

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

APTS Monthly



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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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The Benefits of Being a Three-Sport Athlete

As the summer comes to an end and the school year begins, the smell of fall fills the air and our nervous system is bombarded with the theme music from Monday Night Football. The upcoming high school sports season brings another opportunity for an athlete to be the next Vincent Edward Jackson. He was perhaps the best modern day three-sport athlete and perhaps the best all-around athlete to date. This bodes the question: what are the benefits of multi-sport participation and why don't more athletes strive for that?

The idea of the three-sport athlete was born out of the "big three". In high school, this referred to football, basketball, and baseball. This formula can take on different combinations in today's athletically diverse world. As the business world has become highly specialized, so has the world of athletics. Athletes now train 12 months out of the year for one sport. Teams have players for highly specific situations of a game. In baseball, there are pitchers kept on a roster to pitch to one batter. Football teams keep "third down backs" on the roster. So, is specializing good? It can be. Is it bad? It can be, too.

Unfortunately we must answer the original question with another question: why are kids specializing at a young age? The answer is: parents, coaches, and society. Parents see investment for the future scholarship, competitive edge, living out their dream, a future-paying job playing sports, and winning a championship. When coaches see an athlete, they see an opportunity to improve their team and perhaps win a state title. According to sociologist Dr. Harry Edwards, the influence of society on kids comes primarily from money. The underlying theme of sports, music, television, and movies is money and the pressure to co-exist in an adult world exhibiting adult traits.

Some coaches and parents have the ability to see the big picture for the student athlete and some don't. There are coaches and parents that encourage the student athlete to participate in multiple sports and/or non-sport activities. Coaches that encourage multi-sport activity also have the ability to communicate with the other coaches, advisors, and parents in support of the student athlete's human development. Coaches and parents can be territorial when they know they have a gifted student athlete. Characteristics of territorialism displayed by a coach in reference to a particular athlete are a red flag that should be recognized and remedied.

The benefits of multisport participation are physical, psychological, and social. These benefits last a lifetime. Sports like baseball, softball, lacrosse, and hockey are not only physical sports but they are specifically sports that emphasize chess-like thinking and rapid hand-eye coordination. Football and ice hockey are collision sports with higher physical risk but encompass personal sacrifice and team concepts. Track and field can be wide-ranging in physical development for strength, speed, endurance, sacrifice, and dedication. These are a few examples of the attributes of various sports. Let's use a high school male as an example: he competes in soccer, basketball, and lacrosse. This combination has blended multiple team sports with a high degree of hand-eye coordination and physical conditioning for his entire body. Had he specialized, he would not have had the benefits and experiences from different situations.

Multisport athletes display improved health and wellness, including decreased injury rates, improved athletic performance (master alternative activities faster than single sport athletes), improved leadership skills and teamwork, have better attendance in school, and perform better academically.

Most young athletes begin to specialize when it is too early to tell. Generally speaking, each athlete should be looked at individually. Certain sports have times when decisions may need to be made to provide the best opportunity for the athlete to succeed. As an example, overly aggressive club coaches promising Olympic dreams at a very young age unfortunately often fuel sports like gymnastics. Specializing too early often results in burnout. Athletes give up before their time because they get exposed to too much too soon. Lack of interest in a sport is a hint to parents that the interest may be elsewhere. Parents should always remember to *encourage* participation, but never *force* participation. Ask your son or daughter what his or her goals are. You may find out that they are different than originally thought.

The research shows that there are several benefits to multisport participation. Unfortunately, society has all but eliminated the three-sport athlete from our vocabulary. This has been done for the sake of either winning a championship at 10 years old or beating the Chinese on a standardized test at 14 years old. Somewhere out there is the next Vincent Edward Jackson. There is also a coach, teacher, and parent willing to forgo society and encourage him or her to become a multi-sport/multi-activity student athlete.

By, the way Mr. Jackson's common name? Bo. If you don't know Bo... Google him.

Article by Dale Buchberger, DC,
PT, CSCS

Exercise of the Month: Ball Table



Ball table, start position (top) and end position (bottom)

Ball tables are a great exercise for improving posture and for strengthening your glutes and core muscles. When added to your daily exercise routine, ball tables will help to prevent lower back and lower extremity injury.

Start by sitting tall on the ball with good posture and with your feet on the ground (as shown in the top photograph). Walk your feet forward (not shown) and lower your body onto the ball *without* using your

hands, all while rolling the ball up your back toward your head. Stop when you feel the ball between your shoulder blades and you are able to rest your head on the ball (as shown in the bottom photograph). Squeeze your glutes and draw your navel toward your spine without arching your back. Hold that position for 3-5 seconds. Then walk your feet backward and raise your body back to a completely seated position. All of the above constitutes one

repetition of this exercise! Perform 10 repetitions every day, never progressing to more than 20 repetitions.

Use caution if you don't feel stable on the ball. Have someone spot you, or perform close to a piece of furniture you can hold onto if needed until you can perform the exercise on your own.

Don't have an exercise ball to use? We sell various sizes here at APTS—just ask!

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What's Going on at APTS?

Julie Hauberg, student PT from Ithaca College, finished her first clinical rotation at APTS on July 29. She passed with flying colors! She returns to Ithaca College at the end of August to continue two more years of school. We wish her the best in her studies and career! She will make a great PT someday!

Cara and Ryan Cuthbert wel-

comed their 4th child, a third baby girl, Ari Elizabeth, on Friday, August 5 at 5:15 P.M. She weighed a whopping 8 lbs 15.9 oz and was 20.5" long. Big sisters Morgan (6) and Bristol (2) and big brother Jonas (4) are excited to have her here.

In other child news, Maggie's daughter turns one year old this month, and Carolyn's daughter turns 4. Time flies!

Zachary Buchberger returns to the University of Dubuque, Iowa, to start his second year on August 25.

We will see you at the Downtown Auburn Mile sponsored by Active Physical Therapy Solutions on Friday, August 26! (See page 3)

APTS Night at the Doubledays

The Active Physical Therapy Solutions Night at the Auburn Doubledays was Thursday, August 4, 2016. Our clinic bought out the stadium and gave out free general admission tickets for a few weeks prior to the game. The team played the State College Spikes with the first pitch being

thrown by Dr. Dale Buchberger. Dale was also interviewed by Syracuse University student Michael Tricario during his live radio broadcast. Former patients who had APTS "graduation" t-shirts were invited to wear them to receive a special gift from us. Other attendees received an

Active Physical Therapy Solutions cup if they visited our table. Although the Doubledays lost 5-3, it was a great night for a game! We'll see you there again next summer!



Take me out to the ballgame!





The Myth of the Sports Hernia

You can't watch a professional sporting event today or an episode of ESPN SportsCenter without hearing the term **sports hernia**. Donovan McNabb, Jeremy Shockey, Dave Harris, and the list goes on of professional athletes that have had to deal with the pain and disability that this elusive disorder brings. Considering the notoriety this injury brings, you would think its diagnosis and treatment would be more commonplace. In fact, the athletic population and general population alike does not know what a sports hernia really is. It is not uncommon for patients to equate a "sports hernia" with the more common "inguinal hernia". In plain terms, a sports hernia is NOT a hernia of any type. This is why experts in the field are trying to get away from using the term and replace it with **athletic pubalgia**. Unfortunately we will need sports announcers such as Trey Wingo and Chris Berman of ESPN fame to stop using the phrase "sports hernia" before the name will change. So let's answer the question: "What is a sports hernia?"

A *sports hernia*, or *athletic pubalgia syndrome* (APS), is actually a tear of the rectus abdominis (abdominal "6-pack") muscles off of the pubic bone and/or a tearing of the "conjoined" tendon of the abdominal oblique muscles. It can occur in athletes or non-athletes. It can be the result of severe

trauma such as an automobile accident or sports collision. It can also occur from the rigors of intense athletic training. It can be seen in males and females alike. It is common in older athletes trying to revive or maintain athletic careers. Sports having a notorious association with sports hernia are ice hockey, soccer, football, running/sprinting, lacrosse, baseball, golf, and swimming.

Athletic pubalgia syndrome commonly presents with one-sided lower abdominal and/or groin pain. The pain may radiate down the front of the thigh to the knee. Unlike the common inguinal hernia, there is no bulge or herniation of anything. There may be pain with coughing, sneezing, turning over in bed at night, sprinting, kicking, sidestepping, weight training, and performing certain maneuvers specific to your athletic activity. The condition will settle down with rest and discontinuing the athletic activity. Return to the athletic activity usually brings a return of the symptoms and athletic frustration. The elusive ability to diagnose the condition results in an average of 14-20 months before most athletes are diagnosed and effectively treated for APS. Part of the elusiveness of APS is that 17 different variations of the same condition have been identified.

There are several things required for an appropriate diagnosis: a practitioner that is familiar with the condition and who understands the exam procedures necessary to

diagnose it on physical exam. Once an MRI is performed, the radiologist must be experienced and knowledgeable in reading and recognizing APS on the MRI. A specific APS MRI protocol has been developed and is helpful in the accurate diagnosis of APS. Depending on the grade or severity of APS, surgical repair may be necessary for adequate correction and may be the most efficient management strategy. In less severe cases of APS, a non-operative therapeutic approach may be effective. Non-operative treatment of APS is focused on soft tissue treatment of the involved muscles and restoring balance in strength and flexibility to the muscles of the thigh, hip, and pelvis, also referred to as "the core". Athletes need to be "retrained" on their way of training and traditional exercises such as sit-ups should be removed from the workout plan. The process can be tedious and frustrating.

Athletes suffering from hip, groin, or lower abdominal pain should be examined to establish the presence of athletic pubalgia syndrome, or sports hernia. Please keep in mind that while sports hernia is being diagnosed at a higher rate due to our increasing familiarity with its presentation, there are more severe conditions that can result in hip and groin pain. Seeing your sports medicine healthcare provider is the first step in ruling out one of these more severe conditions and getting to the most efficient management of the injury.

Article by Dale Buchberger, DC, PT, CSCS

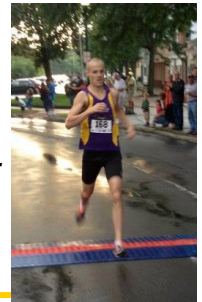
A sports hernia, or athletic pubalgia syndrome (APS), is actually a tear of the rectus abdominis muscles off of the pubic bone and/or a tearing of the "conjoined" tendon of the abdominal oblique muscles.

The 39th Annual Downtown Auburn Mile: Friday, August 26, 2016

Active Physical Therapy Solutions is once again sponsoring the Downtown Auburn Mile this year. It takes place on Friday, August 26, at 7:00 PM. The

race will start on Genesee Street in front of the Pettigrass Funeral Home and end at the Prison City Brewery, with the after party being held at A.T. Walley's. Registration

is online only, \$12 in advance, \$20 on race day. Visit www.lightboxreg.com/downtown-auburn-mile_2016. For more information, visit www.auburnymca.org.



APTS Recipe Box: Peachy Pork-A-Bobs

Here's what you need for 8 hearty servings:

Pork Kabobs: 1 small red onion, roughly chopped; 1/3 c macadamia nut oil; 1/2 c coconut aminos; 3 tbs fish sauce; 2 tbs apple juice; 1 tbs tomato paste; 2 garlic cloves, minced; freshly ground pepper; 3 lb pork shoulder roast, cut into 1-1/2 inch cubes; 1/2 c diced fresh peach

Spicy Peach BBQ Sauce: 2 med peaches (1 lb), halved and pitted; 1/2 red onion, peeled and cut through the root end; 2 tbs melted ghee; 1 jalapeno pepper; 1/2 cup coconut aminos; 2 tbs tomato paste; 1-1/2 tablespoons rice wine vinegar; 2 tsp fish sauce; 2 cloves garlic, minced; 1 tbs minced ginger; freshly

ground black pepper

Instructions: Make the marinade for the kabobs by blitzing together the first eight ingredients in a high speed blender or food processor until smooth. Cut pork shoulder into uniform 1-1/2-inch cubes. Put the cubes in a large storage container and pour the marinade over the pork, making sure it is well-coated. Cover and refrigerate for at least 1 hour and up to 8 hours. Next, heat grill or grill pan to medium-high. Cut peaches in half and pry out the pits. Brush melted ghee on the cut surface of the peaches and onion. Place peaches, onion, and pepper on the hot grill for a couple of minutes per side until grill marks appear. Roughly chop the peaches and onion, discarding the stem of the

onion. Trim off the stem of the jalapeno and remove the seeds and ribs. Toss the peaches, onion, jalapeno, with the remaining ingredients into a high speed blender or food processor. Blitz until smooth. Pour the sauce into a saucepan and bring to a boil over high heat. Lower the temperature to medium-low and simmer for 5-10 minutes or until slightly thickened. The sauce will keep in the refrigerator for up to 4 days. Finally, heat the grill to medium-high. Thread 5 or 6 pieces of pork on each skewer. (Flat metal skewers are best.) Grill for about 10 minutes, turning occasionally until cooked through. Remove from the grill and brush on the barbeque sauce. Let sit for 5-10 minutes before digging in!

Source: <http://nomnompaleo.com/post/56702305894/peachy-pork-a-bobs>



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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

ACTIVE!

Nutrition 101: Eating Healthy at the Great NY State Fair



The Great New York State Fair Opening Day is fast-approaching on Thursday, August 25. A lot of us love to go to the fair for the food, but how do we eat healthier,

or even just limit the amount of junk we eat in one visit? Or even protect ourselves from the sudden outpouring of various allergens or special diets? What if you're simply just working at the fair for the full 12 days and you don't want to eat fried food every day?

The good news is that the International Building now has a lot of ethnic options that are healthier, gluten-free, and/or vegan. The Strong Hearts Café, new in 2015, has vegan salads, vegan burgers, vegan cupcakes, and vegan milkshakes! If you are sticking to more of a Paleo diet, there are all kinds of meats on sticks to try. Grilled chicken breast and various

salads and wraps are available at several locations, and King David's Gyro even has veggie sandwiches. You can always ask for your sandwich without a bun and with the sauce on the side so your meal isn't slathered in it. Wrap It Up, located outside the Dairy Building, has vegetarian wraps and grilled chicken or steak that you can load up with veggies as well. Again, ask for your dressing on the side so you don't overdo. Sterling Creek General Store has assorted dried fruits, nuts, trail mixes, and cheeses for a quick, filling snack. Fresh roasted corn can be found outside the Grange Building, and last year they had a baked sweet potato at the Horticulture Building (but be prepared to stand in line!). Fruit smoothies are readily available and are always a good option. Several B Wilson Enterprise locations have frozen bananas which are a delicious healthy treat! And, of course, get your still 25-cents glass of ice cold milk at the dairy building—before or after you check out this year's butter sculpture! You can also visit the yogurt bar and top your regular

vanilla or Greek yogurt with fruit or granola.

Of course, most of us have a few Fair staples that we HAVE to have every year (mine is the wine slushies, which, conveniently are gluten- and dairy-free AND vegan!), so go ahead and splurge, but do so in moderation. Maybe make one or two more trips to The Fair than you normally would to spread out your indulgences over several days. Your body will thank you!

Article by Carolyn Collier, PTA

*In loving memory of our friend,
Marjorie "Marty" Bielings
January 22, 1925—July 25, 2016*

