity performed.

Second-degree strains can be quite painful if located in the muscle. Pain is often felt with mild contractions of the strained muscle and occa-

sionally at rest. Strains to tendons may not be painful until the muscle contracts forcefully. Second-degree strains in muscles might require professional treatment (such as physical therapy) to reduce scar tissue formation and assist return of normal function. Second-degree strains to tendons may also require treatment to restore function and prevent progression into a case of tendinitis.



Second-degree sprains may result in laxity or looseness of the joint that the ligament supports. Since the ligament is partially torn in a second-degree sprain, the ligament will be unable to resist large amounts of tension. The partial tearing results in bruising, swelling, and pain that are usually best treated with rest, ice, and compression followed by gradual return to activity. Consultation with a healthcare professional should be obtained to determine whether the amount of ligament damage would slow the recovery. It can take 6-12 weeks for a second-degree sprain to fully heal.

Third degree strains of muscles and tendons are generally a very serious issue and often require surgery. The

muscle or tendon ruptures completely. This usually occurs at one end. The end that is torn will retract away from the original attachment site. Some even occur with no pain at all, especially in the case of tendon ruptures. Surgical reattachment of a ruptured or avulsed tendon should occur within 14-21 days of the injury. Therefore, seeking medical attention is imperative to a good long-term outcome.

Third degree sprains vary greatly, often depending on which ligament is involved. Pain, swelling and bruising are usually severe with a complete ligament rupture. While the majority of grade three ligament ruptures require surgical reconstruction, there are occasional cases that can be rehabilitated without surgery. Your healthcare provider can let you know if you are a candidate for nonsurgical rehabilitation or if surgery is required. Third degree sprains should also be evaluated by a healthcare professional to give you the best opportunity for an excellent long-term recovery.

Remember you should see a doctor if you can't walk more than four steps without significant pain, you can't move the affected joint without pain, you have numbness in any part of the injured area, or if the injury is preventing you from getting to sleep or wakes you from a sound sleep.

It is difficult to predict if and when you will incur a sprain or a strain, but we do know that your risk is higher if any of the following factors



Straight leg raise: start and end position (top), exercise position (bottom)

Exercise of the Month: Straight Leg Raise

The straight leg raise exercise is a great exercise used to strengthen the hip joint. It is commonly used in early and mid-rehabilitation for hip, thigh, and knee injuries. It strengthens both hip flexor and quadriceps muscles.

To perform the exercise, lie on your back with one leg straight and foot pointed straight up to the ceiling. The opposite leg should be bent with foot flat on the surface to protect your back. Squeeze the

thigh muscle of your straight leg by pushing the back of your knee into the surface (bed, floor, table, etc.). Keeping your knee as straight as you can, lift your leg up off the surface just to the height of the opposite knee. Lower leg slowly, controlling the downward motion. Perform 10-15 repetitions of the exercise 1-2 times per day and gradually work up to 30 repetitions. When you reach 2 sets of 30 repetitions comfortably, you can add an ankle cuff weight (start with 1-2

pounds), drop your repetitions back to 10-15, and then gradually increase to 30 again. Continue this cycle, adding one pound at a time until you reach a weight that is comfortable for you.

*A sprain is a stretching or tearing of a ligament.
A strain is a stretching or tearing of muscle or tendon.*

For more information, visit www.gwangju2015.com OR www.wugusa.com/2015-gwangju-summer-games-info/



Sprains vs. Strains Con't

come into play:

- You are poorly conditioned. Lack of conditioning can leave your muscles weak, inflexible, and more likely to sustain injury.
- Participating through fatigue. Fatigued muscles are less likely to provide adequate support for your joints. When you're tired, you are also less likely to withstand high forces during athletic activities.
- Failing to warm-up properly. Appropriate warm-up before a vigorous physical activity takes longer than you think. For example, proper warm-up for a 5k road race can take 60-90 minutes. The warm-up loosens your muscles, increases joint range of motion, and improves muscle

and tendon elasticity making the muscles less prone to trauma and tears.

If rest, ice, compression, and elevation do not resolve your pain and restore function within 10-14 days, more time is not the answer. Call a healthcare provider you trust and have your injury evaluated.

Article by Dale Buchberger, DC, PT, CSCS

Dr. Buchberger Invited to SWUG 2015

On April 27th, Dr. Buchberger was notified by Team USA Lead Physician Ron Olsen, MD, of Duke University, that he had been selected to be a member of the USA Summer World University Games

Medical Staff!

In short, Dr. Olsen stated, "I am excited to invite you to be part of our medical team."

This year's SWUGs will be held in Gwangju, South Korea, July 1-14, 2015. Dale leaves on June 27.

These are Olympic style games

made up of the world's best university level athletes, some of who will be our next Olympians for 2016.

Join the APTS staff in congratulating Dr. Buchberger on being chosen for the honor of serving Team USA in an international event and wish him luck in South Korea!



APTS Attends the Cayuga County Health Fair



Cara at the APTS booth at the Cayuga County Health Fair On Friday, May 1, Cara Cuthbert and Tom Zirilli attended the Cayuga County Health Fair at the County Office Building in Downtown Auburn. Tom did a presentation for the county employees on Adverse Health Effects of a

Sedentary Job. Cara provided a booth with informative materials for people to take and ask questions. We enjoy getting out into the community at events like this so that we can spread the word on the different treatment techniques that we use!

Remember: Your scheduled appointment time is your face-to-face time with your provider, so please arrive at the office a few minutes prior to that time!

APTS Recipe Box: Spiced Ground Turkey Wrap

This luscious, spicy ground turkey wrap is easy to prepare and makes a quick, savory lunch or dinner!

Ingredients: 2 tbsp olive oil; 1/2 yellow onion, thinly sliced; 1 medium size carrot, julienned; 1 garlic clove, minced; 1 tsp fresh ginger root, minced; 1/8 tsp cinnamon; 1/8 tsp coriander; 1/8 tsp turmeric; a few dashes cayenne pepper; 1/8 tsp sea salt; 1/8 tsp ground black pepper; 1 tsp parsley, minced; 5 oz ground turkey; 2 tbsp chicken or vegetable broth (optional); 2 romaine lettuce leaves, rinsed (if making into a wrap); 1/4 avocado, mashed with a fork; 1/2 cup baby spinach,

rinsed; 1/2 cup watercress, rinsed.

Preparation: In a medium sauté pan, heat olive oil over medium heat. Add onions and carrots and sauté until onions are translucent, about 5 minutes. Add garlic, ginger, cinnamon, coriander, turmeric, cayenne pepper, salt, and pepper. Sauté over medium heat for 2-3 minutes. Add the ground turkey, breaking it up into pieces with a spoon. Cook ground turkey until browned, about 6-8 minutes. Add 2 tbsp of chicken or vegetable broth (optional) and cook for 1 minute. Reduce heat to medium-low and add fresh minced parsley. Remove cooked turkey mixture from

heat. Spread a layer of mashed avocado onto romaine lettuce leaf. Add spinach, watercress, turkey mixture, and roll.

These wraps are gluten and dairy free, have a low glycemic load, are nutrient dense and full of anti-inflammatory phytonutrients, and contain lean protein and 67% of healthy monounsaturated fat. It's one of Tom Zirilli's favorites!

Source: <http://drhyman.com/blog/2012/05/12/recipes-galore-the-path-to-a-healthy-life/>

Upcoming Events with APTS

August is a busy month for APTS!

- We are helping out at the **Shamon/Penafather Golf Tournament** on Sunday, August 2, 2015, at Dutch Hollow Country Club in Auburn. Shotgun start is at 12 noon. This tournament is \$85/person for a 4-person scramble and benefits Catholic education in the area. Please contact

our office for more information, or if you're interested in sponsoring a hole for \$100!

- The second annual **APTS Night at the Doubledays** will be held on Thursday, August 6, 2015. The game starts at 7:05 P.M. and we will have a booth with informative materials and giveaways available at this event.

- The **Downtown Auburn Mile** is Friday, August 21, 2015 at 7:00 P.M. The location has changed this year to the Plaza of the Arts in Downtown Auburn!

We will continue to keep you updated on all events!

FR. ALBERT J.M. SHAMON/PENAFATHER
GOLF TOURNAMENT
To Benefit Catholic Education
Tyburn Academy
John Paul II School
St. Joseph School
and the
Niagara University Scholarship Fund

- ✓ **WHEN:** Sunday, August 2, 2015 at 12 noon Shotgun Start
- ✓ **WHERE:** Dutch Hollow Golf Club, Auburn, NY
- ✓ **WHO:** Four Person Scramble
- ✓ **COST:** \$85/person (includes dinner and prizes)
- ✓ **CONTACT:** Dale Bachinger - 735-9264 rostoroff@rochester.rr.com Harvey Simons - 485-7595

Join Us for this Special Fundraising Event!



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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: Seven Steps to Better Driving Posture

A common complaint of patients with neck and back pain is that they have increased symptoms while driving. Although seat design can play a role in poor sitting posture, many symptoms can be improved with proper seat adjustment. Do you really know how to position your seat correctly? Hopefully this will give you a few tips to make you more comfortable while driving during this busy summer travel season.

Before you even start thinking about moving the seat, make sure to remove the items from your back pockets, such as a wallet or keys. These items may increase pressure on the soft tissue and nerve structures. It will be helpful to start out with the seat adjustment in a "starting position" and then work from there. Start by pushing your seat back all the way and as low to the floor as possible. Recline the back between 30-40 degrees. Er-

gonomics Simplified, LLC offers this progression to get your seat adjusted properly:

1. Adjust the height of your seat so that you can comfortably see the height of the road and driving panel. Your hips should be as high as your knees.
2. Bring the seat forward so you are able to reach and depress both pedals without feeling like you need to scoot forward in your seat to do so.
3. Move the back part of your seat until you are at a 100-110 degree angle. The headrest should rest comfortably on the middle part of your head.
4. If your car has a lumbar support, adjust this feature so it feels even across the back. A lumbar cushion may be helpful if your car doesn't allow you to adjust the lumbar region.
5. Tilt the seat pan to allow the knees to be slightly lower than the hips.

6. Once these adjustments are made, you can adjust the mirrors to properly see around you. If you begin to slouch while driving, the mirrors will feel they need to be adjusted and should cue you to correct your posture.
7. Hold the steering wheel in the 9 and 3 o'clock position while driving.

Take the time to correctly adjust your seat and this could save you a great deal of discomfort while driving. Remember to take frequent breaks while on long trips to get out of the car to stretch. Fine tune your adjustments as needed.

Source: <http://www.ergonomicssimplified.com/tips/driving>

Article by Tom Zirilli, PT