

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

APTS Monthly



VOLUME VI, ISSUE X

OCTOBER 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

Location:

91 Columbus Street

Auburn, NY 13021

P: (315) 515-3117

INSIDE THIS ISSUE:

"iPosture" 1

Exercise of the
Month: Chin Tucks 2

What's Going on
at APTS? 2

October is Na-
tional PT Month! 2

Why Sitting Is
Killing You 3

APTS Recipe Box:
Pumpkin Chocolate
Chip Muffins 3

How Physical Thera-
pists Manage Pain 4

Making it through a meal these days without someone grabbing a cell phone and making a call, sending a text, taking a picture, checking email, looking up something online, or participating in any other electronic errand is all but impossible. Cell phones have become an appendage for most people and there is a constant list of things that "need" tending to online. It has become the addiction of the 21st century. For the millions of smart phone users out there, cutting down on screen time takes more than a conscious effort. Imagine a week without your cellphone. Your response should provide your status about addiction.

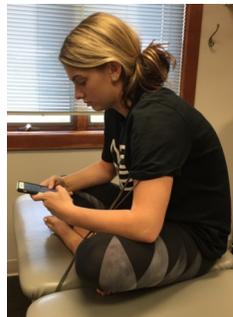
A survey of 3,000 adults in the United Kingdom reported 84 percent of 18 to 24 year-olds had experienced back pain in the past 12 months. The average number of working days the group lost to back pain was 1.5 days more than their parents' generation and higher than any other age group. Researchers said people from almost all age groups spend just as much time in front of a screen as they do sleeping. The difference between age groups seems to come from how they behave in front of the screen, according to the study. Two-thirds of 18 to 24 year-olds admitted to slouching in front of their computers at work, and half said they repeat the behavior at home. Researchers said 45 to 54 year-olds were twice as likely to report sitting up straight in front of the screen.

According to Dr. Brian Hammond, "Slumping and hunching over computers and hand-held devices appears to be a contributory factor in the difference in types of back pain between the generations." He added,

"iPosture"

"Younger people are far more likely to be hunched over a device on a sofa, and would benefit from paying close attention to the basics of good posture." Fortunately, back pain related to "iPosture" can be avoided by simply sitting or standing up straight. Etiquette and deportment expert Jean Broke-Smith stated, "Although it has been decades since people learned

good posture at finishing schools, the time seems right to recognize its potential to help younger people avoid the risk of back pain associated with increasing use of hand-held devices".



The first step is admitting you have a posture problem, and that the posture problem is the cause of your neck and back pain. The second is correcting it on recognition. The third is minimizing use of the device causing the pain!

Here are four ways to limit cell phone use and save your back:

Replace smart-phone time with book time. Back in the old days, most people carried a paperback when traveling. Now, instead of opening a book we read the latest headlines on the 2016 Presidential election or the Brangelina breakup, or we check out what our Facebook friends ordered at Starbucks.

Make of a list of the situations when a smart-phone isn't a necessity. When cell phones came about, the justification for their existence was found in their ability to help people in

an emergency. Now we are paralyzed without one. Sit down with your family, friends, or coworkers and make a list of places where phones are not necessary, and then leave the devices behind or turned off. In our house, phones are not permitted during any meal involving more than one person. This encourages actual human communication and lets the people you are sharing a meal with know that they are more important to you than an electronic device. If the person on the other end of the smart phone is more important, you should be having dinner with them.

Store your device while driving. Cars have become mobile offices. Even if the driver isn't texting, they usually have the phone close by. Put the phone in the storage compartment before starting the car and don't touch it until you reach your destination. In fact, most newer cars silence phone alerts once it's in Bluetooth mode. The new rallying cry against texting while driving states "It can wait". This should include all other smart phone distractions, including but not limited to checking social media that in 2013 resulted in the vehicular death of three children.

Turn the phone off or place it on silent. This simple suggestion will decondition you from the "Pavlov" response of reacting to every sound the phone makes and preventing you from publically displaying your addiction.

These simple tips can prevent you from developing "iPain" before your time!

Article by Dale Buchberger, DC,
PT, CSCS

Exercise of the Month: Chin Tucks



Chin tuck: start position (top), exercise position (bottom)

Chin tucks are a great postural exercise to help strengthen the deep neck muscles, which can get tense after a day of sitting in front of a computer, or overstretched after spending too much time on your phone or tablet. Here's how it's done:

1. Lie face up, knees bent with feet flat on the floor, with your arms at your side with palms up.
2. Roll a towel into an approximately 3-inch roll and place it under the

curve of your neck. This will help to support your head, not to elevate it.

3. Slowly and gently rotate your jaw downward to press the back of your neck into the towel, using only about 10-20% of your strength to do so.
4. Hold this position for 1-2 seconds, then relax.

It is best to perform 1 set of 10 repetitions of this exercise two different times a day so as to not fatigue the neck mus-

cles, but also to make these muscles work twice in a 24-hour time period. You will never progress to more than 12 repetitions of this exercise because these muscles do fatigue easily. Keep this up as part of your exercise routine to improve your posture and stabilize your spine.

As always, if this exercise causes increased pain or worsening of symptoms, seek the help of a health care professional whom you trust.



L to R: Dr. Sebastian Robidoux (UQTR faculty), Dr. B., Dr. Daniel Hudon (UQTR graduate)

What's Going on at APTS?

Dr. Buchberger presented his *Shoulder Made Simple* (www.shouldermadesimple.com) seminar at Université du Québec à Trois-Rivières outside of Montreal, Canada, on Saturday, September 10, and Sunday, September 11. There were 55 chiropractors from Québec in attendance.

Tom Zirilli, PT, went to a recertification course for Active Release Technique in New Jersey on September 17. He learned a few new protocols on nerve entrapments

that he has already put into practice!

The Auburn YMCA Stingrays strength training program started up again on September 19th and runs through March. This is an optional program that is directed by and overseen by Dr. Buchberger for any of the swimmers who are interested in participating. Tom, Maggie, and Carolyn also help out once every other week.

Dr. Buchberger also started providing chiropractic treatments to the Syracuse University football team in September. Not only does he provide these services to the football team exclusively on Monday nights, but also on Wednesday nights to any athlete in any other sport that needs chiropractic care or active release technique. Thank you to all of our patients for your patience and flexibility in scheduling during Dale's very busy season!

October is National Physical Therapy Month!



Ask a physical therapist about safe alternatives to addictive opioids.

While the choice is in your hands.

#ChoosePT
MoveForwardPT.com

#ChoosePT

Americans' increased use of prescription opioids for pain management has created a national health crisis. The Centers for Disease Control and Prevention (CDC) urges prescribers to reduce the use of opioids in favor of safer alternatives for treating chronic pain conditions. Physical therapy is one of the recom-

mended nonopioid alternatives!

During National Physical Therapy Month in October, you can follow MoveForwardPT on social media to help raise awareness about the risk of opioids for pain management and about physical therapy as a safer alternative to pain relief.

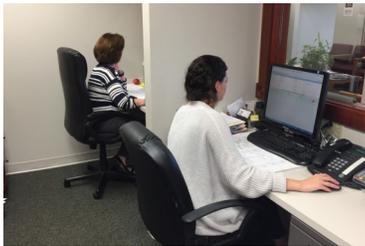
National Physical Therapy Month is held each October by the

American Physical Therapy Association to recognize the impact that physical therapists and physical therapist assistants make in restoring and improving motion in people's lives.

For more information, visit www.moveforwardpt.com or read the article on page 4.



Why Sitting is Killing You



Modern conveniences, technologies, chairs, remotes, etc., are designed to make our life easier but all of them encourage sitting. Chronic sitting steals our opportunities of habitual movements we used to make before we lived without modern conveniences. Workplace office design, recreational activities, and entertainment devices with remote controls are all designed to minimize moving. This is why the average American spends 9.5 hours sitting in a given day. Research dating back to the Apollo Space Projects has shown that the human body declines rapidly when sitting for long periods of time. Society is on diverging pathways. Technological efficiency causes us to sit for excessive periods of time while the “fitness craze” has us performing P90X, Insanity, and Cross-fit programs promising weight loss and a muscular body. The reality and science clearly show that exercising one time per day does not prevent the effects of sitting. How many people do you know that “exercise” and are still overweight? You simply cannot neutralize 9.5 hours of sitting by going to the gym for 60 minutes 3 or 4 days per week.

The human body was designed to be a perpetual motion machine moving all day, every day, including weekends. Gravity can keep the body tuned with daily movements used in activities of daily living. Move with purpose, go

somewhere, do something, not on a machine that has you spinning in place. The concept of chronic movement is now referred to as NEAT, or *nonexercise activity thermogenesis*. Simply put: move often for as long as possible. Instead of chronically sitting we should be chronically moving.

As kids growing up in a pre-technology world, NEAT was part of our daily life. Examples of NEAT from my own upbringing are walking 1.7 miles each way to school, riding my bike 4.5 miles each way to the Babe Ruth field for games, and walking 1.2 miles to the cinema or shopping mall. We walked or rode our bike everywhere we could. We stayed outside until dark running, walking, or playing basketball. We were in constant motion.

Then came cable television and the genesis of the sedentary society. Some have said that sitting is the new smoking. In the '70's we were moving 8-9 hours per day. In 2016 we are sitting 9-10 hours per day. It is estimated that, currently, 2 out of 3 people in the United States are unhealthy. Sitting contributes to this statistic.

Dr. Joan Vernikos, a former NASA researcher and author of the book *Sitting Kills, Moving Heals*, has shown that sitting produces similar aging affects to being in space. Sitting accelerates the aging process, while moving reverses the process. The effects of an anti-gravity environment that the astronauts were exposed to reversed once they returned to the gravity of earth.

Introducing NEAT back into your day without formal exercise can also reverse the effects of aging such as high blood pressure, excessive weight gain, type-II diabetes, etc. A 2004 study of an Amish society revealed that Amish women walked ~14,000 steps per day and the men took ~18,000 steps per day or

roughly 7-8 miles per day of walking. This population had lower levels of cancer and obesity. The funny thing was that they didn't have one treadmill or a gymnasium chain available to them.

There are simple ways to fit NEAT into your day without giving up your automobile. If you conduct meetings in a conference room, move the meeting outside and have a walking meeting. If you can't move outside, have a standing meeting with higher tables and a footrest. Standing meetings are healthier, faster, and more efficient. If you talk on your cell phone, why sit at a desk? After all it is a “mobile” phone, right? Get mobile and go for a walk down the hall or on the grounds. Take a 1-2 minute micro-break every 20-30 minutes to either, stand, stretch, walk, or perform a task that doesn't require sitting. When you go grocery shopping or to work, park at the space furthest from the door instead of closest to the door. Use the stairs instead of the escalator or elevator. Look for opportunities to walk. These opportunities are available to us every day but we pass them up for the sake of convenience.

Lastly, the national average for television watching is 5 hours per day. This can be time for stretching, abdominal “core” work, or performing the Tibetan rites; *anything* but sitting on the couch. There are virtually unlimited opportunities for movement throughout the day, from housework to gardening to cooking to even just standing up every 10-20 minutes during the course of the day. I highly recommend the book *Sitting Kills, Moving Heals* by Dr. Vernikos. It will give you a different perspective on the need to get up and move and the difference it can make in your life.

Article by Dale Buchberger, DC, PT, CSCS

You simply cannot neutralize 9.5 hours of sitting every day by going to the gym for 60 minutes 3-4 days per week.

APTS Recipe Box: Pumpkin Chocolate Chip Muffins

These muffins are extremely aromatic and will fill your home with the smells of autumn! They make the perfect breakfast, dessert, or midnight snack.

Ingredients: 1/3 cup fresh or canned pumpkin puree, 1/3 cup maple syrup or raw honey, 1/4 cup olive oil, 3 eggs, 1 tsp vanilla extract, 1-1/2 tsp pumpkin pie spice

(ginger, cloves, nutmeg, and cinnamon), 1/4 cup coconut flour, 1/2 tsp baking soda, 1/2 tsp baking powder, 1/2 cup mini chocolate chips, small pinch of salt.

Instructions: Preheat oven to 350 degrees F. Mix together pumpkin puree, maple syrup, olive oil, eggs, and vanilla extract. In a separate bowl, mix together coconut flour,

pumpkin pie spice, baking soda, baking powder, and salt. Mix dry and wet ingredients together until well blended. Add in chocolate chips and mix well. Spray a muffin tin with non-stick cooking spray or line with 8 paper muffin cups. Fill each until almost full. Bake for about 25 minutes or until toothpick inserted in the center comes out clean.

Makes 8 muffins.

Source: <http://paleogrubs.com/paleo-chocolate-chip-muffin-recipe>



Active P.T. Solutions

91 Columbus Street
Auburn, NY 13021

Phone: 315-515-3117

Fax: 315-515-3121

E-mail: cara@activeptsolutions.com

website: www.activeptsolutions.com

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

ACTIVE!

National Physical Therapy Month: How Physical Therapists Manage Pain



As America combats an opioid epidemic, safer, non-opioid treatments are needed now more than ever. Physical therapy is among the safe and effective alternatives recommended by the Centers for Disease Control and Prevention (CDC) in guidelines urging the avoidance of opioids for most pain treatment. While opioids simply mask the sensation of pain, physical therapists treat pain through movement in many ways:

Exercise. A study following 20,000 people over 11 years found that those who exercised on a regular basis experienced less pain, and chronic widespread pain was less common among those who exercised more than 3x/week. Physical therapists can prescribe exercise specific to your goals and needs.

Manual Therapy. Research supports a hands-on approach to treating pain. This type of care can effectively reduce your pain and improve your movement for all kinds of diagnoses. Physical therapists may use manipulation, joint and soft tissue mobilizations, and active release technique (ART) here at APTS.

Education. A large study conducted with military personnel demonstrated that those



with back pain who received a 45-minute educational session about pain were less likely to seek treatment than their peers who didn't receive education about pain. Physical therapists will talk with you to make sure they understand your pain history and help set realistic expectations about your treatment.

Teamwork. Recent studies have shown that developing a positive relationship with your

physical therapist and being an active participant in your own recovery can impact your success. This is likely because physical therapists are able to directly work with you and assess how your pain responds to treatment.

The American Physical Therapy Association launched a national campaign to raise awareness about the risks of opioids and the safe alternative of physical therapy for long-term pain management.

For more information on pain, how physical therapists manage pain, or the #ChoosePT campaign, visit www.moveforwardpt.com

Article by Carolyn Collier, PTA

