

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

# APTS Monthly



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APRIL 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

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## The Shoulder and Why It Hurts

The shoulder is a remarkable mechanical invention. It is designed to allow for incredible range of motion while still maintaining its structure and stability. It is a “ball and socket” joint. The ball is the top of the upper arm, or humerus, and the socket being the lateral edge of the scapula or shoulder blade. The joint is held together by the joint capsule and supported by thickened regions of the capsule or ligaments. An ovoid ring of cartilage called the labrum deepens the socket. This is supported by four dynamic structures called the rotator cuff muscles (although incorrect, it is not uncommon for them to be referred to as the roto-cup or rotor-cup). The last layer is the outermost layer of muscles that actually move the shoulder.

Because of this precarious balance of range and stability, it has been said that the shoulder needs to be loose enough to function but tight enough to stay together. This is not only a problem in athletes that participate in “shoulder dominant” sports; it is also problematic for the general population. The general population is probably at more risk of injury to the shoulder because less focus is placed on maintaining strength and flexibility as a matter of routine. While aging is inevitable and trauma unexpected, slowing the aging process and improving the ability to withstand the forces of trauma is a choice. However, it is difficult to make the choice if we don’t have the information.

Trauma is relatively easy to explain. If

we fall on an outstretched arm, several things can happen. The shoulder joint can dislocate, meaning the ball has come out of the socket and has to be put back in by a medical provider. The ball can “sublux”, meaning the ball slipped out and went back in by itself. During the course of the dislocation or subluxation, the bone or cartilage can fracture or tear. It is not unusual to experience a rotator cuff tear during one of these injuries. And like it or not, the older we get, the more susceptible we are to a rotator cuff tear. After an injury such as these, the faster you get to a medical provider and have them evaluate your injury, the more efficient your diagnosis and treatment will be. If the injury did not cause a tear or fracture, there is a good chance that surgery can be avoided. Unfortunately, if a tear has occurred, surgery may be the most efficient route to a satisfactory recovery.

There are a large number of disorders that can occur in the shoulder that are not traumatic in origin. These can be age related, athletically related, genetically predisposed, and some can be the result of overuse activities. Age related disorders are usually degenerative in nature. Common terms are bone spurs or arthritis. The problem with “arthritis” is that it is rare for any two cases to present the same. Just because your neighbor or your Aunt Betty had “arthritis” it doesn’t mean you have the “same” problem. No offense to Aunt Betty, but I don’t recommend taking medical advice from her unless she is a retired orthopedic

surgeon. Bone spurs due to arthritis can manifest in different areas with a variety of outcomes. If the top part of the joint, or acromioclavicular joint, becomes arthritic, it can result in impingement syndrome and eventually lead to a rotator cuff tear. These are the tears that occur when “I don’t know how it happened”. Basically the spurring acts like sandpaper and gradually wears the tendon down like a hole in the knees of your jeans. Tendons can age without spurring. This is called tendinosis and occurs from either disuse or overuse. Poor diet will also contribute to tendinosis. Tendinosis must be treated more aggressively than tendonitis.

Younger individuals and athletes that participate in repetitive overhand sports such as swimming, baseball, tennis, etc., may experience impingement syndrome secondary to very subtle instability. This instability is the result of the joint capsule being loose and the rotator cuff and scapular muscles not being strong enough to position and/or support the shoulder joint for optimal stability. Many younger individuals and their parents may not be aware of available shoulder maintenance programs that can help to prevent injuries in these young athletes. Fortunately many of these sport related injuries are treatable through comprehensive rehabilitation programs. The bad news is that many athletes don’t

## Exercise of the Month: Sidelying Abduction of the Shoulder



**Sidelying Abduction:**  
start and end position  
(top), exercise position  
(bottom)

This exercise is one of the first exercises we give patients who come in with shoulder problems. It is part of the “Buchberger-12” series of 12 exercises for the shoulder and is an important exercise in strengthening the rotator cuff muscles. “Abduction” means a type of movement that draws a limb away from the body. There are several variations to this exercise; this is the most basic form for beginners.

Lie on your side with the af-

fectured arm up and your unaffected arm supporting your head. Keeping the elbow fully extended, raise the arm about 30-40 degrees off of your hip with your palm facing the floor. Slowly lower. The movement should be slow and controlled throughout; there is no need to hold at the top of the movement. Be sure not to lift your arm past 90 degrees. Perform 2 sets of 10-15 repetitions to start, gradually working up to 30 repetitions.

When 2 sets of 30 repetitions no longer fatigues you, you can add a 1-pound weight and drop the repetitions to 12, working your way back up to 30. You may continue this progression with 2 or 3 pounds as well, but do not use a weight heavier than that until you consult your health care provider.

*“The shoulder needs to be loose enough to function but tight enough to stay together.”*

Source:  
<http://stupideasy-paleo.com/2014/04/30/avocado-blt-egg-salad>

## The Shoulder and Why It Hurts Con't.

find out about the programs until they have been injured.

cookie doesn't mean you should get your medical advice from her.

The shoulder is the most complex joint in the body. If your shoulders begin to limit your activity or, worse yet, give you trouble sleeping, it is time to have a professional look at them and provide you with a skilled opinion. Just because Aunt Betty makes a mean

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

## APTS Recipe Box: Avocado BLT Egg Salad

Here's a fresh idea to use up your hard-boiled eggs from Easter! It's packed with protein and healthy fats to fill you up and it's easy to throw together. It replaces mayonnaise with avocado, and it's still creamy and full of flavor.

**Ingredients:**

- 1 avocado
- 6 hard-boiled eggs

- 3/4 cup grape tomatoes, cut in halves
- 4 strips bacon, cooked until crispy
- 1/2 cup scallions, chopped
- 2 teaspoon ground garlic
- 1/2 teaspoon Himalayan sea salt, more to taste

**Directions:**

1. Hard boil your eggs, peel, and let cool in the refrigera-

2. tor.
2. Cook bacon until crispy.
3. In a medium bowl, combine eggs, avocado, garlic, and salt. Smash with a fork until combined.
4. Add in bacon pieces, tomatoes, and scallions. Mix well.
5. Add additional salt and garlic as desired.

Serve over fresh spinach or lettuce or in lettuce wraps!

# Dr. Dale Buchberger Publishes eBook



On February 17, 2015, Dr. Dale Buchberger released an eBook version of his shoulder exercise book, the *Buchberger-12 Clinical Edition 2015*. It is now available for iPad and Mac directly through

iTunes or through his shoulder website, [www.shouldermadesimple.com](http://www.shouldermadesimple.com).

Print version of Dr. Buchberger's book have previously been sold in all 50 states and 21 countries. Originally published in 2003, the book underwent rewrites in 2007 and 2009. The *Buchberger-12® Clinical Edition 2015* contains the original series of 12 exercises designed to strengthen the rotator cuff and scapular (shoulder blade) stabilizing muscles of the shoulder. (If you

have been a patient at our office, you've done some variation of these exercises!) The 2015 edition has expanded content and progression for the healthcare provider and patient looking for a self-help guide to improving rotator cuff health. This version contains print, still photos, and embedded video.

<https://itunes.apple.com/us/book/buchberger-12-clinical-edition/id966714830?mt=11>

**APTS in the Community:**  
We set up a booth at the Health Fair at the Auburn YMCA on Saturday, March 28, 2015.

## APTS Presents on Heat vs. Ice at the YMCA

On Tuesday, March 3, Tom Zirilli, PT, and his trusty sidekick, Carolyn Collier, PTA, did two information sessions at the Auburn YMCA on Heat vs. Ice. Many people are unsure of when to use heat or ice on an injury, so they cleared up some of these questions, and each

person in attendance went home with a homemade ice pack! We also gave instructions on how to make a homemade moist hot pack.

Do you belong to a group or committee who would benefit from a presentation on this topic? If so, give our office a call

at 315-515-3117 and we would be happy to set something up with you at no cost! It is a short presentation with an easy interactive component, appropriate for people of all ages!

## APTS Plays in the United Way Mini Golf Tournament

On Wednesday evening, March 25, 2015, the ladies of Active Physical Therapy Solutions participated in the 22nd Annual Tim Morrison Miniature Golf Tournament. This event is sponsored by local businesses that are paired with United Way Agencies of Cayuga County. Cara Cuthbert, Caro-

lyn Collier, Linda Schattinger, and Maggie Whitehouse played 19 holes of mini golf at the Auburn Holiday Inn. Each one of us got a hole in one on four different holes! We enjoy doing it because it gets our name out in the community. We look forward to playing again next year!



**I to r: Linda, Carolyn, Maggie, & Cara**



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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: Spring Cleaning Tips

After a long winter, milder temperatures and extended daylight can be just what we need to complete those chores around the house. Many of us will begin the annual ritual that is spring cleaning. As a lot of these chores involve repetitive motions, or may be activities we don't perform on a regular basis, there is a high risk of injury. Follow these tips to avoid injuries with spring cleaning:

**Set realistic goals.** The amount of work that needs to be done can be overwhelming at times. Create a schedule for the day and try to stick with it. Overexerting yourself can put you at risk for injury.

**Practice proper lifting techniques.** Avoid lifting objects that are too heavy for one person. Don't be afraid to ask for help when needed. Always remember to keep your back in a neutral posture, avoiding excessive flexion of the spine when bending. Try to use your leg muscles and squat to pick up objects on the floor instead of bending with your back.

**Avoid over-reaching.** Whether indoors or outdoors, try to position yourself to avoid losing your balance. Proper ladder placement and using long handled dusters are just a few ways to make the job safer. A good rule of thumb when using a ladder is not to allow your belly button to go beyond the sides of the lad-

der. The American Academy of Orthopedic Surgeons estimates that 511,000 injuries a year are caused by improper use of a ladder so be sure to practice ladder safety at all times!

**Take frequent breaks to avoid overexerting yourself.** Remember to stay hydrated to avoid heat-related illnesses when working in hot weather.

**Look for shortcuts.** No one likes to spend more time than necessary on a chore. The web can be a great resource for finding shortcuts to many household chores. Check out <http://housekeeping.about.com/> for more cleaning tips.

Here are a few other task-specific tips:

Use lightweight vacuum cleaners and extension attachments for reaching high areas. Avoid carrying heavy vacuums up the stairs and around the house. Robot vacuum cleaners are now an option to avoid pushing and pulling motions.

Avoid filling a mop bucket in the sink by using a hose attachment to fill the bucket on the floor. You may also want to use a mopping system that uses disposable cloths to eliminate the heavy bucket altogether.

When sweeping, consider a long-handled dustpan to avoid bending over.

In the bathroom, try using a cleaner that promotes scrub-free cleaning to lessen the need for repetitive

motion.

Use the self-cleaning option in the kitchen stove to lessen the need to vigorously clean the inside, and clean up spills as they happen to avoid having to scrape up a larger mess later.

When doing laundry, consider using a bag that can be pushed or pulled along the floor to avoid lifting. You may also want to place items in the washing machine as laundry accumulates to avoid lifting, pushing, or pulling anything. Washer and dryer placement should be convenient and easily accessible.

For trash removal, get a barrel with wheels and use smaller containers and bags to prevent the load from getting to heavy.

Outside, consider using a riding lawn mower instead of a push mower, an ergonomic rake, and a leaf cart to scoop leaves.

Stay safe during spring cleaning so you can spend time doing other things you enjoy once the weather gets nicer!

**Article by Tom Zirilli, PT**

Source: <http://www.attaintherapyfitness.com/news-blog/physical-therapy/beware-spring-cleaning-can-hurt/> & <http://www.attaintherapyfitness.com/news-blog/physical-therapy/beware-spring-cleaning-can-hurt-part-2/>