

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

# APTS Monthly



VOLUME V, ISSUE I

JANUARY 2015

## 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

Location:

91 Columbus Street

Auburn, NY 13021

P: (315) 515-3117

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## Choose Home Equipment Wisely

Now that the new year is here, many of us start to think of exercising to shed the holiday pounds. A question that often comes up is, "what do you recommend for



home exercise equipment?" The other question revolves around cost of the equipment. "Is this piece of equipment worth the money?" I'll start with the second question first. Any piece of home exercise equipment is worth the money if you use it. If you buy a treadmill, it is worth the money if you use it. If you don't use it and turn it into a very expensive clothing rack, then it's not worth it. Picking a piece of exercise equipment revolves around several things. First, what is your goal? Are you trying to lose weight? Do you want to continue a rehab process from an injury? Do you just want to get back some general strength and flexibility that may have been lost

from age and inactivity? Perhaps you recently had a surgery or are planning a surgery and want to be able to exercise and rehabilitate more at home?

How much space do you have? Are you living in an apartment? Will you be exercising in the basement? Do you have any limitations? Can you leave the equipment up or do you need to take it down after each use?

It would be nice to be able to tell you that there is one great piece of equipment in the world that would allow us to exercise every part of our body the right way and allow us to achieve all of our goals in a minimal amount of time each day. Unfortunately, the answer to that question is no. Exercise equipment is as individual as we are.

A treadmill is a great device especially here in central New York. Walking, jogging, or running on a treadmill is a great way to stay active in the winter months and do so safely. Here are a few tips on purchasing a treadmill. Most home-style treadmills are designed to save space by folding up and being able to push close to a wall. If you are a walker, then a lower priced model will be fine for you. If you jog or run, you need to spend a little more. Look for a motor of a minimum of 2.75HP. The speed should handle 0-15mph. The incline should span 0-10% grade. Always get the extended warranty on a treadmill! If possible, have a separate breaker installed for

the electrical outlet you plan on using. As the speed goes up, they draw more power and will blow a breaker. Holidays are great times to get a good deal on a treadmill. The last thing is to make sure you have it delivered and set up. It's worth the \$50-75 they charge not to deal with the hassle yourself.

There are two pieces of strength equipment that we typically recommend: The Total Gym or a TRX suspension trainer. The Total Gym is a fairly versatile piece of home exercise equipment. People of varying ages and abilities can work safely and progressively on a Total Gym. There are a variety of models at prices that range from \$400 to \$2000. Many times they have sales as well and you can get a \$2000 model for less than half the price. The Total Gym allows patients to exercise whether you are a triathlete or a patient who has had a total knee replacement. It folds up and is easy to set up. We haven't had any patient complain after we recommended a Total Gym for home exercise purposes. It is also a great way to introduce adolescent athletes to strength training safely.

The TRX suspension system is less expensive than the total gym and does allow for a variety of exercise of the upper body, lower body, and core. It uses

## Exercise of the Month: Hip Extension Over Ball



Hip extension over ball, start position (top), end position (bottom)

Therapy ball exercises are a great way to improve strength with an inexpensive piece of equipment. Hip extension over a therapy ball strengthens your glutes (buttocks), back, and core musculature, as well as improving shoulder stability and overall balance. Most people are intimidated by balancing on the ball, but it is not as bad as it seems, and it improves the more you practice. Therapy balls come in a variety of sizes and colors, but color is not universal for size. You

want to use a ball that allows you to comfortably lie face down with the ball under your hips, your arms supporting your upper body without straining, and your toes touching the floor. This is the starting position for the exercise. If you are still unsure about your balance, surround yourself with pillows or do on a carpeted surface. Then you will lift one leg at a time by squeezing your buttock, keeping your knees fully extended. Only lift your leg to the height of your

body, not beyond. Hold your leg in the air for 2 seconds and lower. Alternate right and left leg with each lift. Perform 2 sets of 10 reps on each leg (this is 40 moves total!) every day.

If you are having trouble finding a therapy ball to use for this exercise, we sell them here at APTS in a variety of sizes for \$20 (tax included) and will inflate it for you at no cost!

*“Any piece of home equipment is worth the money if you use it.”*

## Choose Home Equipment Wisely Don't

and does allow for a variety of exercises of the upper body, lower body and core. It uses suspension straps and truly strengthens your stability system and challenges your balance. It is great for kids and adolescent athletes. It is particularly safe for this age group since it is based on your body weight. The draw back is that you need to be able to change

positions, get up and down from the floor and have some baseline mobility. The upside to a TRX is that it costs about \$200, can be used from a doorway (not the most functional) or from a chin up bar or ceiling hook (more functional but be sure the hook is tested ahead of time for security of your body weight).

Notice that I didn't recommend any weight lifting machines. These are usually cumbersome, over priced, take up the most space, can't be moved easily and give you the best opportunity to get injured. If you live in CNY and want to exercise economically at home, choose the equipment that meets your goals.

**Article by Dale Buchberger, DC, PT, CSCS**

**Important dates:**  
Friday, January 16 at 4:00PM and Tuesday, January 20 from 5:00-7:00 PM



## APTS Ribbon Cutting Ceremony & Business After Five

We would like to cordially invite everyone to two events, sponsored by the Cayuga County Chamber of Commerce, and both held at our brand new office, 91 Columbus Street, Auburn. The first is a Ribbon Cutting Ceremony on Friday, January 16, at 4:00 PM. This is free and open to the public, and

RSVP is not required. There will be refreshments following the short ceremony.

We are also hosting a “Business After Five” event, which is a social gathering to allow members of the business community to meet, exchange ideas, and talk business in a relaxed and informal setting. All are wel-

come to attend this event on Tuesday, January 20, from 5:00-7:00 PM. Cost is \$5 for Chamber members, \$7 for non-members. You must RSVP for this event by calling (315) 252-7291. Please join us at one or both events to celebrate our grand opening!

# APTS New Building Project Update



Construction is complete and we are open for business! We packed up items

little by little at our old location so that we were ready for the moving truck, which came on December 30. We took the week after Christmas to finish moving and get settled, and we reopened first thing Monday morning, January 5, 2015! We are very excited about our new place! Thank you to all of our patients who have been so

flexible and understanding with scheduling and packing and everything else! We can't wait for you all to see it!



*Photos (l to r): our brand new clinic and waiting room*

## APTS Recipe Box: Paleo Breakfast Bread

The main ingredient in this grain-free recipe is almond butter. It's perfect for a fancy brunch, or it could be topped with berries and coconut whip, or simply serve it with scrambled eggs!

Ingredients:

- 1/2 cup creamy roasted almond butter
- 2 eggs

- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon stevia
- 1/4 teaspoon celtic sea salt
- 1/4 teaspoon baking soda
- 1 tablespoon ground cinnamon

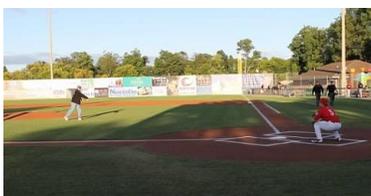
In a large bowl, using a hand blender, mix almond butter until creamy. Mix in eggs, honey, vanilla, and stevia. Add salt, baking soda,

and cinnamon. Mix well with hand blender until all ingredients are combined. Transfer batter into a well-greased 8x8 baking dish. Bake at 325 degrees for 12-15 minutes and serve. Serves 4.

Source: <http://elanaspantry.com/paleo-breakfast-bread/>

## Active Physical Therapy Solutions Night at The Doubledays

On Thursday, August 28, Active Physical Therapy Solutions sponsored a buyout night at Falcon Park, home of the Auburn Doubledays



baseball team. Dale Buchberger and his son, Zach, threw out the first pitches, and a booth was set up with informative materials about the services we provide. Abner

Doubleday was thrilled to have us as part of his team that night!



*(l to r) Dale's pitch, Zach's pitch, Abner Doubleday, & the APTS billboard sign*



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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 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!**

## Ergonomics 101: Finding the Right Winter Footwear

After the latest snow storm, you may have realized your winter footwear may not be ideal. We often forget about winter footwear as we try to prolong the start of the winter season. Here are a few tips to consider when shopping for winter footwear to keep you comfortable and safe.

There are a few basic features that are important to consider when buying winter footwear. This includes good insulation, water-proof protection, and a thick, no-slip tread. The amount of insulation you will need will depend on how long you are outdoors and how active you will be. The tread should be made of soft rubber to allow for good traction. If you will be walking on more icy

terrain you may want to consider an ice gripper device which fits over the sole of the shoe. One example is the Yaktrax brand. These types of devices are only for hard packed or icy surfaces and can be unsafe on smooth surfaces.

When buying winter footwear, its important to make sure it fits properly. Shop near the end of the day, when your feet are at their largest. If you will be wearing heavy socks in the boots, make sure to bring them to the store with you when trying them on. A quick way to check the fitting is to use the "finger test". You should be able to put your index finger between the heel of your foot and the heel of the shoe, as well as the top of your foot and the tongue of the shoe. Make

sure to break in new footwear slowly starting with 1-2 hours/day.

Start shopping early in the season before the first winter storm. Treat yourself and your feet will be grateful to you.

**Article by Tom Zirilli, PT**