

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

# APTS Monthly



VOLUME X, ISSUE X

OCTOBER 2020

## Office Hours:

Monday - 8:00am - 5:30pm

Tuesday - 8:00am - 7:00pm

Wednesday - 8:00am - 6:00pm

Thursday - 8:00am - 7:00pm

Friday - 8:00am - 5:00pm

Saturday - 8:00am - 1:00 pm

## Location:

91 Columbus Street

Auburn, NY 13021

P: (315) 515-3117

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## "iPosture"

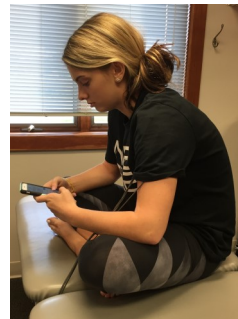
Making it through a meal these days without someone grabbing a cell phone and making a call, sending a text, taking a picture, checking email, looking up something online, or participating in any other electronic errand is all but impossible. Cell phones have become an appendage for most people and there is a constant list of things that "need" tending to online. It has become the addiction of the 21<sup>st</sup> century. For the millions of smart phone users out there, cutting down on screen time takes more than a conscious effort. Imagine a week without your cellphone. Your response should provide your status about addiction.

A survey of 3,000 adults in the United Kingdom reported 84 percent of 18 to 24 year-olds had experienced back pain in the past 12 months. The average number of working days the group lost to back pain was 1.5 days more than their parents' generation and higher than any other age group. Researchers said people from almost all age groups spend just as much time in front of a screen as they do sleeping. The difference between age groups seems to come from how they behave in front of the screen, according to the study. Two-thirds of 18 to 24 year-olds admitted to slouching in front of their computers at work, and half said they repeat the behavior at home. Researchers said 45 to 54 year-olds were twice as likely to report sitting up straight in front of the screen.

According to Dr. Brian Hammond, "Slumping and hunching over computers and hand-held devices appears to be a contributory factor in the difference in types of back pain between the generations." He added, "Younger people are far more likely

to be hunched over a device on a sofa, and would benefit from paying close attention to the basics of good posture." Fortunately, back pain related to "iPosture" can be avoided by simply sitting or standing up straight. Etiquette and department expert Jean Broke-Smith stated, "Although it has been decades since people learned good posture at finishing schools, the

time seems right to recognize its potential to help younger people avoid the risk of back pain associated with increasing use of hand-held devices".



The first step is admitting you have a posture problem, and that the posture problem is the cause of your neck and back pain. The second is correcting it on recognition. The third is minimizing use of the device causing the pain!

Here are four ways to limit cell phone use and save your back:

**Replace smart-phone time with book time.** Back in the old days, most people carried a paperback when traveling. Now, instead of opening a book we read the latest headlines on the 2020 Presidential election or the COVID-19 pandemic, or we check out what our Facebook friends ordered at Starbucks.

**Make of a list of the situations when a smart-phone isn't a necessity.** When cell phones came about, the justification for their existence was found in their ability to help people in an emergency. Now we are paralyzed

without one. Sit down with your family, friends, or coworkers and make a list of places where phones are not necessary, and then leave the devices behind or turned off. In our house, phones are not permitted during any meal involving more than one person. This encourages actual human communication and lets the people you are sharing a meal with know that they are more important to you than an electronic device. If the person on the other end of the smart phone is more important, you should be having dinner with them.

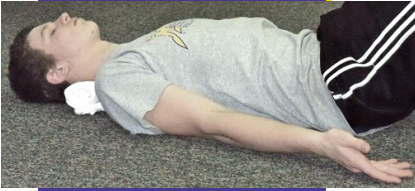
**Store your device while driving.** Cars have become mobile offices. Even if the driver isn't texting, they usually have the phone close by. Put the phone in the storage compartment before starting the car and don't touch it until you reach your destination. In fact, most newer cars silence phone alerts once it's in Bluetooth mode. The new rallying cry against texting while driving states "It can wait". This should include all other smart phone distractions, including but not limited to checking social media that in 2013 resulted in the vehicular death of three children.

**Turn the phone off or place it on silent.** This simple suggestion will decondition you from the "Pavlov" response of reacting to every sound the phone makes and preventing you from publically displaying your addiction.

These simple tips can prevent you from developing "iPain" before your time!

Article by Dale Buchberger, DC, PT, CSCS

## Exercise of the Month: Chin Tucks



Chin tuck: start position (top), exercise position (bottom)

Chin tucks are a great postural exercise to help strengthen the deep neck muscles, which can get tense after a day of sitting in front of a computer, or overstretched after spending too much time on your phone or tablet. Here's how it's done:

1. Lie face up, knees bent with feet flat on the floor, with your arms at your side with palms up.
2. Roll a towel into an approximately 3-inch roll and place it under the

curve of your neck. This will help to support your head, not to elevate it.

3. Slowly and gently rotate your jaw downward to press the back of your neck into the towel, using only about 10-20% of your strength to do so.
4. Hold this position for 1-2 seconds, then relax.

It is best to perform 1 set of 10 repetitions of this exercise two different times a day so as to not fatigue the neck mus-

cles, but also to make these muscles work twice in a 24-hour time period. You should not progress to more than 12-15 repetitions of this exercise because these muscles do fatigue easily. Keep this up as part of your exercise routine to improve your posture and stabilize your spine.

As always, if this exercise causes increased pain or worsening of symptoms, seek the help of a health care professional whom you trust.

*National Physical Therapy Month is an annual opportunity to recognize the physical therapy profession's efforts to "transform society by optimizing movement to improve the human experience".*

## What's Going on at APTS?

Tom Zirilli, Maggie Whitehouse, and Carolyn Collier took their yearly recertification course for Active Release Technique online on Tuesday, September 22. This was a four-hour live online course that counted as continuing education for ART for the coming year. We were due to travel for recertification this year because the

ART headquarters prefers that we recertify in-person every other year, but they waived that requirement this year due to the pandemic. The ART headquarters is in Colorado Springs, CO.

Dr. Buchberger is not traveling with the SU football team this fall due to budget cuts from the pandemic, so his weekends are free this fall. As

a result, he is scheduled to teach a Certified Chiropractic Sports Physician course on Athletic Injuries of the Upper Extremity in-person on Saturday, October 10 in Riverdale, NJ. He taught the first half of this normally 2-day course virtually for 5 hours on Thursday, October 1.

## October is National Physical Therapy Month!



Opioids are largely ineffective for low back pain. Choose physical therapy.

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### #ChoosePT

National Physical Therapy Month is held each October by the American Physical Therapy Association to recognize the impact that physical therapists and physical therapist assistants make in restoring

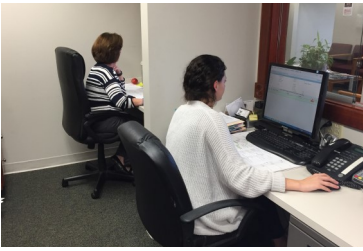
and improving movement in people's lives.

Americans' increased use of prescription opioids for pain management has created a national health crisis. The Centers for Disease Control and Prevention (CDC) urges prescribers to reduce the use of opioids in favor of safer alternatives for treating chronic pain conditions. Physical therapy is one of the recommended non-opioid alternatives!

During National Physical Therapy Month, you can follow the award-winning #ChoosePT campaign on social media or visit [www.choosept.com](http://www.choosept.com) to help raise awareness about the risk of opioids for pain management and about physical therapy as a safer and more effective alternative to the long-term treatment of chronic pain.



# 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 affects 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

You simply cannot neutralize 9.5 hours of sitting every day by going to the gym for 60 minutes 3-4 days per week.

## APTS Recipe Box: Pumpkin Chocolate Chip Muffins

These muffins are extremely aromatic and will fill your home with the smells of autumn! They make the perfect breakfast, dessert, or midnight snack.

**Ingredients:** 1/3 cup fresh or canned pumpkin puree, 1/3 cup maple syrup or raw honey, 1/4 cup olive oil, 3 eggs, 1 tsp vanilla extract, 1-1/2 tsp pumpkin pie spice

(ginger, cloves, nutmeg, and cinnamon), 1/4 cup coconut flour, 1/2 tsp baking soda, 1/2 tsp baking powder, 1/2 cup mini chocolate chips, small pinch of salt.

**Instructions:** Preheat oven to 350 degrees F. Mix together pumpkin puree, maple syrup, olive oil, eggs, and vanilla extract. In a separate bowl, mix together coconut flour,

pumpkin pie spice, baking soda, baking powder, and salt. Mix dry and wet ingredients together until well blended. Add in chocolate chips and mix well. Spray a muffin tin with non-stick cooking spray or line with 8 paper muffin cups. Fill each until almost full. Bake for about 25 minutes or until toothpick inserted in the center comes out clean.

Makes 8 muffins.

Source: <http://paleogrubs.com/paleo-chocolate-chip-muffin-recipe>



### Active P.T. Solutions

91 Columbus Street  
Auburn, NY 13021

Phone: 315-515-3117

Fax: 315-515-3121

E-mail: [linda@activeptsolutions.com](mailto:linda@activeptsolutions.com)

website: [www.activeptsolutions.com](http://www.activeptsolutions.com)

Get Well...Get Active...Be Active

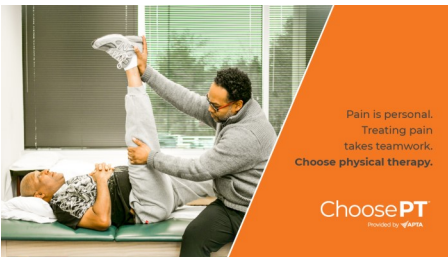
Newsletter Edited by Carolyn B. Collier, PTA

**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!**

## National Physical Therapy Month: How Physical Therapists Manage Pain



As America combats an opioid epidemic, safer, non-opioid treatments are needed now more than ever. Physical therapy is among the safe and effective alternatives recommended by the Centers for Disease Control and Prevention (CDC) in guidelines urging the avoidance of opioids for most pain treatment. While opioids simply mask the sensation of pain, physical therapists treat pain through movement in many ways:

**Exercise.** A study following 20,000 people over 11 years found that those who exercised on a regular basis experienced less pain, and chronic widespread pain was less common among those who exercised more than 3x/week. Physical therapists can prescribe exercise specific to your

goals and needs.

**Manual Therapy.** Research supports a hands-on approach to treating pain. This type of care can effectively reduce your pain and improve your movement for all kinds of diagnoses. Physical therapists may use manipulation, joint and soft tissue mobilizations, and

Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement.

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active release technique (ART) here at APTS.

**Education.** A large study conducted with military personnel demonstrated that those with back pain who received a 45-minute educational session about pain were less likely to seek treatment than their peers who didn't receive education about pain. Physical therapists will talk with you to make sure they understand your pain history and help set realistic expectations about your treatment.

**Teamwork.** Recent studies have shown that developing a positive relationship with your physical therapist and being an active participant in your own recovery can impact your success. This is likely because physical therapists are able to directly work with you and assess how your pain responds to treatment.

The American Physical Therapy Association launched a national campaign to raise awareness about the risks of opioids and the safe alternative of physical therapy for long-term pain management.

For more information on pain, how physical therapists manage pain, or the #ChoosePT campaign, visit [www.choosept.com](http://www.choosept.com)

Article by Carolyn Collier, PTA

