

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 -

8:00am - 5:30pm

Thursday -

8:00am - 5:30pm

Friday -

8:00am - 4:00pm

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Hunting Fitness

When it comes to hunting, most hunters have a very detailed checklist of their equipment but have NO checklist of their body. The body checklist may include cardiovascular conditioning, upper body strength, lower body strength, core strength, balance, agility, and flexibility. Improved fitness helps in many facets of hunting. Hunters with improved fitness have better balance, which is crucial when walking in uneven terrain. This increased balance and agility can prevent severe accidents. Each year there are at least a few bow hunters who fall on their own arrow or knife while climbing in or out of their tree stands. It only takes about 1-pound of pressure to drive a razor sharp hunting knife through any human muscle tissue it comes in contact with, so the potential for disaster is tremendous. There are several different low cost methods for making the season less of a grind.

First, try a "commercial workout" when you're sitting around watching TV. Do push-ups and sit-ups during the commercials. During the summer months, this little amount of exercise can make a big difference. If you've been doing nothing recently, there's no point in running. Going overboard right out of the gate will merely create pain and cause you to hurt yourself or burnout quickly. Consider a brisk walk instead. Walk for 10 minutes and slowly jog for 2 minutes. Do this back-to-back for 30-40 minutes, 4 times a week for 6-8 weeks. Slowly begin to lengthen the overall workout, then start increasing the jogging time until you are jogging 10 minutes

and walking 5 minutes for the entire 40 minutes.

Some of the best reasons to incorporate strength training into your life include:

- *Improving your balance and stability.* The stronger your muscles, the better balance they provide when under stress. If you've ever walked through the dark woods with a tree stand on your back and a bow and pack in your hands, you know how having strength, stamina, and balance is important in the field.



- *Burn more calories.* Strength training increases your metabolic rate, burning more calories throughout the day and losing weight more quickly.
- *Retain more muscle as you age.* Adults lose between 5 and 7 pounds of muscle every decade after age 20. Strength training will help prevent loss of muscle and strength and help restore what you may have lost.
- *Reduce and help prevent low back pain.* Setting up tree stands or lugging bags of goose decoys across a muddy field are not the

most "back-friendly" activities. Strength training helps your back handle those stresses and recover from them more quickly, with less or no pain.

Here are a few different workouts that range from no cost to about \$200. Any of these workouts can be performed 3-4 days per week.

TRX 15 minute workout: push-ups, hi-lo pulls, squats, bicep curls, tricep presses

Exercise ball: walkout to a push-up, ball squats, ball bridges, crossed extension over ball

No equipment: squats, push-ups, sit-ups, planks, alternating "Superman"

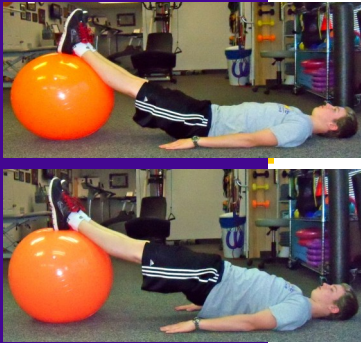
Find something you like to do. You'll be more likely to do it consistently. Here are a few suggestions:

Go for a hike. You can scout and get fit at the same time. If it isn't too close to hunting season, you can do so without fear of spooking game.

Hit the road. It doesn't matter when, just put on some good shoes, grab some headphones and hit the road. If you're a hunter, you probably have some form of foul weather gear; so never let the outside conditions stop you. Getting outside and going for a walk is good for the body and the mind. If walking feels too easy, try to pick up the pace and look for a route that has some hills to climb.

Run the dog. If you hunt with the dog, he's got to get in shape for the

Exercise of the Month: Straight Knee Ball Bridge



Straight knee ball bridge, start (top), end (bottom).

The core-strengthening, glute-firming bridge exercise is most often performed with the feet on the floor and the knees bent. You can also place your feet on a stability ball and perform a straight-leg bridge. The unstable surface of the ball provides greater challenge for your abdominals, back, glutes, and hamstrings.

To perform the exercise, lie face up on the floor, knees fully extended with heels on the ball and toes pointing to-

ward the ceiling. Keep your arms out to your sides on the floor, palms down, for balance. Start by squeezing your buttocks together and keeping your abdominals tight. Lift your hips until you form a straight line from your shoulders to your knees and ankles. Hold for 2-5 seconds, depending on your balance, and slowly lower back to the starting position. Perform one set of 10 repetitions two times per day. As your strength improves and this becomes easier, you can

do a few different things: increase your repetitions to 30, keeping your hold time at 5 seconds; increase your hold time to 10 seconds, staying at 10-15 repetitions; or perform with alternating single legs, holding each leg at 2-5 seconds for 10 repetitions. If you lack the equipment for this exercise, we sell stability balls right here at APTS! And, as always, discontinue the exercise if you have increased pain or discomfort and seek the help of your health care professional!

Hunters with improved fitness have better balance, which is crucial when walking in uneven terrain. This increased balance and agility can prevent severe accidents.

Is your group or club looking for speakers? Call APTS!

Hunting Fitness Con't

season too. Getting outside and running the dog is great pre-season preparation for both of you. Plus having the dog with you and watching him work a field takes your mind off the fact that you're actually exercising.

Getting and staying in shape is a must for improving your hunting performance. It is also a vital step in reducing the

chances of injury and fatigue. If you have any questions about your conditioning program or have been hampered by problems in the past, you may benefit by getting assistance. Talk with your physical therapist or chiropractor about ways to customize your conditioning program. Don't ask your hunting partners for back massages. New training pro-

grams should begin with a check-up that includes a doctor's recommendations. It's not just a casual suggestion. If you plan on having your hunting rig checked for any pre-season issues, check the mirror first. Hunting season starts with a body check!

Article by Dale Buchberger, DC, PT, CSCS

APTS Speaks to Senior Fitness Group at the Auburn YMCA

On Thursday, October 29, Tom Zirilli, PT, and his trusty sidekick, Carolyn Collier, PTA, spoke to the Senior Fitness group at the Auburn YMCA as part of National Physical Therapy Month. They took the opportunity to use it as an open panel discussion for any topics they wanted to learn

more about. The group of about 10-12 people was very interactive and asked a lot of questions related to personal aches and pains they had experienced or were currently experiencing.

Are you part of a group or club that would like to learn more on exercise or injury

prevention? Active Physical Therapy Solutions would be happy to come speak about any topics you are interested in! Contact our office for more information at (315) 515-3117.



Shoveling Made Simple



As the heart of the winter season approaches there will be several inches (or feet) of The White Stuff to shovel. With the added strain to your muscles and joints, this activity can cause a number of musculoskeletal injuries. Injuries to the lower back and shoulders are among the most common injuries that occur during snow shoveling. On the opposite end of the severity spectrum, heart-related injuries (such as acute cardiac arrest or heart attack) can be common in the older populations. Knowing the most common snow shoveling injuries can help us prevent them from happening in the first place.

A comprehensive study published in the *American Journal of Emergency Medicine* found the following:

- Overworking your muscles, falling, and being hit with the shovel were the most common reasons for getting hurt.
- Muscle, ligament, tendon, and other soft tissue injuries were at the top of the list of snow shoveling mishaps. Among these mishaps, lower back injuries were some of the most common.
- Other common snow shoveling injuries included cuts and broken bones. The arms and hands were the most likely body regions to sustain a fractured bone.

- Heart-related problems made up only 7% of snow shoveling injuries. However, all deaths that occurred due to snow shoveling were the result of heart problems.
- Adults over the age of 55 were 4.25 times more likely than younger people to have heart-related symptoms while shoveling.

The online resource *Spine Health* offers the following suggestions on their website for proper lifting techniques while shoveling:

- Always face the load you want to lift while keeping your shoulders and hips square to the load.
- Use a shovel that is lightweight and the proper length to minimize bending at the waist.
- Bend at the hips, not the lower back or waist, and push the chest out, pointing forward. Then, bend your knees and lift with your thigh and hip muscles, keeping your back in an upright position.
- Lift lighter loads more often rather than heavier loads less often. The average snow shovel load weighs approximately 20 pounds.
- Walk to the area where you want to deposit the snow rather than throwing it. Keep the load as close to your body as possible until you are ready to drop it. Then drop the snow just in front of your feet.
- When at all possible, try to push the snow towards its intended destination instead of lifting it.
- Do not throw the snow over your shoulder or to the side because the twisting motion

involved may lead to a lower back injury.

- Don't shovel! Some people simply should not be shoveling snow. It is recommended that men and women over the age of 45, especially those who are not physically active on a regular basis or that have an existing history of a heart condition, should find someone else to do the shoveling.

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. Keep in mind that injuries can occur even when using a snow blower. Snow-blowing injuries tend to be more catastrophic, and for this reason, paying attention to the task at hand can help prevent them. Pushing a snow blower still requires effort, so exertional injuries are still common. Good body mechanics are needed to prevent back and shoulder injuries. Above all, please keep your hands out of the blower housing! If the blades get stuck do NOT try to unclog the snow with your hands. Even with the motor off, the blades have built up tension and when the snow is removed the tension is released quickly turning the blades and causing finger and hand injuries. If you have any of the physical limitations described, or if you fall into one of the at risk categories, it may be worthwhile to hire a professional to clear the snow. This option may cost you a few dollars on the front end but may end up saving you hundreds or thousands of dollars in medical bills in the long run.

Shoveling snow is not easy but by following these simple rules, you may be able to shovel your driveway and sidewalk without getting injured. Remember: never feel bad about asking for help! If you are struggling to get your snow cleared, play it safe and ask someone for a hand. Of the options provided, consider the one that is best for you and have a safe and healthy winter season.

Article by Dale Buchberger, DC, PT, CSCS

If you are struggling to get your snow cleared, play it safe and ask someone for a hand.

APTS Recipe Box: Mashed Cauliflower with Garlic

Here's a great alternative for your Thanksgiving meal! Potatoes are a no-go on Paleo, but cauliflower works as a pretty good stand-in. Once you doctor it up the same way potatoes get doctored up in mashed potatoes, they do a good job of fooling the senses.

Ingredients: There are essentially three ingredients: cauliflower, almond milk, and garlic. One large head of cauliflower, cut into florets; 1/4 cup almond milk; 1 tbsp ghee; head of garlic; fresh chives, chopped; salt & pepper to taste.

Instructions:

1. Preheat oven to 400 degrees F. Peel away the outer layers of the garlic bulb, then cut off the

very top of the head of garlic to expose the individual garlic cloves. Place in aluminum foil and drizzle with olive oil, then seal the foil around the garlic. Bake for 25-30 minutes, until the cloves are soft. Allow garlic to cool, then squeeze the roasted garlic cloves out of the skin.

2. Meanwhile, place a couple inches of water in a large pot. Once water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender. Drain and return cauliflower to pot.
3. Add roasted garlic, milk, ghee, and salt to the cauliflower. Using an immersion blender or food proces-

sor, combine ingredients until smooth. Top with chives and freshly ground pepper.

If you are going to make this for a crowd, I recommend doubling the recipe. It is a surprisingly delicious alternative to traditional mashed potatoes. Mashed cauliflower is an easy way to lighten up any meal, and it is plate-licking good.

Source: www.paleogrubs.com/mashed-cauliflower-with-garlic



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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!**

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Ergonomics 101: Holiday Safety Tips

With the holiday season in full swing, no one needs an unexpected visit to the emergency room to put a damper on the festivities. Injuries related to falls, holiday decorating, and shopping increase at this time of year. Follow these tips to ensure a safe holiday.

Holiday Decorating

- When decorating, make sure to use the proper tools for the job. Choose a ladder that is able to safely reach the desired height.
- Always place the ladder on a firm, even surface. And always keep three body parts in contact with the ladder at all times.

- Follow the 1-4 Rule: allowing 1 foot from the wall for every 4 feet of ladder rise.
- Do not drink while decorating! This is especially true if you are climbing to hang decorations.
- Avoid putting lights, metal hooks, breakable ornaments, and other small decorations within the reach of young children.

Fall prevention

- Keep sidewalks and walkways free of ice and snow.
- Make sure cords from holiday lights and decorations are clear from walkways.
- Check to make sure lighting is adequate in areas that are fre-

quently traveled around the house.

Shopping safety

- Try not to overload yourself with packages. A short trip to your car to drop off bags can help to decrease excess strain on your muscles.
- Escalators can be dangerous if you have a loose shoe laces, drawstrings, or scarves, as these items can get caught in between the steps.
- Never bring strollers onto the escalator!

Please keep these tips in mind this holiday season. Let's not start the new year with a new injury!

Article by Tom Zirilli, PT