

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

# APTS Monthly



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JANUARY 2016

## 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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## Top Injuries at the Gym

As we head into a new year, many of us will start our resolutions to exercise at indoor facilities like our basement or a local gym such as the Auburn YMCA or equivalent. When this happens, we introduce new exercises or exercise classes, or we change up our current exercise routine. While altering our exercise pattern can be good, it can also expose us to gym related injuries. The good news is that, with a little thought, most of these injuries can be prevented.

First, we need to identify the culprits that usually cause the injuries. We as human beings are at the top of that list! We are often our own worst enemy. If you haven't been in the gym for some time, start easy. Don't get into a competition with your friend or the person next to you. Formulate a plan to get into shape and stick with it! If you need help putting a plan together, recruit help from the staff. Even professional athletes have coaches. The Auburn Y has several personal trainers that can help put a plan together for you.

Warming up before exercising is critical. Take 10-12 minutes to ride an exercise bike, walk on a treadmill, or use the elliptical. This should be done easily and gradually. The idea is that by the time you hit 12 minutes you should just be starting to sweat and your heart rate should be elevated above baseline.

Changing intensity of your exercise before you are ready is one of the more common reasons for injuries. It takes 4 weeks of exercise for your nervous system to learn how to per-

form the task at hand correctly. Many people confuse this with getting stronger. The human response is to increase the weight or intensity. This will most surely lead to injury. It takes approximately 8 weeks for you to actually build muscle. When training, think about working in 8 week cycles.



The number one area of the body that gets injured in the gym is the shoulder. Because of its advanced range of motion, it is exposed to many different injuries. The strength requirements for the shoulder are also higher because of its inherent instability. Unfortunately, most of us don't think about strengthening our rotator cuff as we walk into the gym.

Gym activities that put our shoulders at risk include overhead shoulder press, dips, barbell bench press, machine chest press, lat pulls behind the neck, pec deck with too much weight, upright rows, etc. Avoiding these movements or having your personal trainer modify them for you can greatly reduce the risk of injury. If you are using machines, keep the weight at

a level that allows you to perform 12-15 repetitions. Machines direct the force to the joint and overloading with heavy weight will ultimately damage the shoulder. Keeping the weight below maximum and concentrating on good technique will help you accomplish your goal and preserve the shoulder. If you are using free weights, avoid using a heavy weight that requires the use of momentum and induces poor form. Instead, perform the exercise using a controlled motion and concentrate on good form. Two or three simple rotator cuff exercises performed before your workout (see page 2) can pay a great dividend in injury prevention down the road.

Lower back pain is another frequent complaint at the gym. Injuries can range from muscle strains to more severe injuries such as lumbar disc herniation. The reason this injury is so prevalent is due to the fact that so many exercises can put the lower back at risk. The second and most prominent reason is that most of us go into the gym with lower back weakness, poor flexibility, and/or some underlying problem (such as pre-existing degenerative disc disease). After all, that's why we are in the gym – to get stronger and more flexible. Some would call this the illusive obvious. Instead of starting your exercise routine with lifting weights, shift the focus to your weaknesses and deficiencies. Build some general flexibility, core strength, and lower

## Exercise of the Month: Sidelying External Rotation of the Shoulder



Sidelying external rotation, start and end position (top), exercise position (bottom)

The rotator cuff of the shoulder is an important group of muscles used for stability, so you want to protect it as much as possible. It is a smaller muscle group, so the focus of exercise should be on repetitions and not as much on weight. The following is a great exercise that we use in our office to strengthen the rotator cuff of the shoulder prior to going to the gym.

To perform the exercise, lie on your side with your head supported by your hand (as shown)

or on a pillow. Place a folded up towel under your upper arm to fill the gap between your arm and torso. Bend your elbow to 90 degrees with your thumb pointing up. Keeping this 90 degree angle, rotate your hand up and back, keeping your thumb pointing toward the ceiling while keeping your upper arm and elbow in contact with the towel. If possible, give a slight squeeze of the shoulder blade at the end of the range of motion. Lower arm back to starting position.

Perform 2 sets of this exercise for 10-15 repetitions every day without using a weight. Gradually increase your repetitions to 2 sets of 30. Once that becomes easy, hold a one-pound weight (water bottle or soup can) and drop your repetitions down to 2 sets of 10. Again, gradually build to 2 sets of 30 before increasing weight to 2 pounds. Continue this cycle up to no more than 3 pounds at 2 sets of 30 repetitions to keep your rotator cuff strong and stable!

*It takes 4 weeks of exercise for your nervous system to learn how to perform the exercise correctly. It takes approximately 8 weeks for you to actually build muscle. Don't confuse the two!*

## Top Injuries at the Gym Con't

back strength. This will give you a better foundation from which to exercise. If you have an existing back issue, you should let your personal trainer know and you should speak to your healthcare provider about any potential risks before undertaking a stressful exercise routine.

The lower back and the shoulders are tied together through

their specific muscle attachments. This is why they frequently act up together. It is also why they are the two most common injuries in the gym. Both are affected by inactivity and a sedentary lifestyle. So if you start back to the gym after a long hiatus, start slowly and get some professional advice. Work on your deficiencies first and progress

from there. No one gets in shape over night! Be in it for the long haul.

**Article by Dale Buchberger, DC, PT, CSCS**

## One Year on Columbus Street!



Active Physical Therapy Solutions has been at home on 91 Columbus Street for one year on January 5, 2016! We love our new location and feel that it has served us well through the past four seasons. Thank you for all of your patronage and

support this past year. We look forward to serving this community for many more years! Please let us know if we can be of service to you in any way in 2016, whether it be physical therapy or chiropractic services, or speaking or community service events!

**APTS donated a large box of items to the Calvary Food Pantry this Christmas and they were very grateful. Thank you to all of those who donated!**

## Freedom of Choice in Health Care

You are the most important member of your own health care team, and you are entitled to choose the most appropriate health care professional to meet your goals. The American Physical Therapy Association (APTA) has provided the following guidelines for choosing a physical therapist for your care.

**Freedom of Choice:** You have the freedom to choose your own physical therapist. Most states allow you to go directly to a physical therapist without getting a physician's referral first. Currently, 46 states allow people to go directly to a physical therapist without a physician's referral (all but Alabama, Indiana, Michigan, and Oklahoma). Keep in mind that your insurance policy may require a visit to the primary care physician first or may limit your access to preferred providers only. Your physician may refer you for physical therapy that is to be provided in the physician's office, or to a facility in which the physician has a financial interest. If this is your situation, be aware that you have the right to choose your own physical therapist and you are not obligated to receive physical therapy in any specific facility. Always insist that your physical therapy be provided by a licensed physical

therapist. Physical therapists who are members of APTA are bound by the Association's Code of Ethics and are especially committed to providing competent and compassionate care.

**How to Choose a Physical Therapist:** Make sure you receive physical therapy from a licensed physical therapist. Physical therapists are professional health care providers who are licensed by the state in which they practice. If you are receiving physical therapy from a physical therapist assistant, be sure that he or she is supervised by a licensed physical therapist. Ask the physical therapist's clinic if it participates with your insurance company. Receiving care from a participating physical therapist should minimize your financial responsibility. There may be good reasons, however, to see a physical therapist who does not participate with your insurance plan. If you need a physical therapist who has special skills related to your particular condition—or if the location or other aspects of the care of the facility meet your needs—this may be a good choice for you.

**Specialization:** Many physical therapists specialize in treating specific areas of the body, such as the back, neck, knee, hand, or shoulder, or they may concentrate their practice on pre- and

post-natal care, sports injuries, stroke rehabilitation, or one of many other areas of physical therapy. Physical therapists may also be certified by the American Board of Physical Therapy Specialties (ABPTS) in eight specialty areas of physical therapy: orthopedics, sports, geriatrics, pediatrics, cardiopulmonary, neurology, women's health, and clinical electrophysiology.

**Your Appointment:** Your first visit should include an evaluation by the physical therapist. Your physical therapist will perform an examination to identify current and potential problems. Based on the results of the examination, and considering your specific goals, your physical therapist will design a plan of care to include specific interventions and will propose a timetable to achieve these goals and optimize your movement and function. Your physical therapist will likely provide you with instructions to perform exercises at home to facilitate your recovery. You should feel comfortable asking your physical therapist any questions regarding your course of care, including specifics regarding interventions and expectations.

Article by Carolyn Collier, PTA

**Be aware that you have the right to choose your own physical therapist and that you are not obligated to receive physical therapy in any specific facility.**

## APTS Recipe Box: Post-Workout Banana Bites

The following are great little post-workout treats packed with tons of fiber, protein, and little fat to provide long-lasting energy as well as restoring and repairing your muscles after a long workout. They also happen to be only 27 calories per piece!

**Ingredients:** 5 bananas, 2 ounces vanilla Greek yogurt, 1 tbsp all-natural peanut butter.

### Instructions:

1. In a small bowl, mash one banana and whisk together with Greek yogurt and peanut butter. Set aside.
  2. Slice bananas into half-inch thick slices and lay out on a cookie sheet.
  3. Spread an even amount of peanut butter mixture over the top of the slices and place another slice on
  4. top. If bananas start sliding around, add a bit more peanut butter to make the mixture thicker.
- Place cookie sheet in the freezer for a minimum of 2 hours and enjoy after your long workout!

You can even sprinkle with cocoa powder or chocolate protein powder to get your chocolate fix!

Serving size: 4 pieces; 110 calories; 1.6g fat; 23.6g carbs; 2.7g fiber; 2.5 g protein; 3 WW Points+

Source: [www.eat-yourself-skinny.com/2013/01/post-workout-banana-bites.html](http://www.eat-yourself-skinny.com/2013/01/post-workout-banana-bites.html)



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Get Well...Get Active...Be Active

Newsletter produced & edited by Carolyn B. Collier

**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!**

## Nutrition 101: Cut Sugar from Your Diet



Let the resolutions begin! With the end of the holiday season and beginning of the new year, many people

are in the proper mindset to start improving their health. Whether it's diet or exercise, focusing on a good plan is essential for success. The adverse effects that sugar has on your health are numerous, including weight gain, diabetes, and heart disease. Here are a few tips to help you cut the sugar from your diet:

1. Get rid of the high sugar foods in the house. It's a lot easier to avoid the sweet treats when they are not in the house where your sugar craving starts. Yes, that means get rid of the cookies, cakes, and candy! Make it a little easier on yourself to start.
2. Eat regularly. The goal here is to maintain your blood sugar levels. When feeling hungry, you are more likely to crave sugary snacks which are readily available. Try 3 meals a day with two snacks

built in or 5 smaller meals throughout the day.

3. Start off with a healthy breakfast. The first meal of the day is notorious for being loaded with high carbohydrate foods. Try adding a healthy protein and fats into the mix, such as smoothies with flax or chia seeds. There are a number of protein powders that will help too. Find one that you tolerate the best.
4. Choose whole foods for your meals. Try to eat foods that are closest to their original form. This means cutting many of the boxed, convenience foods that are often overly processed. Increasing the amount of fresh fruits and vegetables is an easy way to include whole foods in the diet. Substitute a piece of fruit when you want something sweet. Once you cut down on sugary foods, a piece of fruit may be enough to satisfy your craving.
5. Identify any emotional triggers for sugar cravings. Are you eating because you're stressed or bored? Work on finding other ways to avoid these triggers.
6. Read food labels to identify high sugar foods. Foods like salad dressing, ketchup,

and even so called "healthy" snack bars can have high levels of sugar.

7. Drink plenty of water. Sugar cravings may be a sign that you need to increase fluids. Flavored seltzer water may help decrease your sugar craving.
8. Distract yourself when you get a sugar craving. Most cravings last from 10-20 minutes so it may be helpful to try to keep yourself busy with something else and see if it goes away.
9. Avoid alcoholic drinks as this can cause a drop in blood sugar, which leads to craving sweets.
10. Get moving! Regular exercise or physical activity can help increase energy levels, help balance sugar levels, and keep stress levels down.

Start with one or two of these tips and gradually add another. Before you know it, cutting sugar from your diet will become second nature and will no longer seem like a chore! You can do it!

**Article by Tom Zirilli, PT**