

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

# APTS Monthly



VOLUME V, ISSUE VIII

AUGUST/SEPTEMBER 2015

## 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

Location:

91 Columbus Street

Auburn, NY 13021

P: (315) 515-3117

## INSIDE THIS ISSUE:

Backpack Safety 1-2

Exercise of the  
Month: Prone T 2

Welcome Baby  
Ruby! 2

Downtown Auburn  
Mile a Success! 3

APTS Recipe Box: 5  
Ingredient Breakfast  
Stuffed Acorn Squash 3

APTS Night at the  
Auburn Doubledays 3

Who Is Peter? 4

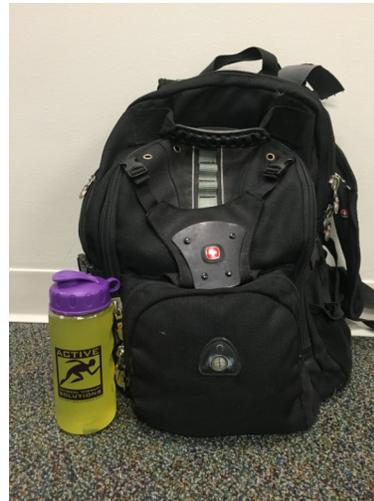
## Backpack Safety

As we head into this new school year, it's time to start thinking about getting our kids ready to return to school. Most of the supplies kids will use at school will most likely end up in the backpack. As a result, the bag becomes overloaded and in many ways becomes a "traveling desk". This can be a primary source of back pain. A recent study in the medical journal *Spine* linked increased backpack loads to back pain in children, which also involved changes to the lumbar disc height or curvature. When used properly, many of the negative effects of improper backpack use can be avoided.

Backpack safety should be considered from the time of purchase. Remember that not all backpacks are made the same! Look for a backpack that has two wide shoulder straps which are padded at the shoulder. The bag should be lightweight and have padding on the back. A waist strap is also helpful to help properly distribute loads. Some bags include wheels, allowing the user to roll the bag instead of carry it. If you choose a "wheelie", be sure that it has a telescoping handle that extends to a length to match the user's height.

While backpacks started out as a functional alternative to the "book strap" of my "Little Rascals generation", they have become more of a fashion or status statement to the current generation. While proper use of a backpack may not be fashionable, it is essential to preventing injuries. Although it may seem "cool" to wear the backpack on one shoulder or

hanging below the buttocks, these positions only create an increased probability of back, shoulder, and neck pain. The bag should be worn on both shoulders to evenly distribute the weight. It should be positioned approximately 2 inches above the waist, keeping the weight closer to the center of gravity and preventing a forward



lean that increases stress on the back. Shoulder straps should be kept tight to keep the load close to the body. Pack the heaviest objects first, keeping them closest to the body, and take only what is needed for the day. Picking what to take and what to leave can be a daunting task for today's students as teachers overload children with homework.

According to the American Physical Therapy Association, the total weight of the bag should be no more than 15-20% of the child's body weight while the American Chiropractic Association advises 5-10%. If you have picked up

your child's book bag lately, you would know that it is quite easy to exceed this number on any given day. It may sound like a cliché, but the only way to ensure that school aged children are protected from overload is to improve communication between parents, teachers, and administrators. At the middle school and high school levels, improving communication between teachers in the same grade can help prevent overload by comparing syllabi and staggering assignments. Encourage your child to take frequent trips to and from their locker to unload the backpack throughout the day.

Because our society has become dependent on technological advances such as computers, tablets, and cell phones, physical education plays a larger role in injury prevention from postural weakness. Educating kids on how to strengthen their shoulders, back, and legs to withstand the chronic forces generated by overloaded back packs will help reduce posture related injuries. Posture strengthening exercises can be added to most physical education classes as a warm-up without creating a disruption. Preventing backpack injuries will take a coordinated effort of students, parents, teachers and administrators to listen to the research and make an effort to change for the benefit of the student population. Here is a summary of tips for safe backpack use:

1) Always use both shoulder straps

## Exercise of the Month: Prone T



Prone T start and end position (left), 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 torso, not higher. Hold arms in the air for 1-2 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 6/10 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 add a one-pound weight. 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.

According to the American Physical Therapy Association, the total weight of the backpack should be no more than 15-20% of the child's body weight.

## Backpack Safety Con't

- and wear the backpack on the back, not over one shoulder.
- 2) Pack heaviest objects first so they are carried lower and closest to the body.
- 3) Fill compartments so that the load is evenly distributed and items don't shift during movement.
- 4) Pack sharp or bulky objects so they don't contact the back.

- 5) Adjust the straps to fit snugly to the child's body, holding the bottom of the backpack 2 inches above the waist and keeping the top just below the base of the skull; don't carry the backpack low near the buttocks.
- 6) Don't lean forward when walking; if this is necessary, the backpack is too heavy.

Following the tips listed above

can help to limit repetitive strain on the shoulders, back and neck while decreasing the chance of injury. Be sure to recheck periodically throughout the school year, too! Proper use can also promote good posture, which can carry through into adulthood.

## Welcome Baby Ruby!



On Wednesday, August 12, 2015, Maggie and Dan Whitehouse welcomed a baby girl into their family!

Ruby Agnes Whitehouse was born at 9:02 AM and weighed 7 pounds, 7 ounces, and was 20" long. She is a great eater and an "OK sleeper", accord-

ing to Mom. Maggie will be back in the office on October 7. In the meantime, join us in welcoming Ruby to the APTS family!



# Downtown Auburn Mile a Success!



Another Downtown Auburn Mile for the books! What an amazing night we had. This year the Active Physical Therapy Solutions Downtown Auburn Mile was a little different than last; new course, new after-party location, same great entertainment! Al-

most 300 racers gathered at the starting line in front of Plaza of the Arts promptly at 7:00 PM. Participants ran up Genesee St and left onto Dill St, right onto South St made a hairpin right onto Williams St. The final turn was a left back on to Genesee St and racers crossed the finish line in



front of Plaza of the Arts. Chip O'Hara steals the win once again coming in at 4:33.12. Wow, he's fast! Post-race entertainment was provided by DJ Hump and food was



**Tom & Emily Zirilli and Cara Cuthbert**

catered by The Counter. It was a beautiful night and great family fun!

## APTS Recipe Box: 5 Ingredient Breakfast Stuffed Acorn Squash

**Ingredients:** 3/4 lb breakfast sausage; 1 acorn squash cut in half, seeds removed; 2 eggs; 1/2 yellow onion, diced; 1 garlic clove, minced; salt and pepper to taste.

**Instructions:** Preheat oven to 375 degrees. Place acorn squash cut-side down onto a baking sheet. Bake for 20-25 minutes or until the acorn squash is soft when you press on the skin. Remove from oven and let cool. While the acorn squash is cooking, add a table-

spoon of some kind of fat to a large pan over medium heat (i.e. bacon fat). Add minced garlic and diced onion and stir. Once the onions become translucent, add breakfast sausage to the pan, cook down, breaking up the sausage as it cooks. Once it's cooked almost all the way through, turn heat to low and add the inside of the acorn squash. Do this by using a spoon to scoop out the insides, leaving just the skin of the acorn squash. Be careful not to tear the skin! Mix the acorn squash and breakfast

sausage together then add it back to the acorn squash skin. Once both of the acorn squash halves are full, press into the middle with a spoon and crack an egg on top into this spot. Place back into the oven to cook for 10-15 minutes or until egg-cooked preference. Enjoy!

*Prep time: 25 mins; cook time: 15 mins; total time: 40 mins; serves 2.*

**Source:** <http://paleomg.com/5-ingredient-stuffed-acorn-squash/>

## APTS Night at the Auburn Doubledays



Thank you to everyone who joined us at the Auburn Doubledays game this year!

This was the second year Active PT Solutions sponsored a night at Falcon Park. Attendance was 2,790 people; the largest attendance since 2011!



We had a lot of fun and look forward to seeing you all again next year! What would you like to see as a free giveaway?!





**Active P.T. Solutions**

91 Columbus Street  
Auburn, NY 13021

Phone: 315-515-3117

Fax: 315-515-3121

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

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

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!**

## Who Is Peter?

At times you may have heard Dale and Tom refer to each other as “Peter”. Have you ever wondered why? The answer lies in the movie *Office Space*. While Tom and Dale were in PT school at Upstate Medical University in Syracuse, they frequently referenced lines from the movie to reduce the stress of exams through comic relief!

They felt as if the movie mimicked their life at the time perfectly. There was so much busy work that they couldn’t wait to “do absolutely nothing and have it be everything they thought it would be”. (If you’ve seen the movie, you know this quote!) The character Peter Gibbons is commonly addressed by his overbearing boss with the phrase, “Hello Peter. What’s hap-

pening?” So if you hear Tom and Dale call each other as “Peter” this is the genesis! No need to be confused. In fact, they dubbed May 1st as “Peter Gibbons Day”, and it is supposed to be a day when they wear Hawaiian shirts (as Peter does in the movie) and do absolutely nothing!