

ACTIVE P.T. SOLUTIONS
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SHOULD BE ACTIVE

APTS Monthly



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8:00am - 5:30pm

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8:00am - 4:00pm

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Seniors and Physical Therapy

Physical therapy not only helps individuals recover from an injury or accident, it can help control the pain of many age-related problems such as arthritis and fatigue. After a fall, many senior citizens require assistance with improving their balance, flexibility, strength, and range of motion. The possibility of losing independence, pain in performing everyday tasks, and losing function of limbs and muscles are all motivators for consulting a physical therapist. Physical therapy can greatly improve mobility and motion, two things that older adults, as well as people with chronic conditions, often struggle with.

There are many benefits of physical therapy for the elderly. Not only is it great for providing a safe environment for conditioning, it also helps strengthen muscles and improve balance. One in 4 Americans currently age 65 will live to 90 and a physical therapist can help you stay fit during that time period, improving your quality of life. Maintaining our desired level of activity gets more challenging as we age because it is part of the natural aging process to experience decreasing flexibility, strength, and/or balance. Physical therapists understand how the body works and how to get it moving again. One of the most important things a physical therapist can do for older adults is to instruct them on ways to restore flexibility, strength, and balance.

Not all aging adults need to spend a great deal of time in hospitals, nor should those elderly persons with limiting or uncomfortable conditions have to avoid physical activity. Geriatric physical therapy is a proven avenue for elderly patients of all levels of function to build confi-



dence, improve balance and strength, and stay active. There are many additional advantages to physical therapy and you may be a candidate for receiving it.

Falling is one of the biggest risks facing the elderly, because it often leads to hip fractures, which can result in a rapid decline in general health. Falling is such a critical problem with seniors that the Center for Disease Control and Prevention reports that one-third of all people over the age of 65 fall each year, making it the leading cause of injury in the elderly. Hundreds of thousands of older people each year are hospitalized with hip fractures. Most people who have fallen stay in the hospital for at least a week, and it has been estimated that approximately 20% die within a year of the injury. Many of the other 80% never return to their pre-injury level of function.

Gradual deconditioning of specific muscle groups in the legs can be a major cause of increased fall risk in the elderly. The main muscle groups are the quadriceps in the front of the thigh and gluteal muscles in the back and side of the buttock. The single easiest way to strengthen both of these muscle groups is to first perform a "bridging" exercise. Laying either on the floor or in bed with the knees bent, slowly lift your buttock off the floor then lower slowly and repeat as many as 30 times. The second exercise is called a "wall sit". Find a clear area

of wall space in your home. Wear sneakers with good soles. Place your back against the wall and slowly slide down until your thighs are parallel to the floor. Hold for as long as 30 seconds. Stand up and repeat. Be sure to check with your doctor before you begin the wall squat, as this is a challenging exercise.

Many people are familiar with physical therapy as a treatment after a serious accident or injury. However, its usefulness extends beyond those specific conditions. According to the National Institutes of Health, physical therapy is good for improving strength, balance, mobility and overall fitness. Those are factors that all aging people could benefit from, as each contributes to the physical ability of maintaining independence for a longer period of time.

Physical therapy helps seniors stay strong and maintain a life of independence and productivity for as long as possible. If you feel that a physical therapist would be helpful to you, check with your insurance provider to verify covered benefits. Many policies have limits or caps on medical benefits. Most insurance companies continue to require a doctor's "physical therapy order". Do your homework and choose a physical therapist with whom you feel comfortable. Physical therapy will help you stay strong, and it's usually worth your investment in time to take the advice and assistance of a qualified licensed physical therapist. Remember that prevention is easier and less costly than treatment.

Article by Dale Buchberger,

Exercise of the Month: Bridging



Bridging, start and end position (top), exercise position (bottom)

Bridging exercises are essential for strengthening hips and core muscles. If done on a regular basis 3-4 days a week 1-2 times a day, they will improve balance and prevent injuries to the lower extremities.

Here's how it's done:

Start by lying on a flat surface, carpeted floor, exercise mat, or even your bed. Keep your legs bent and feet flat on the floor 6-8 inches apart. Your palms should be flat on the floor alongside your body. Relax your upper body and back as you draw in your abdominals and squeeze your buttocks. Exhale as you press your palms and forearms into the floor and slowly push your

pelvis up to the ceiling without arching your back. Hold in an "up" position for 1-2 seconds. Inhale as you slowly lower yourself back to the start position. Keep your abdominals tight to avoid sagging in the low back or glutes. Perform 2-3 sets of 12-15 repetitions allowing 30-60 seconds between each set.

Intermediate Bridging: You can increase the difficulty by holding the "up" position for 2-5 seconds to work your glutes even more. You can also start with your feet flat on a table or exercise ball for an even greater challenge. As usual, your knees are bent in the start position before elevating your pelvis.

Advanced Bridging: If you are advanced with bridging, try the one-legged bridge. Start in the normal bridging position with knees bent and feet flat on the floor. Then extend one leg straight out in front at a 45 degree angle to the floor. Tighten your abdominals and raise your bottom off the floor.

As with any exercise, if you experience increased pain in your back, neck, or legs, make an appointment with the healthcare provider of your choice for an evaluation of your symptoms.

Heart Healthy Tips for American Heart Month

One of the most important things a physical therapist can do for older adults is to instruct them on ways to restore flexibility, strength, and balance.

February is American Heart Month. It provides a good opportunity to focus on the organ that beats 3 billion times, nonstop, in the average human lifetime. Your heart keeps you alive; what have you done for it lately? Why not take this month to pay attention to your heart's health?

Exercise to support—not strain—your heart. We often think that exercising more and exercising faster is better. But new research has found that lower intensity exercise (i.e. staying just below your target heart rate) is healthier than exercise that's high stress and high intensity. The research found that athletes who overdo it can develop scarring of the heart over time.

Take time to relax and rejuvenate in nature. Stress is bad for the heart. At least once a day, try to go outdoors and connect with nature. Breathe in fresh air and feel the sun on your skin. Doing anything outside, whether it's taking a hike or sitting in the park,

significantly reduces stress hormones and lowers blood pressure, which benefits your heart.

Connect with friends and family. Connecting with others helps you keep a positive attitude even in the middle of stressful life challenges. The heart is the seat of your emotions; it's where love, bonding, connection, and intimacy originate. By spending time with others, you have the opportunity to give and receive love, and that's good for the heart, too!

Eat more heart healthy foods. There are certain foods that are heart protective because they contain omega-3 and other healthy fats, critical vitamins and minerals, and fiber and phytonutrients that help keep heart tissues healthy. A partial list of foods you should eat more of includes salmon, ground flaxseed, oatmeal, black or pinto beans, raw almonds and walnuts, and brown rice. Among the many heart-healthy fresh fruits and vegetables, orange vegetables, spinach, broccoli, tomatoes, as-

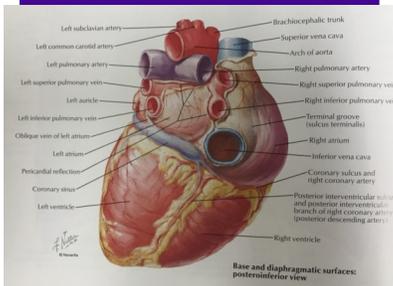
paragus, orange fruits, and blueberries are especially beneficial.

Get 6-8 hours of sleep at night. A recent study found that getting too little or too much sleep is bad for the heart, which increases the risk for heart disease. Sleep also washes away any negatives from the day before and helps your feel charged up and ready to go for the next day.

Laugh, smile, and play. To our sometimes cynical, modern ears, it may seem silly to just laugh your problems away. But scientists have found ample evidence for the health benefits of lightheartedness and optimism for healing and fighting off illness. Seeking happiness-producing activities is a good way to relieve stress, enjoy the company of others, and feel better.

Give one or all of these tips a try this month. It will do your heart good!

Source: <https://patch.com/california/santacruz/bp--six-heart-healthy-tips-for-february-american-heart-month>



All Physical Therapy Is Not The Same

It is common to hear statements like, “I’ve tried physical therapy and it didn’t work”. This statement implies that the individual believes that all physical therapy and all physical therapists are the same, having tried just one and failed. The truth is that there are many specialty areas in the field of physical therapy, and many different types of physical therapists that have different schools of thought. While this is well-known in the physical therapy profession, the general public commonly overlooks it. There are several common specialty areas in physical therapy, as well as sub-specialties within each specialty.

Orthopedic physical therapists diagnose, manage, and treat disorders and injuries of the musculoskeletal system. They also help people recover from orthopedic surgery. This specialty of physical therapy is commonly found in the ambulatory outpatient clinical setting. Orthopedic physical therapists are trained in the treatment of post-operative sports injuries, arthritis, and amputations, among other injuries and conditions. Joint mobilizations, strengthening exercises, hot and cold packs, ultrasound, and electrical stimulation are often used to help speed recovery. Manual therapy is a sub-specialty of orthopedic care and involves joint mobilization, joint manipulation, and advanced soft tissue techniques, such as Active Release Techniques (ART), Instrument Assisted Soft Tissue Mobilization (IASTM), or cupping. These various soft tissue techniques are helpful in treating chronic and post-operative scar tissue. Some physical therapists focus more on modalities (hot/cold packs, ultrasound, electrical stimulation), while others focus more on manual therapy; therefore, not all orthopedic physical therapists are the same! Those who have suffered injury or disease affecting the muscles, bones, ligaments, or tendons of the body may benefit from assessment and

treatment by a physical therapist specialized in orthopedics or manual therapy. If one particular therapist did not help your condition, you might consider trying another one who uses different techniques. I am a firm believer in the definition of insanity: you can’t keep doing the same thing and expect a different result!

Geriatric physical therapy covers numerous issues concerning people as they go through the normal adult aging process. These include (but are not limited to) arthritis (degenerative joint disease), osteoporosis, cancer, Alzheimer’s disease, joint replacements, balance problems, and incontinence (a sub-specialty of physical therapy specializing in pelvic floor disorders). Physical therapists specializing in the care of the geriatric patient develop individualized programs to help restore mobility, reduce pain, and improve general fitness. This may also include learning to use assistive devices, such as canes or walkers. Geriatric physical therapy may take place in an outpatient setting, an inpatient (hospital or rehabilitation facility) setting, or, if necessary, a patient’s home.

Neurological physical therapists work with individuals who have a neurological disorder or disease. These include Alzheimer’s disease, ALS (Lou Gehrig’s disease), brain injury, cerebral palsy, multiple sclerosis, Parkinson’s disease, spinal cord injury, and stroke. Common symptoms associated with neurological disorders include paralysis, vision impairment, poor balance, difficulty walking, and the inability to function independently. Physical therapists work with patients to reduce these functional deficits and improve their quality of life. Neurological physical therapists typically work in a hospital or rehabilitation facility. Once a patient is independent in activities of daily living they can receive treatment at an outpatient facility.

Cardiovascular and pulmonary rehabilitation physical therapists treat a wide variety of people with cardiopulmonary disorders, including those who have had cardiac or pulmonary surgery. One of the main goals of physical therapy in cardiac rehabilitation is to gradually and safely increase your activity level. While you are in the hospital, the physical therapist will work with you to improve your endurance and functional independence. Once you are discharged from the hospital, you will attend outpatient cardiac rehabilitation for a period of time. Physical therapists in this setting will help you regain a level of fitness that can return you to your previous level of activity.

Pediatric physical therapy assists in early detection of health problems as well as the diagnosis, treatment, and management of infants, children, and adolescents with a variety of injuries, disorders, and diseases that affect the muscles, bones, and joints. The physical therapist can incorporate many intervention approaches, including stretching, massage, mobilization, strengthening, and endurance training to enhance the child’s capabilities and prevent deformities and contractures. Treatments can also focus on improving gross and fine motor skills, balance, and coordination, strength and endurance, as well as cognitive and sensory processing and integration. Children with developmental delays, cerebral palsy, spina bifida, autism, and torticollis are just a few of the patients that can benefit from treatment by a pediatric physical therapist.

Remember, all physical therapy is not the same!

Article by Dale Buchberger,
DC, PT, CSCS

There are many specialty areas in the field of physical therapy, and many different types of physical therapists that have different schools of thought.

APTS Recipe Box: Strawberry Milkshake Fudge

A delicious Valentine’s Day treat that’s easy to make and super healthy, too! (Raw, Vegan)

Ingredients: 6-8 large strawberries, hulled & blended to make approximately 140 ml strawberry puree; 6-8 tbsp raw maple syrup or sweetener of choice; optional 1 tbsp vanilla extract; 8 tbsp coconut oil; 80 g cashew nuts, soaked for at least an hour or 80 g cashew butter; 2 tbsp raw coconut flour.

Instructions: In a high powered blender, blitz the strawberries to create a puree. You

should end up with approximately 140 ml (it doesn’t have to be exact). Mix in the maple syrup and (optional) vanilla extract. Pour in the coconut oil and cashew butter (or cashew nuts, soaked and dried) and blend until a smooth milkshake-like mixture is formed. Add the coconut flour and blend again until thickened. Taste and adjust sweetness if needed. Spoon the mixture into a chocolate mold or ice cube tray and leave to set in the freezer for at least 30 minutes. When it’s ready, the fudge should pop out of the mold without crumbling or sticking. Keep in the freezer for up to a couple

of months, or keep in the fridge for a slightly softer texture for a few weeks.

To make a smaller batch, simply halve the ingredients.

Servings: 45
Calories: 35
Total Fat: 3g
Total Carbohydrates: 2g

Source: <https://http://wallflowerkitchen.com/strawberry-milkshake-fudge/>



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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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Nutrition 101: The Lowdown on Fermented Foods

Humans have enjoyed fermented foods—from wine, beer, and vinegar, to pickles, olives, yogurt, and cheese—for millennia. Before refrigeration, people used fermenting to preserve foods. But can fermented foods make you healthier?

Fermentation starts when microbes, such as bacteria or yeast, feast on carbs in fruits, vegetables, milk, or grains. Over time, the bacteria turn some of the carbs into acids (in foods like sauerkraut), or the yeast turns some of the carbs into alcohol and carbon dioxide (as in beer, wine, and liquor). The acids and alcohol help fend off other microbes that would cause the food to spoil.

Does a fermented food still contain live microbes when you eat it? If it has been filtered, heated, or canned, they've probably been removed or inactivated. But foods like refrigerated yogurt, kefir, kimchi, kombucha, and sauerkraut can contain as many as 1 million to 1 billion cells of live microbes in every gram. That's as many bugs as a typical American gets from a whole day's worth of food!

Yogurt cultures deliver enzymes to your gut, where they break up the milk sugar (lactose) that some people can't digest. And some studies find a lower risk of type 2 diabetes in yogurt eaters. But what excites many enthusiasts is the idea that each swallow of yogurt or sauerkraut or kimchi sends a swarm of probiotics—i.e. do-good bacteria—to take up residence in your gut, warding off disease, obesity, and GI problems.

However, those microorganisms will not colonize and become part of your gut microbiota. But if you consume a diet rich in fermented foods with live microbes every day, it becomes the near equivalent of having those microorganisms living there.

What good does that do? For most microbes, the jury is still out. Here are two examples:

- **Kombucha.** KeVita (now owned by Pepsi) makes Master Brew Kombucha, which is sweet tea plus yeast that ferments some of the tea's sugar into alcohol and bacteria that ferment the alcohol into acid. But no published studies have tested the benefits of kombucha in people. And only one small industry-run trial in India has tested one of the two microbes that KeVita adds to Master Brew Kombucha after fermentation. (KeVita won't say exactly how much *Bacillus coagulans* MTCC 5856 it puts in.) People suffering from diarrhea due to irritable bowel syndrome who were treated with drugs and 2 billion live *B. coagulans* MTCC 5856 cells reported fewer symptoms after three months than those who got drugs and a placebo. That's promising, but nowhere near enough evidence.
- **Kimchi.** Kimchi is spicy fermented napa cabbage. Many Koreans eat it daily. But the evidence for kimchi is skimpy. Some media reports say that it lowers blood sugar. Yet in one study, levels were no lower when 21

Koreans with prediabetes ate fermented kimchi than when they ate unfermented kimchi. And too much kimchi may have a downside: East Asians who eat the most pickled vegetables like kimchi and other salt-preserved foods have a higher risk of stomach cancer. There's not enough evidence to know whether that's true in other countries.

The bottom line: we need clinical studies to measure what kind of additional benefits beyond the basic nutrition these fermented foods provide. A sip of kombucha while you wait?

Article by Carolyn Collier, PTA

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