

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

APTS Monthly



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Office Hours:

Monday -

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8:00am - 7:00pm

Wednesday -

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Thursday -

8:00am - 5:30pm

Friday -

8:00am - 4:00pm

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Tips for Golf Season

As spring approaches, more and more people will be turning their attention to the golf course. Hopefully many of these people have been preparing for the new season by doing some regular exercise. If you have not started your preseason exercise routine, it is not too late to get started. Fortunately, in Central New York, the golf season comes slowly. The 3 most common causes of golf injuries are excessive play, poor swing mechanics, and poor physical conditioning.

Overuse injuries occur when we force deconditioned muscles and joints to do repeated high force movements such as swinging a golf club. Performed too frequently, injuries can result. The body can withstand many forces placed on it, but there's a limit to how much it can take before it reacts with injury. High repetitions of the golf swing during play and practice can cause trauma to muscles and connective tissue, leading to inflammation and pain. When key areas are kept strong and flexible, the body can withstand these forces better with less risk of injury.

Poor golf swing mechanics can also lead to injury. Repeated collisions with the ground, besides creating divots, will place increased stress on the muscles, tendons and ligaments of the shoulder, elbow, and wrist. Back injuries can occur if you bend too far forward during the golf swing. If you have back trouble that is made worse with your golf swing, you should have your swing analyzed by a certified golf instructor to pick up any faults that can be corrected. To help prevent back injuries, you also should use good body mechanics when lifting your golf bag and teeing the ball.

Unconditioned muscles are weak and inflexible, causing them to be more susceptible to injury. The back is especially vulnerable to the increased pressure placed on it during the golf swing (rotating while leaning forward). If

lower back and abdominal muscles aren't strong or flexible enough, the high repetitions of the golf swing eventually will cause pain. If you are limited in your golf swing by a health-related problem such as having had a joint replacement in either your knee or hip, being on a strengthening program is even more important. Keeping your legs strong will take strain off your back.



Here are the easiest and most productive exercises for any golfer to perform. While it would be easy to fill your day with exercises, these target specific areas of weakness found in most amateur and recreational golfers. The bridging exercise strengthens the back and hips. Lay on your back with your knees bent and feet flat on the floor. Push your feet into the floor and squeeze your buttocks to lift your bottom off the floor. Hold for 3 seconds and lower slowly. Start with 2 sets of 10-12 per day and increase to 2 sets of 25-30 per day. The seated piriformis stretch increases flexibility in the hips and is performed seated with both feet on the ground. Cross one leg over the other and grasp your knee with both hands. Pull your knee to your chest and toward the opposite shoulder. Hold for 30 seconds and repeat one time up to 5 times per day. The Prone "T" exercise

strengthens the shoulders and upper back and is performed lying face down on the floor with a folded towel under your forehead. Your arms are out to the side with the palms facing the floor so you are in the shape of a "T". Squeeze your shoulder blades together and lift your hands off the floor slightly until they are parallel to the floor. Hold for 3 seconds and lower slowly. Repeat sets of 10-12 to start and increase to 2 sets of 25-30 per day. The cross-body shoulder stretch increases flexibility of the shoulder and can be performed by crossing one arm across the chest. Grasp the elbow with the other hand and pull your arm into your chest while depressing the stretched shoulder. Hold for 30 seconds and repeat one time up to 4 times per day.

By following a golf-specific strength and flexibility program, you will lower the risk of injury and, most likely, improve your game. While there are many gadgets and gimmicks promoted to improve the golf swing, the easiest and most cost-effective way is to strengthen inherent physical weaknesses. A program doesn't have to be complicated or take a lot of time. Injury prevention starts with taking a few minutes to perform a few daily exercises. The degree of improvement in your game is directly proportional to the effort you put into preparing. Showing up at the golf course every day won't necessarily improve your game if you show up each day with the same weaknesses. Remember: if you have 5 hours to play 18 holes of golf, you need to find 15 minutes to warm up before you play.

Article by Dale Buchberger,
DC, PT, CSCS

Exercise of the Month: Prone T



Prone T start and end position (top), exercise position (right)



This exercise will strengthen your shoulders and shoulder blades. It will also help to improve your posture and prevent further injury from poor posture.

To get into position, lie face down on the floor (this is the “prone” position) with your forehead resting on a 4-inch towel to clear the floor and align your head with your spine. Do not lie with your neck turned to one side. Place your arms out to your side in a “T” formation, at a 90-degree angle to

your body. Palms should be facing down, on the floor.

To perform the exercise, squeeze your shoulder blades together (down and back towards your waist, not up towards your ears) and lift your arms straight up to the ceiling, just to the same height as your body, not higher. Hold arms in the air for 1-3 seconds, then relax arms down to the floor, and relax shoulder blades last. Perform one set of 10 repetitions 1-2 times per day as tolerated without pain. A 5/10 or greater pain scale during or after exercise means you did too much and you

should back down on the repetitions next time.

Gradually increase your reps to 30 over a period of time. When this becomes easy for you, drop your reps back down to 10 and hold a one-pound weight in each hand. Then repeat the cycle of working up to 30 repetitions, dropping back down to 10 reps and increasing weight by one pound increments. Three or four pounds at 30 reps would be the maximum weight for this exercise. As always, contact your healthcare provider if you experience more pain with this, or any, exercise!

The back is especially vulnerable to the increased pressure placed on it during the golf swing. If lower back and abdominal muscles aren't strong or flexible enough, the high repetitions of the golf swing eventually will cause pain.

What's Going on at APTS?

Ronak Patel is a Physical Therapist Assistant student from the newly-accredited Bryant and Stratton College. He is joining us here at Active PT Solutions for his first clinical internship every Friday morning for 12 weeks this summer. Shannon Donohoe is a Doctor of Physical Therapy student from Ithaca College who will be joining us for her first clinical internship for 8 weeks from June 4 until July 27. She will primarily be work-

ing with Tom and Carolyn, but you will see her around the clinic. Please make both Ronak and Shannon feel welcome and help us help them learn about the wonderful world of physical therapy!

Active PT Solutions is sponsoring another Doubledays Community Night on Thursday, July 19. We will have free tickets available for the game that night, which starts at 6:30 PM against the Mahoning Val-

ley Scrappers. Tickets will also be available at various retailers around Auburn. We will also have a booth with ponchos and koozies to giveaway at the game. If you're able to attend, stop by and say hi!



APTS Buyout Night 2015

Foods on the Healing Foods Diet



Page 4 of this Newsletter talks about the Healing Foods Diet. This section will list the best foods to consume on this diet.

Nuts and Seeds (raw is best): Almonds, pecans, cashews, walnuts, macadamia nuts, brazil nuts, pine nuts, pumpkin seeds, flaxseeds, hempseeds, chia seeds, black beans, adzuki beans, kidney beans, pinto beans, white beans, lima beans. NO peanuts (biotoxic

& high in omega-6).

Fruits: Strawberries, blueberries, raspberries, blackberries, acai berries, goji berries, cherries, lemon, lime, apples, pears. **Fruits to be eaten in moderation:** Bananas, oranges, mangoes, pineapple, melon.

Dairy (raw is best): Goats milk, goats milk yogurt, goats milk cheese, sheep cheese.

Fats & Oils (organic is best): Ghee, butter, coconut oil, grapeseed oil, olive oil, flaxseed oil, hempseed oil, pumpkin seed oil, borage oil (GLA), fish oil, cod liver oil, avocado oil, sesame oil.

Vegetables (high fiber & low glycemic): Asparagus, bell peppers, broccoli, brussel sprouts, cabbage, cauliflower, celery, collard greens, cucumber, eggplant, garlic, ginger root, (con't on page 3)

Summer Cycling, Injury Free



You can't prevent post-traumatic or crash-related injuries, but you can take steps to help your body tolerate those early training miles, making it less prone to overuse cycling injuries later in the season.

If you plan on riding more than an hour or two a day, it is a necessity to have a professional bike fit. You can spend hours, days, weeks, or months trying to fit your bike through trial and error, but a few millimeters may be the difference between a painful ride and a comfortable ride. As we age, the muscles, tendons, and ligaments in our joints and back tend to stiffen, making a correct fit even more important. The basic premise of a bicycle fitting is to fit the bike to the rider – not the reverse. This may entail changing some components to get the fit you want. In the end, both the professional bike fit and the component modification will save you pain, sweat, tears, time, and money.

Cycling is an efficiency sport as much as it is a strength and endurance effort. A bike fit places you in the best position for an efficient ride and an efficient ride is a pleasant ride. Here are a few general points to keep in mind with a bike fit. Please remember that this article is not a

substitute for a professional bike fitting!

Your bike seat should be level in order to support your full body weight and allow you to move around on the seat. Too much upward tilt can result in pressure points and buttock pain. Too much downward tilt can result in forward slide and increase the pressure on your arms, hands, and knees.

A seat position that is too high or too far back can often result in an irritated iliotibial band (ITB). The ITB is the band that runs from the outside of the hip to the outside of the knee. A seat that is too low or forward can cause pain in the front of the knee. A seat that's too high will also cause your hips to rock side to side, which may cause contact discomfort on the saddle as well as lower back pain from excessive movement.

If the handlebars are incorrectly positioned (too high, too low, too close, or too far away), this may result in neck, shoulder, back and/or hand pain. You should be able to comfortably use all the positions on the handlebars and bend your elbows while riding.

When choosing a fitter, find someone that has several years of fitting experience with the type of bike you are riding and understands cycling anatomy. Be choosy – it's your bike and your body!

Cycling is a linear activity. This means that the majority of repetitions and action occur in a straight line. Consequently, the muscles that move and control us in diagonal patterns gradually break down with each linear mile we traverse. The muscles of the hip that assist in multidirectional movement are

called the hip abductors. When these muscles become weak, the ITB also becomes tight. This sets off a multitude of problems resulting in a host of injuries.

Strengthening the hip abductors early in the year can help keep the knees in alignment during the pedaling cycle, reducing the risk of season-ending knee pain. Stretching the hip rotators can further reduce the risk of ITB stiffness. Using a foam roller after training for 5-10 minutes will reduce post-training inflammation and improve recovery.

Stiff and weak hamstrings (the muscles in the back of the thigh) can result in knee and lower back pain. Chronic stiffness of the hamstrings is related to progressive weakness. The hamstrings are very specific muscles and must be trained regularly or they atrophy very quickly and become stiff. The hamstring tension increases the strain at the knee and the lower back. Incorporating a stretching and strengthening routine for the hamstrings will improve your chances of a pain-free cycle season.

It's never too late to have your bike professionally fit, so schedule that first. Perform hip abductor and hamstring strengthening exercises 3-4 days per week. Stretch the hip external rotators (buttock), quadriceps (in the front of the thigh), and hamstrings (in the back of the thigh) daily. Lastly, be sure to use that foam roller after every training session. These simple steps will ensure a pleasurable season of cycling.

Article by Dale Buchberger,
DC, PT, CSCS

If you plan on riding more than an hour or two a day, it is a necessity to have a professional bike fit. A few millimeters may be the difference between a painful ride and a comfortable ride.

Foods on the Healing Foods Diet (con't)

grasses (wheat & barley), green beans, green lettuces, heart of palm, kale, mushrooms, mustard greens, olives, onions, parsley, radishes, snow peas, spinach, sprouts, sea vegetables, water chestnuts, zucchini. **Vegetables (to be eaten in moderation):** Artichokes, beets, carrots, chick peas (garbanzo), legumes, leeks, lentils, okra, peas, pumpkin, squash (acorn, butternut, winter, summer, spaghetti), tomatoes.

Meats/Protein (all-natural poultry & grass-fed meat): Eggs (cage-free), fish (wild-caught),

chicken, turkey, beef, lamb, venison, wild game. **Lower fiber Carbohydrates (NOT on Healing Foods Diet, but on Basic Diet):** Amaranth, barley, brown rice, buckwheat, corn (non-GMO), Ezekiel bread, millet, quinoa, spelt, sprouted grains, steel cut oats, sweet potatoes or yams, wild rice.

Condiments: Sea salt (celtic, Himalayan, or sea), apple cider vinegar, balsamic vinegar, salsa, guacamole, hummus, mustard, organic flavorings (vanilla, almond, etc.), veganaise with grapeseed oil, cocoa and carob, herbs and spices (basil, rosemary, curry, cinnamon, etc.), soy sauce

(wheat free), liquid amino acids. **Sweeteners:** Stevia, Xylitol.

Sweeteners (NOT on Healing Foods Diet, but on Basic Diet): Raw Honey (unheated in small amounts), agave nectar, maple syrup (grade A or B), brown rice syrup.

Beverages: Purified, non-chlorinated water; natural sparkling water, no carbonation added (i.e. Pellegrino); herbal teas (unsweetened, preferably organic); raw vegetable juices; raw lemonade (Stevia, lemons, and water); fermented drinks.

Source: <http://draxe.com/healing-diet/>



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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

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Nutrition 101: The Healing Foods Diet

The Healing Foods Diet was developed by Dr. Axe, and it's more of a tool than a diet to help anyone combat diseases such as diabetes, obesity, heart disease, autism, digestive disorders, fatigue, depression, hormone imbalance, and cancer prevention.

The "diet" targets five aspects of your health to help you triumph over any illness:

1. **Decreases Inflammation.** Most diseases today are due to inflammation, which damages your cells and arterial walls. Inflammation causes high blood pressure, high cholesterol, arthritis, and digestive disorders like Crohn's disease, to name a few. By reducing inflammation, your body is better able to heal from any disease.
2. **Alkalizes Body.** Your body should have an average pH of 7.36. A can of soda literally has a pH of 2.5 and it would take approximately 30 glasses of water just to balance things out! Green vegetable juices like wheat grass and spinach help restore the body's proper pH. All diseases including infections, osteoporosis, and cancer thrive in an acidic environment. By alkalizing your body, your cells can heal and regenerate at the highest level.
3. **Lowers Blood Glucose.** One of the primary causes of diabetes and weight gain are burn out of insulin receptors. By lowering blood glucose levels, insulin receptors can heal and your body can begin to produce normal amounts of insulin to heal diabetes and leptin for weight loss.
4. **Eliminates Toxins.** Toxicity has become an epidemic in our society today and is a

major cause of our increase in hormonal imbalance and autoimmune diseases. The diet helps problems like female disorders, infertility, hypothyroidism, and headaches by balancing hormones and helps in reversal of autoimmune diseases like fibromyalgia, chronic fatigue, Alzheimer's, and autism.

5. **Optimum Nutrients.** Many of today's illnesses are due to nutritional deficiencies. Most of the foods we eat today are processed and stripped of all vitamins, minerals, antioxidants, and enzymes. This diet slows the aging process, improves mental capacity, and increases energy levels.

The healing foods diet consists of eating equal amounts of clean protein sources, healthy fats, and low glycemic carbohydrates in the form of fruits and vegetables (33% of each).

1. **Remove the bad fats and replace them with good fats.** Bad fats, such as hydrogenated and partially hydrogenated oils, trans fats, soybean oil, canola oil, and vegetable oils cause heart disease, stroke, diabetes cancer, chronic fatigue, and neurotoxic syndrome. Bad fats create chronic inflammation throughout the body, thus inducing disease. Good fats are essential to hormone production, cancer prevention, brain development, weight loss, cellular healing, and anti-inflammation.
2. **Change the meats that you eat.** There are hundreds of studies that link commercial meats with cancer and heart disease. The grain fed to animals that were created to eat grass changes fatty acid ratios (too much omega-6, not enough omega-3) and denatures good fats, leading to modern day disease. The

bioaccumulation of commercial pesticides, herbicides, antibiotics, and hormones in meats are causing a toxic environment, which leads to many cancers, neurological disorders, and chronic illness. Grass fed and free range meats offer many fatty acids missing in the Standard American Diet (SAD) such as arachidonic acid, conjugated linoleic acid, and omega-3 fatty acids.

3. **Remove all Refined Sugars and Grains from your diet.** This includes white rice, white pasta, and white bread. One-third of sugar comes from soft drinks, 2/3 from hidden sources, including lunch meats, pizza, sauces, breads, soups, crackers, fruit drinks, canned foods, yogurt, ketchup, mayonnaise, etc. High glycemic or refined sugars cause elevated glucose, which elevates insulin, leading to premature aging and degenerative diseases such as type II diabetes, heart disease (inflammation of the arteries), and cancer. Sugar is an anti-nutrient offering insignificant amounts of vitamins and minerals and robbing your body of precious nutrient stores. This inevitably leads to diseases such as chronic fatigue, ADD, ADHD, heart disease, diabetes, and cancers. Low glycemic carbohydrates in the forms of fruits and vegetables have high amounts of fiber, enzymes, vitamins, minerals, and antioxidants that help you age slower, improve energy levels, lose weight, and detoxify your cells.

See page 2-3 for foods that are part of the Healing Foods Diet.

Article by Carolyn Collier, PTA

Source: <https://draxe.com/healing-diet/>