

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

APTS Monthly



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Monday -

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Wednesday -

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Thursday -

8:30am - 5:30pm

Friday -

8:30 - 4:00pm

Location:

40 Westlake Ave
Auburn, NY 13021
P: (315) 515-3117

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Have a Cup of Cheer Because You Are What You Eat!

When it comes to injuries such as muscle strains, ligament tears, nerve irritation, tendon tears, tendonitis, etc., most people would think about taking Advil, getting a cortisone shot, receiving physical therapy or chiropractic treatment, or even having surgery. All of those respective treatments are effective when provided to the appropriate conditions. The thing that most of us fail to recognize is the importance of diet in healing or preventing various injuries or conditions that occur to our muscles, tendons, and ligaments. There are three main dietary components in particular that can have a substantial influence on the recovery and prevention of injury. These three components are simple yet elusive: calcium/magnesium and zinc, hydration, and an anti-inflammatory diet.

Calcium and magnesium are essential minerals for all of our bodily systems. Calcium is required for all muscle contractions and nerve functions. Without calcium, it is difficult for our systems to function at their best, whether you are competing in a marathon or healing from a surgery. One area that calcium is helpful with is cramping of the leg muscles. Cramping can occur in the highly conditioned athlete or the deconditioned patient. Cramping is a sign of a deficiency. The myth of cramping is that it occurs from lost sodium. This is true if the conditions are right. A patient who is in poor physical condition might cramp during simple rehabilitation exercises. In this scenario, the likely culprit is a low reserve of calcium to assist in muscle contraction. How much calcium do we need? Here are daily doses for specific age categories: 9 to 18 years: 1300 mg, 19 to 50



years: 1000 mg, 50+ years: 1200 mg.

Remember that these doses are for the general public. Athletes in training or a patient recovering from an injury that gets the "minimal" dose through their diet will still need to take a calcium supplement to make up for the calcium that is used for aggressive exercise or rehabilitation.

Our bodies have been estimated to be 60-75% water depending on the source that you read. Human systems need adequate hydration to function properly and heal appropriately. It astonishes me each day knowing how many people walk around "relatively dehydrated". For example, if your muscles are dehydrated, they are acting like that dried out sponge under your sink—you squeeze it and it crumbles. Adequately hydrated muscles act like that nice new sponge, absorbing nutrients and doing a great job for you. As a general rule, if you are not drinking at least half your body weight in ounces of water then you are "relatively dehydrated". You don't have to drink water specifically but following simple hydration rules can help improve

your body's training and recovery systems. Drink fluids that are non-carbonated, caffeine free, and alcohol free. Limit fruit juices, as they are high in simple sugars. Sports drinks, such as Gatorade, should be diluted 50-50 with water. Diluting sports drinks improves absorption, reduces calories, and helps your budget! This formula, from the International Sports Medicine Institute, will help calculate your daily water intake: 1/2 ounce per pound of body weight if you're not active (eighty ounces a day if you weigh 160 pounds), and 2/3 ounce per pound if you're athletic (106 ounces a day, at 160 pounds).

The third item has been called "anti-inflammatory" nutrition. This eating approach consists of foods that produce anti-inflammatory compounds rather than pro-inflammatory compounds. The main idea of an anti-inflammatory diet is to avoid "bad" fats and to consume "good" fats while reducing the intake of processed foods (commercial white bread, etc.) and eating whole foods (fresh fruits and vegetables, etc.).

The "bad" fats are polyunsaturated and partially hydrogenated fats and oils. These fats are found in most processed foods, lead to the production of pro-inflammatory compounds and should be eliminated from the diet. Trans-fats, also fit into the "bad" fat category, are found in margarine and shortening and should also be avoided. Olive oil is a great alternative to margarine or shortening and contains omega-9 fatty acids,





Tricep stretch on the right arm with a bat, start position (above), end position (right)



Exercise of the Month: Tricep Stretch

With months of shoveling snow ahead of us, we thought we would provide a tricep stretch for you to help keep your upper arm muscles in tip-top shape!

To get into position, start by standing with your symptomatic

arm closest to the wall, as shown in picture. Reach up and back with your symptomatic arm and grab a bat, stick, or towel behind your back to grab the lower part of the bat, stick, or towel.

To perform the stretch, stand with your symptomatic arm and side of body up against the wall.

Use the opposite arm to pull down on the bat, stick, or towel so that the symptomatic elbow points toward the ceiling. You will feel a stretch in your tricep muscle, located in the back of your upper arm above the elbow. Hold this stretch for a good 30 seconds and perform 3 times per day.

“There are three main dietary components that can have a substantial influence on the recovery and prevention of injury: calcium/magnesium and zinc, hydration, and an anti-inflammatory diet.”

Have A Cup of Cheer Because You Are What You Eat Con't

which work with omega-3 essential fatty acids benefiting the body.

Good fats include omega-3 fatty acids, which are found mainly in cold-water fish. These include mackerel, salmon, sardines, anchovies and herring. Omega-3 fatty acids are also found in walnuts, Brazil nuts, almonds, pumpkin seeds, and sunflower seeds. Additional foods possess-

ing anti-inflammatory properties include fruits, vegetables, and grains. Fruits and vegetables include most berries, kiwi, peaches, mango, cantaloupe, apples, carrots, squash, sweet potato, spinach, broccoli, cabbage, and brussel sprouts. Grains include lentils, chickpeas, brown rice, wheat germ, and non-instant oatmeal.

Competing athletes or patients

have at their disposal progressive nutritional approaches that promote prevention and recovery. As always, speak to your healthcare provider to make sure you can safely make these changes given your specific medical history. Eat well, my friends, and have a healthy holiday season!

Article by Dale Buchberger,
DC, PT, CSCS

Tom Zirilli, PT, Attends “Feed for Speed” Seminar

On Wednesday, November 12, Tom Zirilli, PT, attended a seminar in Syracuse called “Feed for Speed: Sports Nutrition for Peak Performance”. Proper nutrition and hydration are critical for optimal sports performance and for the health and safety of the individual. As a healthcare professional

working with athletes, Tom needs to be equipped with practical and reliable information in order to provide appropriate nutritional guidance. Having his own dietary restrictions that he deals with on a daily basis, this is a field where Tom is very informed. After attending this seminar, he feels

more confident in the information he can offer our patients and looks forward to putting some into practice!

Article by Carolyn Collier,
PTA



APTS New Building Project Update



The new waiting room, with fireplace and patient rest-room. Front desk is to the left, clinic is behind photo.

Things are moving along at a rapid pace at 91 Columbus Street! The framing of the interior is done and the sheet rock is up. There is currently

dust from sanding everywhere! The outdoor landscaping has been pulled up and it is shaping up nicely.

We are looking at December 19th for a construction completion date. We will take the two weeks around the holidays to move, and are look-

ing to start 2015 with a bang in the new facility! The official opening date is January 5, 2015. Open house dates to follow.

As always, stay tuned to www.activeptsolutions.com and the Active Physical Therapy Solutions Facebook page for up-to-date information!



Our Thanksgiving Food Drive was a huge success! Both APTS & the St. Alphonsus Food Pantry are very grateful to everyone who was able to provide donations!

APTS Recipe Box: Holiday Truffles

This recipe only calls for 6 ingredients and is easy to prepare—no baking required!

Ingredients:

- 1 cup pecans
- 1 1/2 cup medjool dates (pitted)
- 1/4 cup unsweetened shredded coconut

- 4 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- 1/8 tsp sea salt

Instructions:

Place all ingredients in a food processor. Once well blended, roll into 1-inch balls. Serve immediately or refrigerate for later.

Makes 20 truffles.

Nutrition information (per truffle):

106 calories, 6g fat, 15g carbohydrates, 2g protein

Source: <http://www.amazingpaleo.com/2012/12/03/holiday-truffles/>

Welcome to the APTS Family, Bristol Kaite Cuthbert!

On Friday, July 25, Cara and Ryan Cuthbert welcomed their third child, Bristol Kaite, to the world. She was born at 1:24 PM, weighed 7 pounds, 7.7 ounces, and was 20 inches long. Cara has been the associate director at Active Physical Therapy

Solutions since we opened in March 2009, and she was still working the day before Bristol was born! Congratulations to Cara, Ryan, big sister Morgan, and big brother Jonas on the newest addition to your family!





Active P.T. Solutions

40 Westlake Avenue
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

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: “On the First Day of Christmas My True Love Gave To Me”

The holiday season is upon us and we thought, “Wouldn’t it be great to give our readers some gift ideas?” Proper ergonomics is becoming a commonality these days because of the electronic nature of our lives. Here are a few ergonomic tools that your loved ones might enjoy. Who knew some of these even existed?!

- **Laptop Stand:** If someone you know spends countless hours on a laptop, whether at work or at home, then this is the gift for them! This elevates the laptop so you’re not straining your neck as you work. There are several different kinds to choose from, for sitting or standing. This style is a Fellowes brand and can be found at Staples for \$36.99.
- **Wireless Keyboard:** This is a great addition to the laptop stand. It gives you the option to keep the keyboard flat while the laptop is upright on the stand at a better viewing angle to limit strain on the eyes and neck. Best Buy and Staples carry the Logitech brand, which ranges from \$19.99 (without a wireless mouse) to \$34.99 (with a wireless

mouse). Wireless keyboards are also available for tablet devices.



- **Ergonomic Pens:** What a neat idea for someone who spends a lot of time writing! It reduces gripping strain and discomfort from arthritis, carpal tunnel syndrome, repetitive strain injury, Parkinson’s disease, and writer’s cramp. This PenAgain Ergo-Sof pen can be found at The Writing Pen Store for \$4.95.
- **Ergonomic Steering Wheel Cover:** This features additional foam padding to

help relieve stress while driving, which you know we all get while driving through snow! The cover is plush to the touch, keeping your hands warm in the winter and cool in the summer. We found one style at Brookstone for \$9.99.

- **Ergonomic Beach Lounge Chair:** This gift is for all of our “snow birds” that travel south for the winter! This style from Brookstone helps to reduce neck and back tension to make your time on the beach as comfortable as possible. The specially angled headrest has a cut-away window to allow you to lie face down in comfort. It sells for \$169.99.
- **Standing Pedestal Desk:** This is perfect for someone who does a lot of desk work. It provides the option to change positions throughout the day, going from sitting to standing in seconds with the push of a button! This particular style from UpLift was found at The Human Solution for \$449.

We hope these ideas help keep your loved ones injury-free throughout the new year! Happy shopping & happy holidays!

Article by Tom Zirilli, PT