

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

APTS Monthly



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Office Hours:

Monday -

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Wednesday -

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Thursday -

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8:00am - 4:00pm

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Not All Cardio Equipment is Safe

Just because most cardiovascular equipment is low-impact doesn't mean they are all injury proof. There are several different types of cardiovascular equipment including treadmill, stair stepper, elliptical, upright stationary bike, recumbent stationary bike, rowing machine, etc. Each one has its benefits and its disadvantages. Your choice of cardiovascular equipment should take into account any particular medical problem with which you may be dealing.

The first and most prominent disadvantage of all cardiovascular equipment is excessive cost. If you want to bring cardiovascular equipment into your home it will be an expensive proposition. When it comes to cardiovascular equipment you do get what you pay for, but that doesn't mean you can't find a deal if you look!

Stationary bikes are a convenient way to develop cardiovascular fitness and lose weight. They are a good choice if you have injuries to the hip, knee, ankle, or foot. In order to lose weight, you will need to either cycle for an extended period of time or increase the intensity of the workout. If you have back pain, the upright bike may actually be better than the recumbent bike. Like all bicycles, the seat adjustment is key to the comfort of the workout. Fortunately, most upright and recumbent bikes have easily adjustable seats. Upright stationary bikes work well as a cardiovascular alternative to running if you have a variety of leg or lower back injuries.

Treadmills provide an avenue to perform weight-bearing cardiovascular exercise year-round in a controlled environment. Walking or running on a treadmill is more forgiving to the joints of the lower extremities than walking or running on the street. However, if you have lower back pain, you may

want to avoid long periods of inclined running or walking. Instead perform short intervals of inclined walking or running with longer periods of flat walking or running. If you are planning on running a race, you may want to intermix outside running with treadmill running. The tread on the belt of the treadmill helps your legs through the gait cycle; therefore your hamstring muscles



on the back of your thigh don't work as hard. Training on treadmill and racing outside can result in a leg injury.

Elliptical machines have become very popular because they afford you the opportunity to exercise your arms and legs in a non-weight-bearing method. If you have hip, knee, or ankle pain, the elliptical can be a reasonable method to maintain cardiovascular fitness. If you have any type of back problem, the elliptical can aggravate the pain. While the elliptical eliminates any pounding force, it increases the rotational and shear forces through the lower back. The rapid rotation causes a wringing mechanism that can further injure the discs of the lower back.

Stair steppers can be a good choice for cardiovascular exercise and weight loss. They are low impact and can work the hips, core, and balance. If you have good enough balance that you can use the stepper without using the handles, your upper body will get a work out as well.

However, if you have excessive degeneration in the hips or knees, this may not be an option. If you have a back problem but can maintain an upright posture and avoid leaning on the handrails, this may be a low impact option for your cardiovascular needs.

Rowing machines can provide an effective total body workout. While rowing machines also provide a low impact workout, there are several physical requirements that you must possess in order to use a rowing machine effectively. First, you need to be able to sit for a long period of time. If you have back trouble with sitting, this may not work for you. Good hip flexibility is necessary since your legs come very close to your chest while using a rowing machine. If you have any appreciable degeneration and limited hip flexion, the rowing machine may not be the device for you. If you have chronic shoulder pain, the rower may increase your shoulder pain due to overuse.

Most of the cardiovascular machines mentioned have two things in common: they are generally expensive to bring into the home and they can all be monotonous to perform for a long period of time. Keep in mind that if you have more than one problem area you need to take these into account when choosing your method of cardiovascular exercise. Speaking to the healthcare provider that you trust the most with these types of decisions before undertaking this type of exercise program is worth the time. If you are recovering from a surgery, make sure you ask the surgeon and/or physical therapist if you have reached a stage of recovery allowing return to cardiovascular exercise.

Article by Dale Buchberger,
DC, PT, CSCS

Exercise of the Month: Standing Hamstring Stretch



Standing hamstring stretch, start position (top), end position (bottom)

The hamstring muscles are a group of 3 muscles that tighten up quickly and can be overworked, depending on your posture. One often doesn't realize the hamstrings are tight until movement patterns are affected or until the onset of knee or back pain. Hamstring stretches are a necessary part of training in any sport and are useful in the maintenance of good posture.

Our postural habits contribute to hamstring tightness. We do a lot of sitting and standing in our sedentary culture. Sitting lengthens our gluteal (buttock) muscles, making them weak. We then must rely

more on our hamstring muscles when standing to keep us upright.

Stretching the hamstrings is also important to prevent low back injuries. Tight hamstrings prevent the forward tilt of the pelvis when bending, causing more bending of the lower back.

A very effective way to stretch the hamstring muscle is to start with your foot flat on a surface, such as a low table or stool. Bend your knee as much as possible (buttock to heel) while resting your chest on your thigh. Reach your opposite arm across your body to grab and hold the outer foot or ankle.

Straighten your knee by leaning back, putting your weight through the opposite leg. Try to keep your chest on your thigh as you straighten your knee. You should feel this stretch in the back of your thigh comfortably, not painfully. Back off on the stretch if the pain becomes a 6/10 or greater on the pain scale.

Hold this stretch for 30-60 seconds and perform one time 3 different times per day. You will notice your flexibility improve fairly quickly if you perform these stretches consistently!

**Happy 8th
Birthday to
Active Physical
Therapy
Solutions!**

What's Going on at APTS?

On March 10-12, 2017, Dr. Dale Buchberger traveled to Denver, CO, to teach a 14-hour course regarding sports injuries of the upper extremity for DACBSP candidates preparing to take their certification examinations. There were 18 doctors of chiropractic in attendance. Since 1980, the American Chiropractic Board of Sports Physicians™ (ACBSP™) has led the development of sports medicine certification and has managed a world-class credentialing process that ensures certified sports chiropractors meet compe-

tency standards to effectively work with and treat athletes and those engaged in athletic activities. In addition, the ACBSP offers continuing education and research seminars to facilitate the dissemination of the latest scientific knowledge, treatment trends, and best practices for patient care.

On Monday, March 20, Angela Di Francesco, physical therapy student from Ithaca College, joined our team for an 8-week clinical internship. Please help us help her feel welcome

as she learns about the "real world" of physical therapy!

On Wednesday, March 29, the staff at APTS was invited to attend the YMCA Annual Luncheon Meeting. This meeting elects Board of Directors members (on which Dr. Dale Buchberger is currently serving a term) based on nominations from the Board Development Committee. The YMCA Members of the Year are also announced; this year's Auburn Member is Camille Johnson and Skaneateles Member is Linda Hutchings.

Active PT Solutions Turns 8!

On Thursday, March 23, Active Physical Therapy Solutions celebrated 8 years of operation! On March 23, 2009, APTS opened its doors with two full-time employees—Dr. Dale Buchberger, physical therapist and chiropractor, and Cara Cuthbert, office manager. Four months later, Maggie Whitehouse joined

the team as Dale's assistant. Six months after that, Tom Zirilli, PT, came on board. One year later, Linda Schattinger was hired to help Cara at the front desk, and 9 months after Linda, Carolyn Collier, PTA, joined the provider team to help Tom. Since then, two more part-time front-desk employees have been

hired—Claire Sargeant and Laura Fennessey. And we continue to grow! If you know of any physical therapists or PT assistants who are interested in working in a fast-paced, outpatient facility, please have them contact us!



Patient Spotlight: From Low Back Pain to Bodybuilding



In June 2014, Colleen Edwards Vasile came to Active Physical Therapy Solutions with complaints of low back pain of approximately 5 years' duration. Tom Zirilli, PT, diagnosed her with lumbar spine instability, and he and his PTA, Carolyn, put her on a low back stabilization program. Her insurance restricted her to just 11 PT visits, but on her last visit, she was a consistent 0/10 on the pain scale for several days. Carolyn instructed Colleen in a home exercise progression to maintain the strength in her core musculature and prevent a recurrence of her low back pain.

Colleen recently contacted us and said that for her 40th birthday, she wanted to "do something awesome" for herself, so she decided to get into bodybuilding! As a regular exerciser for many years, workouts were a habit for her. She became

intrigued by bodybuilding from people at her gym who had trained for competitions. Her husband, Joe, is a former national powerlifting champion and a great workout partner, so he was also very supportive. She did some research, found a coach, and decided to go for it!

She gave herself almost a year to train for the shows in which she chose to compete. She trained 5-6 days per week for 1-2.5 hours at a time. It was like a job, something she had to do every day. Her coach was well aware of her history of low back pain and core weakness (that was, for the most part, cured through physical therapy here at APTS and consistent core work on her own), and he worked with her as she slowly gained more and more strength and stability in her core.

Her first show was the OCB Eastern USA Bodybuilding Championship in Rochester, NY, on October 8, 2016. "Being on stage at this show was one of the most amazing things I've ever experienced," Colleen said. It was an all-day event, and she took home THREE trophies from this show—one 1st place and two 2nd places. "This was one of the most exciting days ever for me.

I have never, ever felt so glamorous and confident in my life."

Her second show was just one week later on October 15, 2016: the NPC Greater NY Championships in Syracuse, NY. This show was all about the team: her gym, LIFT in Auburn, had 10 members competing in this show. Overall, the entire team did very well, and Colleen was awarded a 3rd and 5th place. She had the honor of sharing the stage with some incredibly talented, strong, and driven individuals here—including her very own stepson!

In the last few months since competing, she keeps up the regular workouts, including her daily core work. She is toying a little more with heavier weights and may even consider a powerlifting meet in the future, with the support of her husband having done this in the past. She is now always very mindful of her form and keeping proper posture while lifting. "It TRULY feels great to be strong." And she has only suffered one injury from powerlifting thus far: a broken blood vessel in her eyeball!

Article by Colleen Vasile and Carolyn Collier, PTA

"Before I came to you in 2014, my back pain was so severe at times I could barely walk. Thanks to your guidance, I developed the core strength to help the back pain go away almost completely!"
- Colleen Vasile

APTS Recipe Box: Sweet Beet Pre-Workout Smoothie

Did you know that eating beets an hour before your workout helps dilate blood vessels and, in turn, increases the amount of oxygen delivered to your muscles? (Just don't be alarmed when your urine turns pink!)

Ingredients: 1 large beet (equivalent to 1 cup diced beets); 2 tbsp coconut oil; 1 banana, peeled and diced; 1/2

cup frozen berries; 1/2 cup canned coconut milk; 1/2 cup water; 1 scoop protein powder of choice; 1 tbsp raw honey (optional)

Instructions: Preheat oven to 400 degrees. Wash, peel, and dice beets. Arrange pieces on baking sheet and drizzle with coconut oil. Bake for 45 minutes until tender. Let cool. Com-

bine beets with remaining ingredients in food processor and puree until smooth. Add more coconut milk or water if needed. Drink up and enjoy your workout!

Source: <http://paleomg.com/sweet-beet-pre-workout-smoothie/>



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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!**

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ACTIVE!

Nutrition 101: Nutrition to Fuel Your Workouts

One common misconception is what you eat right before a workout does **not** fuel your workout or your muscles. There is not enough time to turn your immediate pre-workout food into glycogen, which is your muscles' main fuel supply. It takes about 24 hours to refill your glycogen stores so your body must rely on existing glycogen and fat stores to fuel your workout. That means what you consume the previous day matters for your workout today. If you are regularly consuming proteins; healthy, natural fats; and good carbohydrates, like fruit and vegetables, you will have plenty of glycogen stored for your body to use as workout fuel. The purpose of the pre-workout meal or snack is to ward off hunger and to stabilize blood sugar levels.

When you should eat your pre-workout meal will vary for everyone, because everyone tolerates food a little differently before physical activity. Most people tend to feel the best when they eat 15 minutes to one hour and a half before a workout.

How much you need to eat before your workout will depend upon what type of activity you are doing. Mountain biking or running for a long period requires more fuel



than running sprints for a short period of time, and even less fuel is needed for a leisurely bike ride or walk. You should eat enough to feel good and have enough energy for your work-

out but not so much that you feel sick or bloated. The less time before your workout, the less you should consume. The best way to find out exactly how much you should eat is to experiment with what you eat and write down how you feel during your workout.

What should you eat before you workout?

There is no "one size fits all" answer. You want to choose foods that are easily digestible because you want your energy to go into crushing your workout, not digesting food. Most people perform and feel the best with a mix of protein, fat, and a small amount of nutrient dense, low

glycemic carbs.

Good pre-workout paleo snack options include hard boiled eggs, celery sticks with almond or sun butter, a handful of coconut flakes, half of an avocado or guacamole, beef jerky, chicken, a handful of nuts, a handful of dried fruit, a banana with almond butter, half of a sweet potato with coconut butter, plantains fried in coconut oil, tuna, or high quality deli meat. You can even try a berry shake with 1/2 cup of strawberries, 1/2 cup of frozen blueberries, 1/2 cup of coconut milk, and 1tbsp almond butter.

Always remember to be properly hydrated with water or coconut water before going into a workout!

If you are looking for a personalized workout meal plan, it is always best to consult with a nutritionist.

Next month we will discuss post-workout nutrition, which is a little less vague than pre-workout nutrition!

Article by Carolyn Collier, PTA

Sources: <http://blog.paleohacks.com/pre-workout-snacks>, <https://paleoleap.com/paleo-macronutrients-athletes/>, <http://www.primallyinspired.com/tuesday-training-what-to-eat-before-a-workout-pre-workout-nutrition-paleo/>, <http://www.shapefit.com/diet/paleo-nutrition-pre-post-workout-meals.html>