

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

# APTS Monthly



VOLUME IX, ISSUE VI

JUNE 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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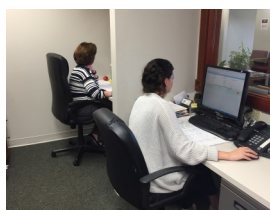
## Why Sitting is Killing You

Modern conveniences, technologies, chairs, remotes, etc., are designed to make our life easier but all of them encourage sitting. Chronic sitting steals our opportunities of habitual movements we used to make before we lived without modern conveniences. Workplace office design, recreational activities, and entertainment devices with remote controls are all designed to minimize moving. This is why the average American spends 9.5 hours sitting in a given day. Research dating back to the Apollo Space Projects has shown that the human body declines rapidly when sitting for long periods of time. Society is on diverging pathways. Technological efficiency causes us to sit for excessive periods of time while the "fitness craze" has us performing P90X, Insanity, and Cross-fit programs promising weight loss and a muscular body. The reality and science clearly show that exercising one time per day does not prevent the effects of sitting. How many people do you know that "exercise" and are still overweight? You simply cannot neutralize 9.5 hours of sitting by going to the gym for 60 minutes 3 or 4 days per week.

The human body was designed to be a perpetual motion machine moving all day, every day, including weekends. Gravity can keep the body tuned with daily movements used in activities of daily living. Move with purpose, go somewhere, do something, not on a machine that has you spinning in place. The concept of chronic movement is now referred to as NEAT, or *nonexercise activity thermogenesis*. Simply put: move often for as long as possible. Instead of chronically sitting we should be chronically moving.

As kids growing up in a pre-technology world, NEAT was part of our daily life. Examples of NEAT from

my own upbringing are walking 1.7 miles each way to school, riding my bike 4.5 miles each way to the Babe Ruth field for games, and walking 1.2 miles to the cinema or shopping mall. We walked or rode our bike everywhere we could. We stayed outside until dark running, walking, or playing basketball. We were in constant motion. Then came cable television and the genesis of the sedentary society. Some have said that sitting is the new smoking. In the '70's we were moving 8-9 hours per day. In 2016 we are sitting 9-10 hours per day. It is estimated that, currently, 2 out of 3 people in the United States are unhealthy. Sitting contributes to this statistic.



Dr. Joan Vernikos, a former NASA researcher and author

of the book *Sitting Kills, Moving Heals*, has shown that sitting produces similar aging effects to being in space. Sitting accelerates the aging process, while moving reverses the process. The effects of an anti-gravity environment that the astronauts were exposed to reversed once they returned to the gravity of earth.

Introducing NEAT back into your day without formal exercise can also reverse the effects of aging such as high blood pressure, excessive weight gain, type-II diabetes, etc. A 2004 study of an Amish society revealed that Amish women walked ~14,000 steps per day and the men took ~18,000 steps per day or roughly 7-8 miles per day of walking. This population had lower levels of cancer and obesity. The funny thing was that they didn't have one

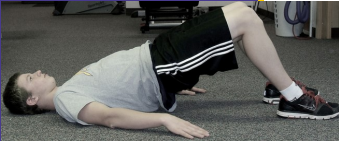
treadmill or a gymnasium chain available to them.

There are simple ways to fit NEAT into your day without giving up your automobile. If you conduct meetings in a conference room, move the meeting outside and have a walking meeting. If you can't move outside, have a standing meeting with higher tables and a footrest. Standing meetings are healthier, faster, and more efficient. If you talk on your cell phone, why sit at a desk? After all it is a "mobile" phone, right? Get mobile and go for a walk down the hall or on the grounds. Take a 1-2 minute micro-break every 20-30 minutes to either, stand, stretch, walk, or perform a task that doesn't require sitting. When you go grocery shopping or to work, park at the space furthest from the door instead of closest to the door. Use the stairs instead of the escalator or elevator. Look for opportunities to walk. These opportunities are available to us every day but we pass them up for the sake of convenience.

Lastly, the national average for television watching is 5 hours per day. This can be time for stretching, abdominal "core" work, or performing the Tibetan rites; *anything* but sitting on the couch. There are virtually unlimited opportunities for movement throughout the day, from housework to gardening to cooking to even just standing up every 10-20 minutes during the course of the day. I highly recommend the book *Sitting Kills, Moving Heals* by Dr. Vernikos. It will give you a different perspective on the need to get up and move and the difference it can make in your life.

Article by Dale Buchberger,  
DC, PT, CSCS

# Exercise of the Month: Bridging



Bridging, start and end position (top), exercise position (bottom)

Bridging exercises are essential for strengthening hips and core muscles. If done on a regular basis 3-4 days a week 1-2 times a day, they will improve balance and prevent injuries to the lower extremities.

Start by lying on a flat surface, carpeted floor, exercise mat, or even your bed. Keep your legs bent and feet flat on the floor 6-8 inches apart. Your palms should be flat on the floor alongside your body. Relax your upper body and back as you draw in your abdominals and squeeze your buttocks. Exhale as you press your palms and forearms into the floor and slowly push your pelvis up to

the ceiling without arching your back. Hold in an "up" position for 1-2 seconds. Inhale as you slowly lower yourself back to the start position. Keep your abdominals tight to avoid sagging in the low back or glutes. Perform 2-3 sets of 12-15 repetitions allowing 30-60 seconds between each set.

**Intermediate Bridging:** You can increase the difficulty by holding the "up" position for 2-5 seconds to work your glutes even more. You can also start with your feet flat on a table or exercise ball for an even greater challenge. As usual, your knees are bent in the start position before elevating

your pelvis.

**Advanced Bridging:** If you are advanced with bridging, try the one-legged bridge. Start in the normal bridging position with knees bent and feet flat on the floor. Then extend one leg straight out in front at a 45 degree angle to the floor. Tighten your abdominals and raise your bottom off the floor.

As with any exercise, if you experience increased pain in your back, neck, or legs, make an appointment with the healthcare provider of your choice for an evaluation of your symptoms.



## Zach and Claire Graduate from College

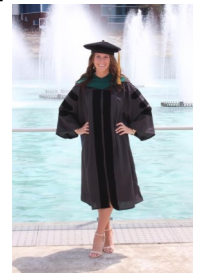
Zachary Buchberger was commissioned as a 2<sup>nd</sup> Lieutenant in the United States Marine Corps on May 11, 2019, in Dubuque, IA. Zach had previously graduated from the Marine Corps Platoon Leaders Class (PLC) - Officers Candidate School, Quantico, VA on August 18, 2018. He then graduated from the University of Dubuque, Dubuque, IA, on May 18, 2019 with a Bachelor of Science degree in Flight Operations.

Zach will report to Camp Barrett, Quantico, VA, on August 12, 2019, to begin training at The Basic

School (TBS). The Basic School is where all newly commissioned and appointed United States Marine Corps officers are taught the basics of being an "Officer of Marines". He will spend 6 months at TBS, and will then attend Military Flight School in Pensacola, FL.



Also on May 18, Claire Sargent graduated with her Doctorate in Physical Therapy from Ithaca College. Claire has previously worked for APTS during her summers off, mostly at the front desk, and once as an aide in the clinic. She's been studying PT for the past 6 years, and now she only has one more exam to take in October—the national board exam—before she can start practicing.



Can anyone claim these size 10 women's winter boots?

## APTS Arrival and Cancellation Policy

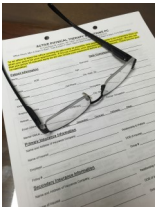
The success of your treatment is important to us. In order to have a successful treatment plan your attendance is imperative. In an effort to accommodate the treatment schedule for all patients, we request that you **call at least 24 hours prior to your appointment to cancel or reschedule**. If you cancel or do not show for **two or more consecutive appointments**,

**your future appointments will be cancelled without notice and a \$25 fee will be charged** in order to reschedule an appointment. Active Physical Therapy Solutions reserves the right to waive such fees as a courtesy in the event of severe weather, health emergencies, and special circumstances. This fee is not reimbursable by your insurance carrier and is due before you will be treated again.

Please remember that we ask you to **arrive 5 minutes early to each appointment**. Your face-to-face time with your provider starts AT your scheduled appointment time. If you walk through the door at your scheduled time, and/or use the restroom prior to your appointment, you are already taking away from your treatment time with your provider.



# Making Your Office Visit More Efficient



If you've had to visit a health care provider for any reason in the last 5 years you may have noticed a few things that differ from years ago. The first thing is that the initial paperwork has become increasingly complicated. It's not enough to provide your name, address, phone number and insurance card. Because the insurance industry has become more complicated than getting a masters degree, the office paperwork has become equally as complicated. Today the paperwork is comprised of several sections. Usually you provide your demographic information such as name address, phone number, email and insurance information.

Your family and medical history is of major importance. In order to start your visit off right, arrive early with your paperwork filled out completely. Arriving at your appointment time is as good as arriving late. Your appointment time is the time your visit is supposed to begin or your face-to-face time with the provider. The front desk staff needs to scan your insurance card, finalize your chart and look through the various sections of your paperwork. After the front desk takes and reviews your information, the provider needs to have a few minutes to look through your medical history. If you don't provide the office with necessary time to perform their duties, you risk having to reschedule your appointment, which would be an understandable inconvenience. But if you are late, that means everyone else in that office for the rest of the day is late.

When a health care provider is trying to figure out your problem there are many clues in the family and past medical history that can help. It is vital to provide this information in detail. Providing your history of medications and surgeries as well as your family history can narrow the thought process and give the provider the best chance of helping you. Omitting information because you don't think it is important or you are getting tired of filling out the paper work will not improve your chance of getting the answers you are seeking. Give yourself enough time to fill out the paperwork completely. In today's electronic age, you can get your paperwork packet from an office website, have it emailed, mailed by postal service, or even stop in and pick it up ahead of time. Filling it out at home gives you the best opportunity to fill it out completely and correctly.

A good portion of the initial paperwork is dedicated to the Health Insurance Portability and Accountability Act of 1996 or HIPAA. This is a government-mandated regulation and was put in place for your protection. After the HIPAA section there is usually a lengthy section on office financial policies. Between private policies, Medicare, workers' compensation and liability policies there are many different regulations and payment arrangements. Regardless of your agreement with your carrier, the patient is ultimately responsible for their financial standing with the healthcare office. Most offices work well with the various carriers, but it's up to the patient to ensure that payment is made. Most financial agreements merely have you recognize this fact.

Once the provider has reviewed your

information, they will begin your face-to-face visit. You will be asked several questions pertaining to your primary complaint. You should be ready to answer these questions as directly and succinctly as possible. Providing answers like "I don't know" or "I am never able to answer that" only prolongs the visit and does nothing to help the provider help you, which is why you are in their office to begin with. In some ways, it is good to rehearse the facts about your problem before your visit. Practice answering questions such as: when did it start, how did it start, how long has it been there, what makes it better or worse, is your pain local to an area or does it radiate into the arms or legs, does it affect your sleep, does it prevent your normal activities, have you lost work time, etc. You will be asked to quantify your pain by a numerical scale of 0-10. Zero meaning no pain and ten meaning the worst possible pain you have ever experienced. Many patients have trouble with this but it is imperative to monitoring progress and many insurance carriers use this as a guideline to ration out healthcare provisions.

Once the provider has this information, they can tailor an examination to match your problem. Matching the examination results to the information you provided can lead to an accurate diagnosis. Once an accurate diagnosis is made, the provider can then develop a treatment plan based on their knowledge level and your current level of functional ability. Getting the answers that will lead to a successful outcome starts with you providing a complete, detailed, and accurate medical history.

Article by Dale Buchberger,  
DC, PT, CSCS

*In order to start your visit off right, arrive early with your paperwork filled out completely,*

## APTS Recipe Box: Strawberry BBQ Sauce

This strawberry BBQ sauce is sweet and tangy and is a perfect companion to juicy grilled chicken, or even as a sauce for pulled pork. For vegetarians, try it as a base for pizza with thinly sliced new potatoes, blue cheese, and arugula.

**Ingredients:** 2 tbsp butter; 4 cups fresh strawberries, hulled and halved; 1 can diced tomatoes; 1/2 cup balsamic vinegar; 2 tbsp tomato paste; 2 tbsp honey; 2 tbsp Worcestershire sauce; 1 tsp sea salt; 1/2 tsp fresh cracked pepper; 1/2 tsp garlic powder.

**Instructions:** In a small sauce pot, melt the butter over medium high heat until it foams. Add the strawberries and diced tomatoes to the butter and cook over medium heat, stirring occasionally until the strawberries are soft and starting to break down, about 10-12 minutes. (You'll know it's ready when you can easily crush one of the strawberries with the back of a wooden spoon.) Scrape the berries and tomatoes into a blender and blend until smooth. Return the berries and tomatoes to the

pot and add the balsamic vinegar, tomato paste, honey, Worcestershire sauce, salt, pepper, and garlic powder. Bring the ingredients to a boil and then reduce to a simmer over medium low heat. Allow the sauce to simmer until its volume is reduced by about a third and the flavor profile is sweet and tangy, not vinegary, about 15-20 minutes. Taste frequently and add additional salt and pepper if needed.

Source: <https://oursaltykitchen.com/strawberry-bbq-sauce/>



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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: How the Paleo Lifestyle Optimizes the Microbiome

The microbiome has become one of the most important areas of nutrition research. The human microbiome consists of 100 trillion microbes living on and within the body. The composition of your microbiome is unique to you, and it depends on numerous factors, including sex, age, genetics, environmental exposure, and lifestyle. Diet, however, has the most impact. Bacterial species diversity is key to microbiome health. The gut alone houses 1,000 microbial species, and as this number decreases, the microbiome becomes less capable of optimally performing its many duties; thus, health suffers.

The microbiome's role includes synthesizing vitamins, aiding digestion, warding off pathogenic bacteria, training the immune system to respond only to pathogens, and influencing cognitive development and behavior. The two main culprits that damage the microbiome are poor diet and antibiotics (which can also include antimicrobial personal hygiene products). Antibiotics destroy both good and bad bacteria, and a single round can significantly disrupt the microbiome. A diet that is low in fiber and high in refined sugar can also cause a host of problems.

The most important factors for microbiome health are (1) avoiding these things

that damage the microbiome as much as possible, and (2) eating foods rich in microbiota-accessible carbohydrates (MACs). The Paleo diet provides plenty of these MACs. The most common source of MACs is both soluble and insoluble fiber. It is important to consume a wide variety of fiber-rich vegetables, fruits, nuts, and seeds, but unfortunately MACs only feed existing strains of microbes – they don't introduce new strains. A low-MAC diet results in a progressive loss of diversity of the microbiome. Probiotic supplementation might be necessary, in addition to a high-fiber Paleo diet, to maintain a healthy microbiome and reap its benefits.

Whenever scientists compare hunter-gather societies and urban populations, the former always have far more diverse microbiomes. Bacterial species diversity is key to microbiome health. Those of us following the Paleo diet should take clues from these hunter-gather populations: eat seasonally and select a wide variety of foods. We're creatures of habit, but monotony has its consequences, namely decreasing the diversity of your microbiome.

Low microbiome diversity may cause or accelerate conditions such as obesity, in-

flammatory bowel disease, liver diseases, autoimmune diseases, and allergies. The microbiome may also play a role in neurological diseases such as anxiety, depression, autism, schizophrenia, and neurodegenerative disorders.

The microbiome rapidly adapts to our food choices, making the best of whatever we eat. However, this does not mean that whatever we eat becomes our ideal diet. As mentioned above, a high-fiber, low-sugar diet is best for microbiome health. Grains and legumes contain fiber but they also contain gut-harming molecules. A true Paleo diet does strengthen the number and diversity of gut bacteria through a high fiber content with the inclusion of large amounts of fruits and vegetables and a sparing amount of nuts and seeds, as well as increased diversity of bacteria by eating a variety of seasonal fruits and vegetables.

**Article by Tom Zirilli, PT, and  
Carolyn Collier, PTA**

Sources: <http://thepaleodiet.com/how-the-paleo-lifestyle-optimizes-the-microbiome-part-1/>  
and  
<http://thepaleodiet.com/how-the-paleo-lifestyle-optimizes-the-microbiome-part-two/>