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APTS Monthly



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Monday -

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8:30am - 7:00pm

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8:30am - 5:30pm

Thursday -

8:30am - 5:30pm

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8:30am - 4:00pm

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Summer Cycling, Injury Free

In past years, I would have written this column in May or June in anticipation of the summer cycling season. It looks like Mother Nature knew my schedule was off and brought the rains so I could get this done. I know there are some hard-core cyclists still pushing the pedals in the rain, but for the basement dwellers, here is my injury prevention look at cycling.

You can't prevent post-traumatic or crash related injuries, but you can take steps to help your body tolerate those early training miles, making it less prone to over-use cycling injuries later in the season.

If you plan on riding more than an hour or two a day, it is a necessity to have a professional bike fit. You can spend hours, days, weeks, or months trying to fit your bike through trial and error, but a few millimeters may be the difference between a painful ride and a comfortable ride. As we age, the muscles, tendons, and ligaments in our joints and back tend to stiffen, making a correct fit even more important. The basic premise of a bicycle fitting is to fit the bike to the rider – not the reverse. This may entail changing some components to get the fit you want. In the end, both the professional bike fit and the component modification will save you pain, sweat, tears, time, and money.

Cycling is an efficiency sport as much as it is a strength and endurance effort. A bike fit places you in the best position for an efficient ride, and an

efficient ride is a pleasant ride. Here are a few general points to keep in mind with a bike fit. Please remember that this article is not a substitute for a professional bike fitting!

Your bike seat should be level in order to support your full body weight and allow you to move around on the seat. Too much upward tilt can result in pressure points and buttock pain. Too much downward tilt can result in forward slide and increase the pressure on your arms, hands, and knees.



A seat position that is too high or too far back can often result in an irritated iliotibial band (ITB). The ITB is the band that runs from the outside of the hip to the outside of the knee. A seat that is too low or forward can cause pain in the front of the knee. A seat that's too high will also cause your hips to rock side to side, which may cause contact discomfort on the saddle as well as lower back pain from excessive movement.

If the handlebars are incorrectly positioned (too high, too low, too close, or too far away), this may result in neck, shoulder, back and/or hand pain. You should be able to comfortably use

all the positions on the handlebars and bend your elbows while riding.

When choosing a fitter, find someone that has several years of fitting experience with the type of bike you are riding and understands cycling anatomy. Be choosy – it's your bike and your body!

Cycling is a linear activity. This means that the majority of repetitions and action occur in a straight line. Consequently, the muscles that

move and control us in diagonal patterns gradually break down with each linear mile we traverse. The muscles of the hip that assist in multidirectional movement are called the hip abductors. When these muscles become weak, the ITB also becomes tight. This sets off a multitude of problems resulting in a host of injuries.

Strengthening the hip abductors early in the year can help keep the knees in alignment during the pedaling cycle, reducing the risk of season-ending knee pain. Stretching the hip rotators can further reduce the risk of ITB stiffness. Using a "foam roller" after training for 5-10 minutes will reduce post-training inflammation and improve recovery.

Stiff and weak hamstrings (the muscles in the back of the thigh) can result in knee and lower back pain. Chronic stiffness of the hamstrings is related to progressive weakness. The hamstrings are very specific muscles and must be trained regularly or they atrophy very quickly

Exercise of the Month: Using a Foam Roller



Foam rolling the left IT band, starting position (top), end position (bottom)

Perhaps you have heard of people using a “foam roller” to treat symptoms of IT band syndrome, sciatica, or just to “roll out” tight muscles after activity. What is the theory behind this?

Foam rolling is a type of self-myofascial release, or self-massage, to release muscle tightness or “knots” that refer pain to other nearby areas of the body. For example, when you have a tight iliotibial band, or IT band, which is located on the outside of your thigh, it can cause symptoms to radiate up to the hip or down the leg to the knee or even the ankle.

As you roll out the area that is tight,

you will experience the same type of discomfort as you would with stretching, but when you’re done, it should feel better. By applying pressure to specific points on your body, you are able to help the recovery of muscles and assist in returning them to normal function. You’re able to control the healing on your own!

To roll out your IT band, lie on the affected side with your hip directly on the foam roller. Using your hands and the opposite leg for balance, “walk” your hands out until the foam roller is all the way down to your knee. Then roll back up to the hip. If it hurts, you’re doing it right! Continue rolling for 30-60 seconds 1-2

times per day until symptoms improve. Most people eventually experience a love-hate relationship with their foam roller, and can tolerate up to 5 minutes of rolling at a time. Just be aware that you could make your symptoms worse by rolling too much! This is when you should consult with your health care professional.

You can purchase a foam roller from any sporting goods store or online retailer, or even right here at Active PT Solutions! You want to look for one that is at least 36” long and is dense and firm.

“As we age, the muscles, tendons, and ligaments in our joints and back tend to stiffen, making a correct fit even more important.”

Left to right: Ron Olson, MD, Dale, Blake Boggess, DO



Summer Cycling, Injury Free Con't

and become stiff. The hamstring tension increases the strain at the knee and the lower back. Incorporating a stretching and strengthening routine for the hamstrings will improve your chances of a pain-free cycle season.

It’s never too late to have your bike professionally fit, so schedule that first. Perform hip abductor and hamstring

strengthening exercises 3-4 days per week. Stretch the hip external rotators (buttock), quadriceps (in the front of the thigh), and hamstrings (in the back of the thigh) daily. Lastly, be sure to use that foam roller after every training session. These simple steps will ensure a pleasurable season of cycling.

Article by Dale Buchberger, DC, PT, CSCS

“When choosing a fitter, find someone that has several years of fitting experience with the type of bike you are riding and understands cycling anatomy.”

Dr. Buchberger at SWUG: Update

When Dr. Dale Buchberger got the call, he admits he wasn’t sure if he’d go.

“I’d never been to Korea, so there’s sort of this fear of the unknown,” Buchberger said.

The call was an offer to join a staff of 33 health care providers heading to South Korea for the World University Games. But really, for Buchberger, an Auburn-based licensed chiropractor and physical therapist, the answer was obvious.

He was a college athlete whose own dreams of competing in the Olympics were dashed by injury, so he resolved to make it to interna-

tionally competition as a physician. Now, 27 years later, he had the chance.

“It was a big deal for me,” Buchberger said. “Not just for me, but Auburn. People might think ‘Well, I’m from Auburn, I can’t get onto a world stage.’ You can. It just takes hard work.”

Buchberger flew out for the World University Games, hosted in Gwangju City, South Korea, on June 28 and worked with athletes over the three-week period that the games took place.

He was able to interact and talk to healthcare providers from different countries. Interest-

ingly enough, he found out that not every country has a discipline known as “sports medicine”. He also found that countries like Serbia are excellent at trauma care because of the chronic state of war, but struggle with effective treatment of overuse injuries.

It was an excellent opportunity to work with not only some of the best athletes in the USA, but also with some of the best medical providers that are willing to do whatever it takes to help an athlete perform at their best on competition day. Essentially healthcare at the World University Games is the model for great healthcare. It is expedient, efficient and multidisciplinary.



Upcoming Events with APTS



- We are volunteering at the **Shamoni/Penafather Golf Tournament** on Sunday, August 2 at Dutch Hollow Country Club. Shotgun start is at 12 noon. This tournament is \$85/person for a 4-person scramble and benefits

The new course of the Downtown Auburn Mile

Catholic education in the area. Please contact our office for more information, or if you're interested in sponsoring a hole!

- The second annual **APTS Night at the Doubledays** will be Thursday, August 6, at 7:05 PM. We will have a table with informative materials and giveaways at this event. Wear your APTS t-shirt to the game and receive a prize!
- The **Downtown Auburn Mile** is Friday, August 21 at 7:00 PM.

APTS is the head sponsor again this year, and after-race festivities will be held at The Counter in the Plaza of the Arts building downtown. This is for competitive and recreational runners of all ages, and strollers are welcome! All participants receive a t-shirt, beverage, and hot dog. Registration is online only at www.lightboxreg.com/downtown-auburn-mile, \$12 in advance, \$20 on race day. If you're not interested in running, please contact us if you'd like to volunteer!

APTS Recipe Box: Grilled Peaches with Coconut Cream

This is a simple dessert, perfect for warm summer grilling weather. It can even be used for breakfast or a snack! It's easy to make one serving or four, and it can be prepared in about 10 minutes. Be sure to use really ripe peaches for grilling so that when you eat them, they just melt in your mouth. Grilling the peaches makes them even juicier!

Ingredients:

3 medium ripe peaches, cut in half with pit removed; 1 tsp vanilla; 1 can coconut milk, refrigerated; 1/4 cup chopped walnuts; cinnamon to taste

Instructions:

1. Place peaches on the grill with the cut side down first. Grill on medium-low heat until soft,

about 3-5 minutes on each side.

2. Scoop cream off the top of the can of chilled coconut milk. Whip together coconut cream and vanilla with a handheld mixer. Drizzle over each peach. Top with cinnamon and chopped walnuts to garnish.

Source: Rebecca Bohl

<http://paleogrubs.com/grilled-peaches>

Zachary Buchberger Graduates from Tyburn Academy

Dale's son, Zach, whom many of you know personally, or perhaps just from photographs in the office, graduated from Tyburn Academy of Mary Immaculate in Auburn on Friday, June 19, 2015. Zach completed his high school swimming career, receiving the MVP award for the Auburn Maroons swim team as well as the David B. Clary award from the Auburn Stingrays swim program. He was a member of the National qualifying Stingray relay team that competed at YMCA Nationals in Greensboro, NC this year. He was Treasurer of

the Tyburn Academy National Honor Society and President of the Tyburn Academy Student Government. Zach also received the President's Award for Academic Excellence, The Hands of Christ Award, and the Cayuga County Vietnam Veterans Citizenship Award.

Zach will attend the University of Dubuque in Dubuque, Iowa, majoring in Aviation Management. He started his flying career at the age of 12, making his first solo flight on his 16th birthday. He has passed the written portion of the pilot's licensing exam and

will be taking the practical flight portion on August 17 and 18. He plans on entering the Platoon Leaders Class (PLC Aviation) in the United States Marine Corps and attending Officers Candidate School (OCS) after graduating from The University of Dubuque. After OCS he will attend Marine Flight School intent on becoming a fighter pilot.



Congratulations, Zach!



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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!**

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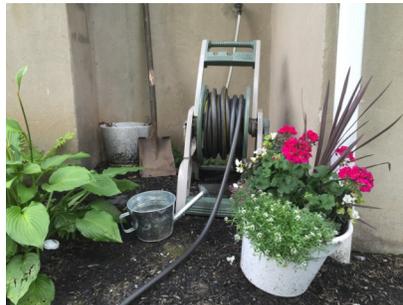
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Ergonomics 101: Gardening Tips

Many people consider gardening an enjoyable activity and often use it as a stress reliever. Although pleasurable, you can still be at risk for developing a repetitive strain injury. Keep these tips in mind to limit your chances of injury:

- Be aware of your posture and limit repetitive bending of the spine. Long handled tools or handle extenders for rakes, brooms, and hoes can be helpful to avoid repetitive strain on the spine. Elbows should be kept below heart level, and avoid keeping thumbs pointed to the floor for long periods of time because this “wings” the elbows. Keep wrists in a neutral position—straight, in line with forearm, thumbs up.
- Kneeling on one knee rather than two will prevent repeated bending or rotation of the spine. Knee pads can help to decrease the stress on your knees. Wheeled garden scooters that allow you to sit while gardening can also be helpful.
- Find tools that have a cushioned grip and are comfortable to hold to limit excessive strain on your hands. Also

find the right size handle. Make a circle with your index finger and thumb; that is the size that the handle grip of your tools should be. Larger handles are easier to hold and provide less strain on your hands. Use ergonomic tools when possible. Telescopic and pistol-grip handles require less energy to perform work. A curved handle provides more leverage with less wrist stress since it fits the natural curve of the hand.



- Use the lightest tool capable of getting the job done to put the least strain on your body.
- Wear thin, form-fitting gloves when using tools to improve grip and decrease the chances of developing blisters, cuts, or

scrapes. Too much padding will decrease hand strength, coordination, and power grip.

- Keep your work area clear of clutter. Stepping or slipping on garden tools both big and small could lead to an injury. Walk around piles of garden tools instead of taking large steps over them.
- Lifting frequent smaller loads are less straining than lifting fewer heavy loads and will prevent injury to the back or arms.
- Use caution when standing or kneeling on wet surfaces. Wear footwear that has good traction.
- Minimize continuous extended reaches to 10-15 seconds at a time.
- Avoid spending too much time with your head and neck looking up in an extended position.

As with any task, take periodic breaks to prevent fatigue, injury, and overexertion so that gardening remains an enjoyable activity that you'll revisit again and again!

Article by Tom Zirilli, PT