

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

# APTS Monthly



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## Office Hours:

Monday -

8:30am - 5:30pm

Tuesday -

8:30am - 7:00pm

Wednesday -

8:30am - 5:30pm

Thursday -

8:30am - 5:30pm

Friday -

8:30 - 4:00pm

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## What Exactly Does a Healthy Diet Mean?

For years we have heard that the cure for many ailments is "diet and exercise". The problem with this simple statement is that it never explains how much or what type of exercise and the entire concept of diet can mean different things to different people. Recently states and schools have begun making an attempt to modify the diets of students by limiting calories of school lunches. The main ailment we are talking about is obesity. It is the central ailment that breeds many other disorders such as type-II diabetes, cardiovascular disease, high blood pressure, kidney disease, arthritis, etc.

The key to explaining the "diet and exercise" equation is education. Unfortunately, educating the population on "diet and exercise" requires what I call a top-down, bottom-up approach. Adults unfamiliar with proper ways to eat and exercise need the same education as children and teenagers. This is the first way to break the cycle of obesity. The education must, however, explain the "why" of diet and exercise not just the "how". Whether it is a patient, family member, or a friend I have found that they are more compliant with recommendations when they understand "why" and not just "how".

The term "diet" in today's world is commonly used to imply "restriction" of calories. In actuality it really means, "What does your daily consumption consist of?" Total calories are tied to their contents. If the diet is made up of poor quality foods it is usually of higher calorie content. Diets composed

of higher quality foods are usually of lower total calories. And as is commonplace, it is cheaper to eat badly and more expensive to eat healthy.

Why do we eat the way we do? Simply put our history dictates our eating habits. For example, my parents were raised in the depression era. Consequently, many of our meals came from that period because they were inexpensive to make and could feed several people for several days. The intangible is that we were also more active in our daily lives. We worked harder with our bodies and burned the carbohydrate-based meals (bread, potatoes, pasta, rice, etc.). Because of technology many of us are glued to computers reducing our daily activity level. Breaking these habits is very difficult and a large part of our daily intake is due to habit.

Eating healthy is not only expensive it requires work. Once you get into a new habit of eating healthy it is actually much easier than eating unhealthy because you have fewer choices. For example, if you were to switch from the current "American diet" of processed prepared boxed foods that are composed of sugar, salt, fat, processed bleached flour and hormone injected meats or farm raised fish to the Paleo-diet (thepaleodiet.com) your choices would be reduced to anything you can "grow or kill". I know that sounds a little harsh, but it is the nuts and bolts of it. How does the "American diet" influence body composition? Everything in the current American diet can be found on a list of things to avoid if you have type-

II diabetes, high blood pressure, are over weight, etc. This diet has been implicated as the so-called "inflammatory diet" resulting in chronic inflammation and chronic pain. The "American diet" is also designed to maximize taste and not function. I try to explain to the athletes I work with not to focus on taste but focus on what the food is doing for you. Is it helping you build muscle, recover from a hard workout, prepare for a big meet or game?

Diet also includes what you drink. Soda is one of the worst things in the world.

Article Con't on Pg 2.

# Exercise of the Month - Side to Side Walks



Step 1



Step 2

This month we are going to re-visit the side to side walks. This exercise is especially important to strengthen the hip abductor muscles, which are located on the outside of the hip. These muscles strengthen your balance and ability to walk without falling.

**Step 1:** Start with feet together, shoulders back and head up; don't hunch over. Initially you will not use a resistance band.

**Step 2:** Step out to the side so feet are shoulder width apart, then bring feet together. Make sure not to lean to

the side when taking the step out.

**Step 3:** Perform 50 total feet; 25 feet in one direction and 25 feet in the other direction. Work up to 200 feet total, then add the exercise band with the least resistance and drop your distance to 100 feet. Once you work back up to 200 feet you can add the next highest resistance.

If you are having pain with this exercise, consult a physician. If you have any questions about this exercise, feel free to call our office and talk to one of our therapists.

*"In order to improve cardiovascular health you need to walk 12-20 minutes a day 4-5 days/week"*

## What Exactly Does a Healthy Diet Mean? Cont'd

Carbonated drinks rob the body of calcium and add empty calories. Water is simply the best thing you can drink. How much? Approximately 60% of your body weight in ounces. If you weigh 150 pounds then you should drink 90 ounces of water per day.

The exercise component is a bit easier. In order to improve cardiovascular health you need to walk 12-20 minutes a day 4-5 days/week. To

lose weight or alter body composition you need to walk 30-45 minutes 4-5 days/week. Adding resistance exercise will build muscle and increase your metabolism adding to the weight loss. If you perform resistance exercises two days per week and walk 4-5 days per week while modifying your food intake then weight loss is achievable.

Eating and exercising like anything else is a life style

choice. Eating a healthy diet should not be confused with eating a "survival diet". Exercise is also a lifestyle choice and it doesn't mean having to go to the gym. It means if you have time to watch Dancing with the Stars or Monday Night Football then you probably have the time to go for a walk!

**Article By: Dale Buchberger, PT, DC, CSCS**

## APTS Staff Hosts Holiday Food Drive

During the month of December, the staff at Active Physical Therapy Solutions decided to give back to the community by hosting a canned food drive to help those in need have a happier Christmas and New Year. The over 50 cans and boxes collected at Active PT Solutions were

donated to the food pantry at St. Alphonsus Church on Genee St in Auburn. The St. Alphonsus food pantry fed 350 families for Christmas and 486 families for Thanksgiving. What an amazing way to give back to our community! A sincere thank you goes out to everyone

who reached out! We hope to help the food pantry again in the near future, so watch for any announcements on our Facebook page and the APTS website!

# Freedom of Choice

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 that 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 that 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 or 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 postnatal care, sports injuries, stroke rehabilitation, or one of many other areas or 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.

Source: <http://www.moveforwardpt.com/resources/choose.aspx>

Article By: Carolyn Collier, PTA



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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 health-care 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!**

## Ergonomics -101 The Use of Portable Electronic Devices

DO's and DON'Ts for use of Portable electronic devices

Portable electronic devices including cellphones, tablet computers and ipods have made life a little easier for most of us, but they have also increased the prevalence of repetitive strain injuries. Here are a few **DOs** and **DON'Ts** to follow to avoid injury.

**DON'T**- Lean forward for a prolonged period of time while using personal electronic devices. Leaning forward doubles the compressive forces on your spine.

**DO**- Maintain your neck in a straight position while you read by propping your tablet up on a holder or by bringing the device to eye level.

**DON'T**- Use electronic devices close to bedtime. Exposure to bright light suppresses melatonin production which can make falling asleep difficult.

**DO**- Minimize your use of electronic devices to less than two hours at a time,

especially at night and/or prior to going to bed.

**DON'T**- Type heavily on the hard surface of the tablet/touchscreen. The touchscreen is less forgiving on the hands than a keyboard and can lead to overuse injuries in the fingers and wrist.

**DO**- Use voice/speech recognition and external keyboards more often. This will greatly reduce the amount of strain and forces being generated through your fingers and into your hands.

**DON'T**- Use personal electronic devices for hours at a time without taking a break. Studies have correlated increased use of personal electronics use with decreased cardiovascular fitness and poor posture.

**DO**- Recognize signs of fatigue, such as eye strain, and take breaks at least every 20-30minutes.

Article By: Tom Zirilli, PT

