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SHOULD BE ACTIVE

APTS Monthly



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Strengthen Your Hips for an Active Summer

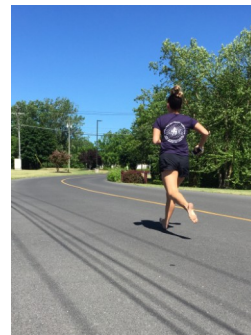
As this winter comes to an end, it is time to think about how we will be spending our spring and summer. If you are longing for the golf course or for trading the treadmill for an outdoor run, then you should be using the additional indoor time to strengthen your hips. The hips are an integral structure to successful participation in any weight bearing activity such as golf and running. The stronger your hips are, the more balanced you will be when hitting a golf ball. Running takes place on one foot at any given moment, therefore the hip muscles must be strong enough to support your body weight while standing on one foot.

The main area of hip weakness affecting a large portion of the population is what is known as the "rotator cuff of the hip". The term *rotator cuff* is commonly associated with the shoulder but there is also a group of muscles in the hip that form a "rotator cuff". These muscles move the hip to the side and turn the hip outwardly (causing you to toe out). Just as the rotator cuff of the shoulder is commonly torn, we are now seeing an increase in the tears of the hip rotator cuff. The muscles involved are the *gluteus medius*, *piriformis*, *superior gemellus*, *obturator internus*, *inferior gemellus*, *quadratus femoris*, and *obturator externus*. These muscles are located deep in the buttock and attach to the bony protuberance called the *greater trochanter* on the side of the hip.

There are several ways to "self test" the strength of these muscles. If you walk for 30 minutes and must stop and rest during that 30-minute time period, there is most likely weakness in these and other muscle groups of the legs. Chronic use of a handrail to walk up and down the stairs is also an

indicator of progressive weakness of the hips. The last simple test requires you to lay on your side with your back up against a wall or couch while keeping your legs straight. Raise and lower the top leg 25 times. After the 25th repetition, keep the top leg suspended in the air and hold it for an additional

30 seconds. If you cannot complete this test, you have significant weakness in the rotator cuff of the hip. There are also studies that show patients



who experience chronic back pain are likely to have weakness of the hip rotator cuff.

There are many ways to strengthen the hip rotator cuff. There are complicated and very time-consuming methods, but there are also simple methods. The method you choose should match your activity goals. The length of this article will prohibit explaining the complicated methods. However, there are three simple exercises that can be done without any equipment and will begin the process of strengthening the rotator cuff of the hip.

Bridging is the most basic exercise. Lie on your back with your hips and knees bent and your feet flat on the floor. Press down through your feet squeezing your buttock muscles together to slowly raise your hips off of the floor until your hips are in line with your knees. Keep your feet and shoulders on the floor at all times. The goal of the bridging exercise should be

20-50 repetitions twice a day. The **clamshell** exercise is a simple way to isolate the rotator cuff. Lie on your side against a wall or couch with your head, back, and the bottom of your feet all in contact with wall. Keep the feet on top of one another, then lift the top knee off of the bottom knee approximately 4 inches. Slowly lower the top knee back to the bottom knee and repeat the movement. The goal for the clamshell exercise should be 20-30 repetitions twice a day. The last exercise is a weight bearing exercise. It involves **walking sideways**. Stand with good posture and keep your knees straight. Begin by taking a step to the side approximately hip distance apart. Be sure to keep your feet straight with the toes pointing straight ahead. (Avoid allowing the toes to turn out.) Then allow the trailing leg to come closer to the lead leg. Find an area of the house that is 15-20 feet long and walk side to side to one end and then return to the starting point, all while facing the same direction. Side walking forces you to stand on one foot at any given moment, engaging the rotator cuff muscles of the hip. The goal for side walking should be 3-400 feet of side to side walking on a daily basis.

Follow these simple steps and you may find that your golf game and/or your next 5K road race improve significantly. As with any pain or weakness, if you feel that you need the help of your healthcare professional, make an appointment for an evaluation.

Article by Dale Buchberger,
DC, PT, CSCS

Exercise of the Month: Bridging



Bridging, start and end position (top), exercise position (bottom)

Bridging exercises are essential for strengthening hips and core muscles. If done on a regular basis 3-4 days a week 1-2 times a day, they will improve balance and prevent injuries to the lower extremities.

Here's how it's done:

Start by lying on a flat surface, carpeted floor, exercise mat, or even your bed. Keep your legs bent and feet flat on the floor 6-8 inches apart. Your palms should be flat on the floor alongside your body. Relax your upper body and back as you draw in your abdominals and squeeze your buttocks. Exhale as you press your palms and forearms into the floor and slowly push your

pelvis up to the ceiling without arching your back. Hold in an "up" position for 1-2 seconds. Inhale as you slowly lower yourself back to the start position. Keep your abdominals tight to avoid sagging in the low back or glutes. Perform 2-3 sets of 12-15 repetitions allowing 30-60 seconds between each set.

Intermediate Bridging: You can increase the difficulty by holding the "up" position for 2-5 seconds to work your glutes even more. You can also start with your feet flat on a table or exercise ball for an even greater challenge. As usual, your knees are bent in the start position before elevating your pelvis.

Advanced Bridging: If you are advanced with bridging, try the one-legged bridge. Start in the normal bridging position with knees bent and feet flat on the floor. Then extend one leg straight out in front at a 45 degree angle to the floor. Tighten your abdominals and raise your bottom off the floor.

As with any exercise, if you experience increased pain in your back, neck, or legs, make an appointment with the healthcare provider of your choice for an evaluation of your symptoms.

There are studies that show patients who experience chronic back pain are likely to have weakness of the "rotator cuff" of the hip.

What's Going On at APTS?

Congratulations to Zachary Buchberger on getting accepted into the United States Marine Corps Platoon Leaders Class-Aviation! He heads to Quantico, Virginia, to begin his 6-week pre-commissioning program starting at the end of May.

Dr. Buchberger attended the 2016 Chiropractic Sports Sciences Symposium in Orlando, Florida, from April 28-May 1. On Thursday, April 28, Dale lectured on Upper and Lower

Extremity History, Exam, and Management. He also taught one module at the American Chiropractic Board Sports Diplomate Program in Cleveland, Ohio, on April 2-3.

Congratulations to Lexi Mitchell, a junior at Auburn High School, on accepting a spot on the West Virginia University soccer team! They are currently ranked #7 in the nation for Division I women's soccer and are the four-time defending champions

of the Big 12, which is the conference in which they play. She plans to study exercise physiology there after graduation in 2017. We're so excited for you!

Are there any other current or former high school athlete patients going to college? Let us know and we will highlight you in our newsletter!

Maggie, Cara, Linda, and Carolyn got into trouble at the ACF Hole!



APTS Participates in Mini Golf

On Thursday, March 31, the Girls of APTS participated in the United Way of Cayuga County 23rd Annual Tim Morrison Miniature Golf Tournament at the Holiday Inn in Auburn, this year as Team "Always Reppin'

APTS" (named after the March Madness shirts made by Nike). This tournament includes 19 holes of miniature golf sponsored by local businesses that are paired with United Way agencies, and this is the third year in a row that Cara, Carolyn, Linda, and Maggie have played. It's a fun night out and

a great way for us to network and get our name out there. We look forward to it every March!



Seniors: Stay Active!

Recently a patient came into the office and commented on a previous article that had appeared in *The Auburn Citizen* and said, "You should write an article for seniors." She felt that senior citizens tend to be ignored. This article will take a look at ailments affecting the "chronologically advanced" and some simple strategies for improving their function and comfort level.

Degenerative conditions such as osteoarthritis or degenerative joint disease generally advance with age. The most common areas for this degenerative breakdown are the shoulders, knees, hips, and spine. This condition is nondiscriminatory, affecting both males and females. There may or may not be a cause and effect pattern but by the time a patient presents for physical therapy, their degenerative joint disease is accompanied by significant weakness, and, in the case of back, hip, and knee ailments, a reduced ability to balance. The balance difficulty results in an increased fall risk and subsequent disability.

There are some simple steps that patients can take to reduce their fall risk, decrease joint pain, and increase their function. Generally speaking, activity is a good thing. Keep moving whenever possible. Go for a walk around the block when the weather permits. If the weather is too cold, there is always an indoor facility such as Fingerlakes Mall for "mall walking". Some patients don't like to risk leaving the house in bad weather and invest in a treadmill for their home. To improve cardiovascular fitness, you need a minimum of 12 minutes per day of continuous walking. To lose weight or alter body composition you need 30-40 minutes of continuous walking at least 4 days per week. Walking will help with maintaining muscle strength and bone density.

Bridging exercises are simple and can be performed in the home (preferably on the floor, but if you have difficulty getting up and down

off the floor, they can be performed in bed). Simply lie on your back and bend your knees so that your feet are flat on the surface. Press your feet into the floor and squeeze your buttocks to help you lift your bottom off the floor. Hold your bottom in the air for 1-2 seconds, lowering it slowly. Start with 5-10 repetitions twice a day, progressing to 25-30 repetitions twice a day and 5 days per week. Gradually increase your hold time to 5 seconds as well. This will strengthen your hip muscles and improve your ability to balance and walk with more confidence.

If you have stairs in the house with a side railing use them as a form of exercise rather than avoiding them. The actress Betty White who has recently become popular again in her 80s gave an interview in *Parade Magazine*. When asked if she had an exercise routine she was quoted saying, "I have a two floor home and a bad memory". Her inference was that she climbs the stairs in her home on a regular basis and this helps keep her fit.

In addition to these simple ideas, there is a variety of home exercise equipment that is inexpensive, functional, and safe. The Total Gym® is the most commonly recognized piece of home exercise equipment that we recommend to our patients. It is simple; provides functional movement patterns for the arms, legs, and trunk; and allows for good support for its exercises. There are a variety of models at varying price ranges making it affordable for almost anyone. It is based on using a percentage of the patient's body weight, making it highly customizable. It is a great piece of home exercise equipment for the "experienced" population. Keep in mind that Chuck Norris (known endorser of the Total Gym®) is now in his 70s.

If you would like to get out of the house and combine your fitness maintenance program with some social activity, the Auburn YMCA has many programs for older individuals. In

addition to having the programs in place, they have personnel available to instruct you on correct performance of the exercises and programs activities. The YMCA can provide options for exercise both on land and in the pool giving you a variety of choices for maintaining your fitness level.

Keep in mind that you should be examined by your doctor to rule out any potential conditions that may preclude you from participating in a fitness program. If your doctor gives you clearance to begin a fitness program but with limitations, make sure you abide by those limitations and let any fitness instructor know what those limitations are before engaging in the program. If you are given unrestricted clearance to exercise, choose the form that you enjoy the most. If you enjoy it, you are more likely stick with the program. If you have an ailment that is preventing you from exercising or increasing your activity level, see a healthcare provider that you trust and have your ailment examined – especially before beginning a fitness program.

Did you know that Wednesday, May 25, 2016 is the 23rd Annual National Senior Health & Fitness Day? It is always set for the last Wednesday in May, and this year's theme is "Improve Your Health for a Better Self!" Its goal is to help keep older Americans healthy and fit! For more information, visit www.fitnessday.com/senior and get out there and get active!

Article by Dale Buchberger,
DC, PT, CSCS,
and Carolyn Collier, PTA

Degenerative joint disease of the back, hip, or knee is usually accompanied by significant weakness and a reduced ability to balance, resulting in an increased fall risk.

APTS Recipe Box: Paleo Chicken Taco Burger

What better recipe for May than a burger that you can make for Cinco de Mayo AND Memorial Day picnics? It's lighter than a steak, spicier than a burger, and better than a chicken breast AND it only has 4 essential ingredients:

3 lbs ground chicken breast; 1 packet Old El Paso™ taco seasoning mix; 1 large jalapeno, deseeded and diced; 1/2 cup

fresh chopped cilantro; 2 tbsp coconut oil; 2 ripe avocados, peeled and pitted; 2 limes, freshly squeezed; 2 scallions, finely chopped; salt and pepper to taste.

In a large bowl, mix together chicken breast, taco seasoning, jalapeno, and cilantro until well mixed. Melt coconut oil in a large skillet. Cook patties until cooked through. Remove from heat and cool slightly before serving. In a me-

dium bowl, use a fork to mash together avocados, lime juice, and chopped scallions. Salt and pepper to taste. Serve warm patties with guacamole.

Source: www.tablespoon.com/recipes/paleo-chicken-taco-burger



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

Newsletter Edited by Carolyn B. Collier, PTA

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

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Nutrition 101: 10-Day Detox Diet Jump Start Guide

Do you think you can change your life in just 10 days? “Probably not!” Well, Dr. Mark Hyman, a functional medicine specialist, thinks otherwise! He created a successful 10-Day Detox Diet that he has used for 20 years on over 10,000 patients to teach them how easy, fast, and delicious it can be to lose weight and be healthy. It helps to reset your metabolism, get rid of cravings, and lose weight. You may even “turn the tide” on chronic health problems such as type 2 diabetes, asthma, joint pain, digestive problems, autoimmune disease, headaches, brain fog, allergies, acne, eczema, and even sexual dysfunction. “Great! I’m in! What do I have to do?”

Step One: Take measure of yourself—your weight, your waist size, and take the Toxicity Quiz at <http://www.doctoroz.com/article/toxicity-quiz-are-you-sick> to see if you have “Feel Like Crap” Syndrome. This quiz takes inventory on your digestive tract, ears, emotions, energy/activity, eyes, head, heart, joints/muscles, lungs, mind, mouth/throat, nose, skin, and weight. Mild toxicity is a score of 10-50. Severe toxicity is a

score of over 100.

Step Two: Out with the bad—get rid of all the junky food in your house! Anything that is not real food; any food or drink that contains added sugar; anything that contains hydrogenated oils and refined vegetable oils; any foods with artificial sweeteners, preservatives, additives, coloring, or dyes; anything sugar- or flour-based; grains and all foods made from flours; starches; beans and legumes; dairy; coffee and anything caffeinated; and alcohol.

Step Three: In with the good—for 10 days, you’re going to flood your body with the nutrients it depends on to feel and look its best! (Stay tuned for next month’s article on the meal plan!)

Step Four: Add simple lifestyle practices for best results—sleep 7-8 hours a night; do deep breathing for 5 minutes a day; drink 8-10 glasses of water a day; walk or do another physical activity for at least 30 minutes a day; take fiber before every meal to cut cravings and help balance blood sugar; take a good multivitamin, 2000 IU of vitamin D3, and 2 grams of fish oil a day; and take the UltraDetox Bath (2 cups of Epsom salt, 1/2 cup of

baking soda, and 10 drops of lavender oil).

What makes you sick can make you fat, and what makes you fat can make you sick. Everything is connected! This 10-Day Detox Diet can reset your metabolism to “factory settings”. You can lose weight without going hungry, and possibly clear up a whole list of health problems. After the 10 days, go back to step one and record your weight, waist size, and quiz score. You’ll be amazed at the difference!

You can do it!

For more detailed information on the 10-Day Detox Diet, visit <http://www.doctoroz.com/article/10-day-detox-diet-jump-start-guide>

Next month, we will share the 10-Day Detox Diet Meal Plan. Can’t wait? Find it here: <http://www.doctoroz.com/article/10-day-detox-diet-one-sheet>

Article by Tom Zirilli, PT, and
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