

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

# APTS Monthly



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## 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

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## It's Hard to Go Wrong Using Ice

When to use heat or ice on an injury, ache or pain is as common a question in a healthcare office as you will find. While there are generalities that can be followed, it can also be an extremely specific self-treatment. It is very difficult to go wrong with ice. On the contrary, if you put heat on an inflamed body part, there is potential to worsen a condition. So to start with a general rule of thumb in our office is to recommend ice for 20 minutes to the painful body part with at least 40 minutes off before the next ice application. A thin protective layer should be placed between the ice and the skin such as a paper towel or t-shirt. Always inspect the skin after the application. It should be pink and cool, returning to normal before the next ice application.

The majority of injuries or musculoskeletal ailments will respond to ice. Unfortunately most patients fail to ice frequently enough to be effective. For instance, if you have an ankle sprain, you may need to apply ice to the ankle four to five times a day for two or three days for the ice to be effective. If any body part swells, becomes discolored, or causes a loss of function (in this case: the inability to bear weight), you should see a healthcare provider and most likely have an x-ray to rule out a fracture or additional pathology. Applying ice in this case should be for comfort and swelling control while arranging to see a provider.

The best form of cold therapy is ice itself. Your relatives may recommend frozen peas, corn, or other frozen produce. Frozen produce will not supply the same degree of cold

as ice itself. Counter irritants such as rubs that produce a cold sensation do not reduce swelling or inflammation. They are designed to relieve pain by tricking your brain to focus on the cooling or heating sensation produced by the ingredients in the lotion or cream. This is where the term "counter-irritant" comes from. Remember the acronym PRICE therapy when applying ice: Protect, Rest, Ice, Compression, and Elevation.



It is also common for patients to bring up the old adage of ice for the first 24-72 hours and then apply heat. This is a poor rule to follow because it negates the presence of pain and loss of function. If the condition is actively swelling or limiting function (weight bearing, sleep, work, etc.), it is appropriate to apply ice more than 72 hours after the onset of pain or injury.

Living in central New York, I have come to think it is a natural reaction to prefer heat instead of ice. In general, heat usually feels nice and comforting. Unfortunately, more often than not, it is not the right thing to do when it comes to an injury or painful musculoskeletal condition. If you do apply heat, it should be moist in nature. A hot shower or hot bath are good forms of home heat application. There are special heating pads available that are made with a moist sponge or there are also several microwaveable devices available in your local pharmaceutical retailer. One thing that I would absolutely recommend you not use is a dry heating pad. I tell my patients, "If you own a

dry heating pad, give it to someone you don't like". Dry heat applications usually make the problem worse by creating local dehydration, edema, and inflammation.

So when is heat the treatment of choice? Moist heat is very helpful when you have a chronic degenerative condition such as a non-inflammatory arthropathy like degenerative joint disease of the knee or back. Unfortunately these conditions usually are associated with some level of pain. In this case, using "contrast therapy" may alleviate the stiffness and the pain. Applying moist heat for 15-20 minutes followed by an ice application for 15-20 minutes and then gentle movement such as walking is a form of contrast therapy that works well for patients with arthritis of a non-inflammatory type.

Never go to bed with an ice pack or heating device applied to a body part. There is a risk of falling asleep with the ice or heat in place and this can result in worsening of the condition or causing further injury or tissue damage. There are areas of the body where certain nerves are very superficial and at risk of injury from prolonged ice or heat application. The more common areas are the outside of the knee, inside of the elbow, the groin, and the lower abdomen. Lastly, if you are unsure or have a question about applying heat or ice to an injured area, call a healthcare provider that knows your medical history and that you trust.

Article by Dale Buchberger, DC, PT,

# Exercise of the Month: Prone Retractions



**Prone retractions:**  
Start position (top),  
exercise motion  
(bottom)

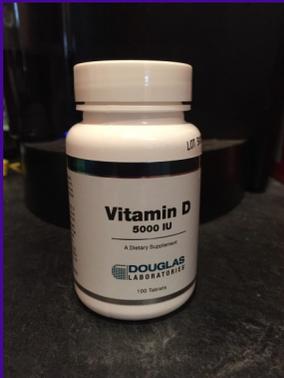
Any kind of exercise where the shoulder blades, or *scapulae*, get pinched together, or *retracted*, is beneficial to one's posture. The muscles surrounding the shoulder blades get stretched out if you have a forward head or rounded shoulder posture (which most of us do in this day and age!). This *prone retraction* (i.e. "squeezing your shoulder blades together while lying on your stomach") exercise is a simple yet effective way to be

on your way to better posture!

To start, lie on your stomach with 2-4 inches of toweling under your forehead to clear your nose from the floor and align your neck with the rest of your spine (see top photo). You do not want so much toweling that your head is above the height of your body, yet you don't want too little so that your head hangs below your body. Your arms should rest at your side with your

palms facing up. To perform the exercise, slowly and gently squeeze your shoulder blades down and together. (You should aim for your waist and not your ears!) Hold this position for 1-2 seconds, then relax your shoulder blades. Perform 2 sets of 10 repetitions daily (either all at once or 2 separate times), gradually working on increasing your repetitions to no more than 30.

# Getting Enough Vitamin D in the Winter



Because your body produces vitamin D via your skin after exposure to the sun, your levels can become dangerously low in the winter months. It is very important to ensure that your body has adequate levels of vitamin D, which helps prevent osteoporosis, heart disease, cancer, Alzheimer's Disease, stroke, high blood pressure, diabetes, and it may also slow the aging process. The best way to get vitamin D is naturally from the sun. Just 15 minutes of sun at mid-day in the summer is sufficient. However, the winter months make this extremely difficult. Unfortunately there are only a few vitamin D

food sources, as our bodies were really designed to get the vitamin D we need from the sun. Good food sources include fatty fish such as salmon, tuna, & mackerel; mushrooms; eggs; and vitamin D fortified foods, such as milk. As far as vitamin D supplements go, we don't really know if they are actually healthy for us or not. The recommended daily allowance of vitamin D is 600 IU/day. For those who are vitamin D deficient, they may need higher amounts, up to 1,000 IU/day, until their vitamin D levels are in their normal range. It is important to ensure that we don't get "toxic" on vitamin D, and it's

always much better if we can get it naturally than in a pill. So the best rule of thumb is (1) get 15 minutes of sun each day in the late spring, summer, and early fall, (2) eat two servings of a fatty fish each week from November to March, and (3) for those that are vegetarian or don't like fish, drink 3 cups of a vitamin D fortified milk each day from November to March, as liquid vitamin D is better absorbed than the pill form.

Article by Carolyn Collier, PTA

# Two Years on Columbus Street!



Active Physical Therapy Solutions has been at home on 91 Columbus Street for two years on January 5, 2017! Our new location has served us well the past two years and we have been busy! Thanks to all of you for your patronage, support, and referrals! We look forward to serving this commu-

nity for years to come. Please let us know if we can be of service to you in any way in 2017, whether it be physical therapy or chiropractic care, speaking or community service events, or student shadowing!

**APTS donated a large box of items to the Calvary Food Pantry this Christmas and they were very grateful for the donations.**

**Thank you to all of those who contributed!**



# Headaches



Headaches are so common it is estimated that up to 93% of the population will experience a headache in their lifetime. Visits to a primary care physician specifically for a complaint of headache can be as high as 10%. Chances are that you know someone who is a headache sufferer. Headaches can be caused by a large variety of conditions including tumors, vascular problems, sinus issues, and more. Some headaches are caused by stiffness with the muscles and joints of the neck and back. Physical therapy can treat headaches that are caused by musculoskeletal issues including muscle tension and tightness, disc injury, lack of neck motion, poor posture, and even tightness between the shoulder blades. Many patients who attend physical therapy with neck symptoms may also report frequent headaches, being unaware that the two may be connected.

Many headache sufferers have self-treated with a variety of home treatments, such as heat and ice. The most effective treatment for the chronic headache patient is to find the underlying structural cause or contributor to their illness and focus treatment on this area. For example, the physical therapist may identify a specific joint or muscle in the neck that is moving poorly, or a spasm or stiffness in one of the small muscles in the jaw or neck that, when

treated with a variety of manual therapy techniques, can significantly reduce or resolve the patient's pain.

The origin of any headache can be quite diversified. Identifying the type of headache and its underlying stimulus is the key to effective treatment. While over-the-counter anti-inflammatories may provide temporary relief, they rarely resolve the cause of the headache. Here are the basic types of headaches. (Keep in mind that there are several subtypes of headaches.)

*Muscle tension* headaches are typically associated with chronically tight muscles. *Postural headaches* are the result of poor postural habits. *Mechanical headaches* are caused by spinal problems such as degenerative changes and/or previous trauma. *Migraine headaches* are typically vascular or hormonal in origin but can be triggered by environmental smells or scents as well as muscle tension issues. *Temporomandibular joint (TMJ) headaches* are caused by issues with the jaw.

Most headaches are benign and self-resolve, although severe headaches that recur frequently can affect your ability to perform your daily activities and can reduce your quality of life. There is effective treatment for almost every type of headache. The challenge lies in determining the type of headache, its cause, and in developing an appropriate treatment plan that will reduce both its frequency and intensity. Physical therapists can help determine the type of headache you have and are trained in managing pain from various headaches.

If it appears that you do have tension-type headaches, your physical therapist can design a plan of care to meet your goals. If the evaluation indicates that you may have a different type of headache – such as sinus,

migraine, or cluster headache – your physical therapist will co-treat your headaches with another health care professional so that you receive the most comprehensive treatment you can get. Your physical therapist will work with you to correct the problems that are causing your pain and will help you learn to prevent headaches through simple changes in your posture and lifestyle.

Physical therapists can improve neck mobility by using a series of specialized manual therapy techniques such as Active Release Techniques and joint mobilization techniques. These techniques will restore joint motion and reduce muscular stiffness. Increasing the strength of the muscles that help stabilize your upper back and neck to improve your posture and endurance will make it easier for you to sit or stand for longer periods of time without discomfort. Improving your posture is directly related to reducing your headache frequency. Over time, seated postures and chronic use of handheld devices take their toll on our posture and can be a major stimulus of headaches. Physical therapists will teach you methods to improve your posture. Whether it is simply pushing your chest out or pulling your shoulder blades backward and together, slight modifications to daily activities can make a big improvement in your posture. Improved posture will ultimately reduce muscular strain. Last but not least, modify your workstation or home office. Inexpensive changes, such as using a headset instead of a handheld phone, adjusting your computer screen to the level of your eyes, and the use of a well-fitting desk chair, can reduce headaches.

Remember, if your headache hasn't resolved in 2 weeks, it is time to get it assessed. Once it is assessed, consider physical therapy as a drug-free option to treatment. Remember, it's your right as a patient to choose which physical therapist you want to see!

Article by Dale Buchberger, DC, PT, CSCS

**Physical therapists can help determine the type of headache you have and are trained in managing pain from various types of headaches.**

## APTS Recipe Box: Mediterranean Vegetable Cakes

**Ingredients:** 2 tbsp olive oil, divided; 1 small yellow onion, finely diced; 2 medium garlic cloves, minced; 3 cups baby spinach; 1 large parsnip, grated; 1 tsp dried oregano; 1/4 cup sun-dried tomatoes, finely diced; 1/4 cup Kalamata olives, finely diced; 1/4 cup artichoke hearts, finely diced; 2 large eggs, beaten or lightly whisked; 1/4 cup almond flour; 1/2 tsp sea salt; 1/4 tsp freshly ground black pepper.

**Instructions:** Heat half of olive oil in a heavy skillet over medium heat. When oil is hot, add onion and cook until soft, stirring frequently, about 3-5 minutes. Add garlic and cook for another minute. Add spinach and stir until wilted. Turn off heat and transfer mixture to a large bowl. Add parsnips, oregano, sun dried tomatoes, olives, artichokes, egg, almond flour, sea salt and black pepper and stir to combine completely. Quarter mixture and form into 4 small cakes. Heat

remaining olive oil in a skillet over medium heat. When pan is hot (make sure it sizzles!), place cakes in the pan and fry 5-7 minutes on each side or until browned and crispy. Serve hot. Pair with olive tapenade or mojo verde for an excellent appetizer.

Source: <http://www.paleoplan.com/2014/03-17/mediterranean-vegetable-cakes/>



### 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

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: Three Tips to Jumpstart Your Paleo New Year

If you are looking to recover from the lifestyle implications of your holiday choices, return to the basic principles of the Paleo lifestyle, which focus on a consistent, long-term approach to optimizing metabolic and physiological health. Negative side effects are routinely experienced on calorie and fat/protein restricted programs, including low energy, low blood sugar, muscle aches, fatigue, lightheadedness, and nausea. If you focus on the following guidelines as part of your Paleo diet, you'll feel energized and strong to start the year.



**Drink Bone Broth Regularly.** Broth is a great way to stay hydrated, which keeps the circulatory and lymphatic system functioning optimally.

Bone broth is rich in minerals and has been linked to healing the digestive tract. It is rich in collagen, glucosamine, and gelatin. You can add a small amount of coconut oil to aid in blood sugar regulation and minimize the risk of insulin resistance.

### Increase Glutathione-Rich Foods Intake.

Glutathione is an essential antioxidant naturally produced by the body to facilitate cell reactions, and is quickly depleted by a poor diet, stress, illness, pollutants, and even aging. Sulfur-rich foods like garlic, onions, and cruciferous vegetables (broccoli, kale, collards, cabbage, cauliflower, watercress, etc.) are especially high in glutathione.



### Support Liver and Kidney Function with Adequate Betaine.

Betaine protects cells, proteins, and enzymes from environmental stress and participates in the methionine cycle. Betaine can be obtained in the highest concentrations from both spinach and beets. Raw beets can be sliced thinly or grated over a raw spinach salad for a betaine-rich combination and a vibrant addition to your Paleo dishes.



Source: <http://thepaleodiet.com/3-tips-jumpstart-paleo-new-year/>