

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

APTS Monthly



VOLUME IX, ISSUE II

FEBRUARY 2019

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 winter drags on, many of us will turn our exercise endeavors to indoor facilities like our basement or a local gym such as the Auburn YMCA or Planet Fitness. When this happens, our exercise routine usually changes and we introduce new exercises or exercise classes. 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 are at the top of that list! More often than not, you and I are our own worst enemies. 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. Even professional athletes have coaches. For instance, 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 an 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 the 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 perform 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 over head 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 over-loading 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 can pay a great dividend in injury prevention

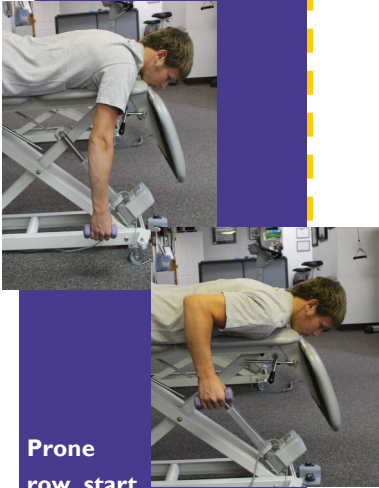
down the road.

Lower back pain is another frequent complaint in 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 like pre-existing degenerative disc disease or degenerative joint 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 and core and lower 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 sedentary lifestyle. So if you start back to the gym after a long layoff, start slow and get some professional advice. Work on your deficiencies first and progress from there. No one gets in shape overnight! Be in it for the long haul.

Article by Dale Buchberger,
DC, PT, CSCS

Exercise of the Month: Prone Row



Prone row, start position (top), exercise position (bottom)

This exercise works the muscles of the upper back and the small rotator cuff muscles of the shoulder. It helps to strengthen the muscles that pull your shoulder blades together.

The prone row works many different muscles of the body. Drawing the weight toward you until your upper arm is along the side of your torso is the motion of shoulder extension. The muscles that perform this motion are the latissimus dorsi, posterior deltoid, teres major, and triceps. Squeezing your shoulder blades together (known as *shoulder retraction*) is performed by the rhomboids and the middle trapezius muscles. The muscles that stabilize the shoulder, or press your arm bone (*humerus*) into

the shoulder joint cavity as your arm moves, are the *rotator cuff muscles*. Three of these four cuff muscles that are engaged during the prone row are the supraspinatus, infraspinatus, and teres minor muscles.

To perform the exercise, position yourself face down ("prone") with your arm off the side of a table. If you do not tolerate the prone position, this exercise can be performed by leaning your upper body from the waist up over a table or piece of furniture. Keep your elbow straight, hand in neutral position with thumb facing forward, and hand clearing the floor. You can start with a light (1-3 lb) weight as tolerated. Bend your elbow and pull your arm up to the

height of your body, concentrating on squeezing your shoulder blade at the end (as if starting a lawn mower). Keep the inside of your arm close to your body, aiming your elbow towards your back pocket. Slowly lower back to starting position.

Start with 2 sets of 10 repetitions every day, and gradually work up to 2 sets of 30 repetitions. Once you can comfortably perform this, drop the repetitions back to 10 and increase the weight by 1 pound, gradually working your way back to 30 repetitions. You can continue this cycle until you get up to 8 or 10 pounds. As always, if you feel any kind of discomfort, seek the care of a health care professional.

APTS Sexual Harassment Policy

Please be advised that discrimination is against the law in New York State. (N.Y. Executive Law, art.15, § 290 et seq.) **Sexual harassment is discrimination.** Active Physical Therapy Solutions takes sexual harassment and discrimination very seriously. All New York State employees were recently required to attend a webinar

on this prevalent topic.

Sexual harassment includes, but is not limited to, *inappropriate gestures, touching, and verbal sexual innuendos.*

Though there is a fine line in our profession because touching and exercising are part of our job, we intend to maintain the highest level of professionalism. Any of the above are **not** acceptable

from our patients.

Each employee at APTS deserves the right to work in a harassment-free environment. *We ask that you please be respectful and refrain from any type of the aforementioned harassment.* If you are unable to do so, we will be forced to discharge you from our care.

Thank you for your attention to this very important matter!

Outpatient PT vs. Home Health Services

If you have recently been a resident of a skilled nursing facility for short-term rehabilitation, or if you've been receiving nursing care and physical therapy in-home for a short period of time, you might have to wait before coming for outpatient physical therapy. What many people don't know

is that, if you continue to receive physical therapy or even any kind of nursing care in home, your insurance **will not pay** for outpatient services. You must also be discharged home from a skilled nursing facility before attending outpatient PT. Conditions such as balance impairment or post-operative joint replacements

are typically the patients that will run into this issue. Please let our front desk staff know if you are receiving home health services **of any kind** prior to being seen by one of our physical therapists for an initial evaluation.



It's Hard to Go Wrong Using Ice



When to use heat or ice on an injury, ache or pain is as common a question in a healthcare office as you will find. While there are generalities that can be followed, it can also

be an extremely specific self-treatment. It is very difficult to go wrong with ice. On the contrary, if you put heat on an inflamed body part there is potential to worsen a condition. So to start with a general rule of thumb in our office is to recommend ice for 20 minutes to the painful body part with at least 40 minutes off before the next ice application. A thin protective layer should be placed between the ice and the skin such as a paper towel or t-shirt. Always inspect the skin after the application. It should be pink and cool, returning to normal before the next ice application.

The majority of injuries or musculoskeletal ailments will respond to ice. Unfortunately most patients fail to ice frequently enough to be effective. For instance, if you have an ankle sprain, you may need to apply ice to the ankle four to five times a day for two or three days for the ice to be effective. If any body part swells, becomes discolored or causes a loss of function (in this case, the inability to bear weight) you should see a healthcare provider and most likely have an x-ray to rule out a fracture or additional pathology. Applying ice in this case should be for comfort and swelling control while arranging to see a provider.

The best form of cold therapy is ice itself. Your relatives may recommend frozen peas, corn, or other frozen produce. Frozen produce will not supply the same degree of cold as ice itself. Counter irritants such as rubs that produce a cold sensation do not reduce swelling or inflammation. They are designed to relieve pain by tricking your brain to focus on the cooling or heating sensation produced by the ingredients in the lotion or cream. This is where the term "counter-irritant" comes from. Remember the acronym PRICE therapy when applying ice: Protect, Rest, Ice, Compression and Elevation.

It is also common for patients to bring up the old adage of ice for the first 24-72 hours and then apply heat. This is a poor rule to follow because it negates the presence of pain and loss of function. If the condition is actively swelling or limiting function (weight bearing, sleep, work, etc.) it is appropriate to apply ice more than 72 hours after the onset of pain or injury.

Living in central New York it is a natural reaction to prefer heat instead of ice. In general, heat usually feels nice and comforting. Unfortunately, it is often not the right thing to do when it comes to an injury or painful musculoskeletal condition. If you do apply heat it should be moist in nature. A hot shower or hot bath are good forms of home heat application. There are special heating pads available that are made with a moist sponge or there are also several microwavable devices available in your local pharmaceutical retailer. One thing that I would absolutely rec-

ommend you not use is a dry heating pad. As I tell my patients "if you own a dry heating pad, give it to someone you don't like". Dry heat applications usually make the problem worse by creating local dehydration, edema, and inflammation.

So when is heat the treatment of choice? Moist heat is very helpful when you have a chronic degenerative condition such as a noninflammatory arthropathy like degenerative joint disease of the knee or back. Unfortunately these conditions are usually associated with some level of pain. In this case, using "contrast therapy" may alleviate the stiffness and the pain. Applying moist heat for 15-20 minutes followed by an ice application for 15-20 minutes and then gentle movement like walking is a form of contrast therapy that works well for patients with arthritis of a non-inflammatory type.

Never go to bed with an ice pack or heating device applied to a body part! There is a risk of falling asleep with the ice or heat in place and this can result in worsening of the condition or causing further injury or tissue damage. There are areas of the body where certain nerves are very superficial and at risk of injury from prolonged ice or heat application. The more common areas are the outside of the knee, inside of the elbow, the groin and lower abdomen. Lastly, if you are unsure or have a question about applying heat or ice to an injured area, call a healthcare provider who knows your medical history and whom you trust.

Article by Dale Buchberger, DC, PT, CSCS

Living in central New York it is a natural reaction to prefer heat instead of ice. In general, heat usually feels nice and comforting. Unfortunately, it is often not the right thing to do when it comes to an injury or painful musculoskeletal condition.

APTS Recipe Box: Chocolate Covered Strawberry Brownies

This dessert is guilt free, gluten free, refined sugar free, and paleo!

Ingredients: 1/2 cup + 2 tbsp coconut oil; 1-1/4 cups coconut sugar; 3/4 cups + 2 tbsp unsweetened cocoa powder; 1/4 tsp salt; 1 tsp vanilla extract; 2 large eggs; 1/2 cup almond flour; 1 cup dark chocolate chunks (optional). For the chocolate topping: 1 cup fresh strawberries, diced; 1/3 cup coconut oil; 1/3 cup cocoa powder; 2 tbsp maple syrup.

Instructions: Preheat oven to 325 degrees. Line an 8x8-inch baking pan with aluminum foil,

leaving overhang on the sides, spray with cooking spray. Set pan aside. In a large microwave-safe bowl, combine coconut oil, coconut sugar, cocoa powder, salt, and heat on high power to melt, about 45 seconds. Stop to stir, and heat in 10-second bursts until mixture has melted and can be stirred smooth. Whisk for about 30 seconds to help dissolve the coconut sugar into the oil. Add the vanilla, eggs, and stir vigorously until batter is thick, shiny, and well-blended. Add the almond flour and stir until combined. Pour the batter into the prepared pan and spread evenly. Bake until a toothpick inserted in the center emerges slightly moist with batter, about

22-25 minutes. Don't overbake! Let brownies cool completely. Spread the strawberries evenly over the brownies. In a small bowl, whisk together

Nutrition Facts	
Chocolate Covered Strawberry Brownies (Paleo)	
Amount Per Serving (1 g)	
Calories 220	Calories from Fat 144
% Daily Value*	
Total Fat 16g	25%
Total Carbohydrates 21g	7%
Sugars 17g	
Protein 3g	6%
* Percent Daily Values are based on a 2000 calorie diet.	

the coconut oil, cocoa powder, and maple syrup. Pour evenly over the strawberries. Refrigerate for at least 1 hour before cutting into 16 squares. Brownies will keep in an airtight container in the refrigerator for up to 3 days.

Source: <https://www.bakerita.com/chocolate-covered-strawberry-brownies-paleo/>



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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!**

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Nutrition 101:

Potatoes are known as America's favorite vegetable, they're loved for their versatility, their compatibility with other foods, and their ability to be transformed into two of America's favorite junk foods. Although sweet potatoes aren't as popular, they're perceived to be a healthier alternative to white potatoes because of their lower calorie and carb count. But are sweet potatoes really healthier than white potatoes?

According to the USDA, one medium baked sweet potato with skin contains 103 calories, 2.29 grams of protein, 0.27 grams of fat, 23.6 grams of carbohydrates, 3.8 grams of fiber, and 7.39 grams of sugar. Just one serving will give you more than 400 percent of your daily vitamin A requirement. It is also high in vitamins C and B, potassium, and choline.

A medium baked white potato with skin, on the other hand, contains 115 calories, 2.49 grams of protein, 0.06 grams of fat, 26.71 grams of carbohydrates, 4.6 grams of fiber, and 0.81 grams of sugar. It is also rich in vitamins C and B as well as potassium.

While white potatoes are lower in fat and sugar, sweet potatoes have fewer carbs and calories. And while sweet potatoes contain more vitamin A and vitamin C, white potatoes contain more protein and fiber.

You may have heard that eating white potatoes may cause you to gain weight or negatively affect your blood sugar levels, but according to medical experts, it's how you eat them that matters the most. White potatoes can be cooked in different ways, but the American diet is strongly defined by its love for fried potatoes, which makes them a bad choice for people who are looking to eat healthier. Some studies show that those who eat more white potatoes, no matter how they're cooked, have a higher risk of type 2 diabetes. Those who eat French fries increase their type 2 diabetes risk by an additional 19 percent. If you eat them baked or broiled, however, and if you avoid

fattening toppings such as cheese, sour cream, or bacon, the benefits of potatoes can outweigh the risks. Some good reasons to put white potatoes back into your diet if you've been avoiding them:

- They keep you satiated longer than other complex carb. One study reports that participants were more satisfied consuming potatoes with meat than with rice or pasta. It also resulted in a lower calorie intake overall for the participants.
- They're a good source of resistant starch. When digested, white potatoes pass through the large intestine where it can feed on the good bacteria in your gut. This is beneficial for blood sugar control and insulin sensitivity.
- They provide antioxidants. White potatoes are a good source of antioxidants such as flavonoids, carotenoids, and phenolic acids, which can neutralize free radicals and prevent cancer, heart disease, and other chronic conditions.

Sweet potatoes, on the other hand, are a great choice for diabetics or for those at risk of developing diabetes because of their low-to-medium glycemic index (depending on whether they're eaten with the skin on or off), which means they won't make your blood sugar levels spike as much as white potatoes. Some other reasons to choose sweet potatoes:

- They're a good source of manganese. This mineral is good for bone development, metabolism, and vitamin absorption.
- They're loaded with magnesium, which is known as the "great relaxation mineral". Magnesium can help with blood sugar management, blood pressure, and metabolism.
- They fight inflammation. In addition to the abundant amount of vitamin A found in the orange-

fleshed varieties, the purple sweet potato varieties are a good source of anthocyanin, which contains anti-inflammatory properties.

In the battle of sweet potatoes vs. white potatoes, there doesn't seem to be a clear winner. Both veggies have their pros and cons, but it all comes down to your preference in taste and your individual health goals. What appears to be most important is that they're consumed in moderation. It's best to find healthy ways to incorporate both of them into your diet and discuss with your doctor your individual concerns, particularly if you're diabetic.

Some tips you can use at home and while eating out to make sure your potatoes are both delicious and healthy:

- Avoid frying them. Steaming, boiling, or roasting potatoes will result in a lower calorie and fat content than if you eat them fried.
- Choose healthier toppings. Instead of loading them up with butter, bacon, cheddar cheese, and sour cream, try topping your potatoes with Greek yogurt, broccoli, honey, or vegetable chili.
- Avoid processed potato products. Potato chips and instant mashed potatoes often contain too much salt, fat, and/or preservatives.
- Leave the skins on. Not only do they add flavor to your potato dishes, the skins also contain additional fiber and other nutrients.

Article by Carolyn Collier, PTA

Source: <https://universityhealthnews.com/daily/nutrition/sweet-potatoes-vs-potatoes>