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APTS Monthly



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Office Hours:

Monday -

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8:00am - 5:30pm

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8:00am - 4:00pm

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"iPosture"

Making it through a meal these days without someone grabbing a cell phone and making a call, sending a text, taking a picture, checking email, looking up something online, or participating in any other electronic errand is all but impossible. Cell phones have become an appendage for most people and there is a constant list of things that "need" tending to online. It has become the addiction of the 21st century. For the millions of smart phone users out there, cutting down on screen time takes more than a conscious effort. Imagine a week without your cellphone. Your response should provide your status about addiction.

A survey of 3,000 adults in the United Kingdom reported 84 percent of 18 to 24 year-olds had experienced back pain in the past 12 months. The average number of working days the group lost to back pain was 1.5 days more than their parents' generation and higher than any other age group. Researchers said people from almost all age groups spend just as much time in front of a screen as they do sleeping. The difference between age groups seems to come from how they behave in front of the screen, according to the study. Two-thirds of 18 to 24 year-olds admitted to slouching in front of their computers at work, and half said they repeat the behavior at home. Researchers said 45 to 54 year-olds were twice as likely to report sitting up straight in front of the screen.

According to Dr. Brian Hammond, "Slumping and hunching over computers and hand-held devices appears to be a contributory factor in the difference in types of back pain between the generations." He added, "Younger people are far more likely



to be hunched over a device on a sofa, and would benefit from paying close attention to the basics of good posture."

Fortunately, back pain related to "iPosture" can be avoided by simply sitting or standing up straight. Etiquette and deportment expert Jean Broke-Smith stated, "Although it has been decades since people learned good posture at finishing schools, the time seems right to recognize its potential to help younger people avoid the risk of back pain associated with increasing use of hand-held devices". The first step is admitting you have a posture problem, and that the posture problem is the cause of your neck and back pain. The second is correcting it on recognition. The third is minimizing use of the device causing the pain!

Here are four ways to limit cell phone use and save your back:

Replace smart-phone time with book time. Back in the old days, most people carried a paperback when traveling. Now, instead of opening a book we read the latest headlines or we check out what our Facebook friends ordered at Starbucks.

Make of a list of the situations when a smart-phone isn't a necessity. When cell phones came about, the justification for their existence was found in their ability to help people in an emergency. Now we are paralyzed

without one. Sit down with your family, friends, or coworkers and make a list of places where phones are not necessary, and then leave the devices behind or turned off. In our house, phones are not permitted during any meal involving more than one person. This encourages actual human communication and lets the people you are sharing a meal with know that they are more important to you than an electronic device. If the person on the other end of the smart phone is more important, you should be having dinner with them.

Store your device while driving. Cars have become mobile offices. Even if the driver isn't texting, they usually have the phone close by. Put the phone in the storage compartment before starting the car and don't touch it until you reach your destination. In fact, most newer cars silence phone alerts once it's in Bluetooth mode. The new rallying cry against texting while driving states "It can wait". This should include all other smart phone distractions, including but not limited to checking social media that in 2013 resulted in the vehicular death of three children.

Turn the phone off or place it on silent. This simple suggestion will decondition you from the "Pavlov" response of reacting to every sound the phone makes and preventing you from publicly displaying your addiction.

These simple tips can prevent you from developing "iPain" before your time!

Article by Dale Buchberger,
DC, PT, CSCS

Exercise of the Month: Prone Bilateral BBI



Prone Bilateral BBI start and end position (top), exercise position (bottom)

This exercise will strengthen your shoulders and shoulder blades. It will also help to improve your posture and prevent further injury from poor posture. BBI stands for Blackburn I, and I is the position of the hands (there are 4 positions of this exercise, and this is the most common one).

To get in 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 at your side with your

palms facing up.

To perform the exercise, there are essentially 4 moves. First, squeeze your shoulder blades together (down and back towards your waist, not up towards your ears) and lift your arms up to the height of your hips, not higher. Hold your arms in the air for 1-3 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 5/10 or greater pain scale during or after exercise means you pushed it too far and

you should back down on the repetitions next time.

Gradually increase your repetitions to 30 over a period of time. When this becomes easy for you, drop your reps back down to 10 and hold a one-pound weight in each hand. Then repeat the cycle of working up to 30 reps, 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.

As always, contact your healthcare provider if you experience more pain with this—or any—exercise!

People from almost all age groups spend just as much time in front of a screen as they do sleeping. The difference between age groups seems to come from how they behave in front of the screen. Two-thirds of 18 to 24 year-olds admitted to slouching in front of their computers at work, and half said they repeat the behavior at home. The 45 to 54 year-olds were twice as likely to report sitting up straight in front of the screen.



Dr. Buchberger Speaks at ACBSP in Utah

On April 25-28, 2019, Dr. Dale Buchberger traveled to Salt Lake City, UT, to teach a 3-hour review course regarding sports injuries of the upper and lower extremity for DACBSP candidates preparing to take their certification examinations. There were more than 350 Doctors of Chiropractic in attendance. He was also present for the remainder of the

conference in which the most up to date sports medicine information was being presented prior to publication. 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 competency 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.

APTS Earns Small Business Excellence Award

On Monday, May 6, 2019, the staff of Active Physical Therapy Solutions attended the U.S. Small Business Administration's 21st Annual Small Business Excellence Awards luncheon. New York Business Development Corporation presented APTS with a 2019 Small Business Excellence Award. "Dr. Buchberger's success in the CNY community is truly a testament that small businesses can thrive in our region," said nominator Benja-

min Alexander, NYBDC assistant vice president. "It is an honor to receive the 2019 Small Business Excellence Award. This award is really a reflection of a staff dedicated to providing the patients of Central New York with the best healthcare services in the region," said Dr. Buchberger. Small businesses are selected for the Excellence Awards based on their company's longevity, innovation, sales growth, increased employment, ability to overcome adversity, and/or com-

munity contributions.

The U.S. Small Business Administration's 2019 National Small Business Week was held May 5-11 and is an annual event dedicated to recognizing the nation's top small businesses, entrepreneurs, small business advocates, and champions from across the country. The SBA makes the American dream of business ownership a reality. Small businesses create 21st century jobs, support our neighborhoods and cities, and increase America's global competitiveness.



“Knots”



Patients often come into the office with the complaint of having “knots in my muscles” that are painful. The reality is that there is no such thing as a “knot in a muscle”. The term “knot” is essentially a lay term to describe a focal area of any particular muscle that has become tight and restricted. Some people use the term “knot” and “trigger point” synonymously. So the question remains, what is a “knot” and why do we get them?

While there is still no scientific consensus on why these “knots” develop, we know they tend to appear after the muscle suffers an acute injury or undergoes repetitive motions. These so called “knots” may also occur when the patients physiology is compromised or altered in situations like dehydration or extreme exercise, neurological conditions like Parkinson’s disease, and endocrine disorders like thyroid disease. They often occur in the postural muscles of the shoulders, back, or neck.

Muscles are basically a series of tubes within tubes within tubes and these tubes are made up of a series of filaments that will slide past one another causing the muscle to contract. When the sliding filaments become restricted and stop sliding the tubes begin to adhere to one another. Because of the restricted motion, these areas will experience reduced blood flow, poor oxygenation, and will lack other key nutrients such as calcium. Stiff, restricted, and “knotted” muscles tend to allow the accumulation of waste products. These waste products are irritants and will lead to pain when they go untreated. The cumulative effect of these factors may explain why muscle knots don’t usually

resolve on their own. Injuries caused by direct trauma such as an automobile accident will damage the sliding filaments, cause swelling, and ultimately restrict the fibers or tubes from moving. This area will stiffen and form the “knot”.

Sitting for extended periods of time with poor posture such as holding a “head down” posture seen with computer work or excessive text messaging will lead to a similar physiologic response as a forceful trauma. The difference is that the trauma happens in a split second and the repetitive strain injury happens over a period of time.

Overuse of the muscles from repetitive strenuous exercise including weightlifting, running, cycling, or exercise classes can produce low-level muscular damage and inflammation resulting in stiff or immobile muscle fibers. Emotional stress can be a form of repetitive strain or muscular overuse. Being anxious or stressed will cause us to unconsciously tense our muscles. This chronic sustained muscle contraction will cause reduced nutrient and oxygen supply leading to low level inflammation and swelling. In the end, this type of situation will lead to the restricted motion and stiffness that we refer to as a “knot”.

The first step in the prevention or treatment of “knotted muscles” is to hydrate. Simply put: the majority of people do not drink enough water. There’s some debate about whether or not the conventional wisdom of “eight glasses of water a day” is overkill, but if you are experiencing frequent muscle knots, it could be a hint to hydrate. This starts by reducing the consumption of beverages that contain alcohol, caffeine, and phosphorous and replacing them with water. A simple rule is to drink 66% of your body weight in water per day. In other words, if you weigh 150 pounds then you should drink 100 ounces of water per day.

Direct pressure can be used to help relieve or reduce the stiffened area of a muscle. Things such as rolling on a tennis ball or rolling on a foam roller will help reduce the stiffness and improve circulation. Manual therapy techniques such as Active Release Techniques, Instrument Assisted Soft Tissue Techniques, cupping, or body tempering can help to treat and reduce these “knots”.

Using things like heat or ice will not necessarily resolve the knotted area, but they will help increase circulation and remove swelling from the muscle fibers, therefore improving the chances of restoring movement to the stiffened tissue.

If you are a smoker, you are more likely to develop restrictions in your muscles leading to chronic “knots”. It appears that smoking has been linked to an increase in muscular restrictions and inflammation of the muscular wrapping referred to as *fascia*.

As we age, adding flexibility training and stretching to our daily routine is increasingly important. Aging muscles, tendons, and ligaments naturally stiffen especially if you are sedentary. Performing some simple flexibility movements during the day may help prevent or relieve those restrictions.

New science is showing a relationship between calcium and nerve response. Since the majority of our food supply is mineral deficient, adding a calcium supplement to your diet may reduce the tension in your muscles.

Understanding that the stiff or tight area of a muscle is not actually a “knot” and more about getting the internal structure of the muscle to slide like a piston helps to direct a more effective management.

Article by Dale Buchberger,
DC, PT, CSCS

While there is still no scientific consensus on why these “knots” develop, we know they tend to appear after the muscle suffers an acute injury or undergoes repetitive motions.

APTS Recipe Box: Broccoli Cauliflower Blueberry Coleslaw

This easy to make coleslaw is mixed with sweet blueberries and crunchy chopped almonds. It’s a delicious and healthy side dish recipe that is gluten free, paleo, Whole30 and can easily be made vegan.

Ingredients: 1 cup almonds, chopped; 2 cups each chopped broccoli, cauliflower, and red cabbage; 1 1/2 cups blueberries, fresh or frozen.

The dressing: 4 tbsp olive oil; 2 tbsp mayonnaise; zest and juice from 1 lemon; 1 small garlic clove, very finely minced; sea salt and black pepper, to taste.

Instructions: Set oven to 400 degrees. Place chopped almonds on a baking sheet and roast for 6-7 minutes, or until they are light brown and fragrant. Add broccoli, cauliflower, cab-

bage, and blueberries to a large bowl. In a small bowl, whisk the dressing ingredients and season with salt and pepper. Add the toasted almonds to the bowl with the veggies, pour the dressing over the top, and toss to coat.

Source: <https://www.theendlessmeal.com/broccoli-cauliflower-blueberry-coleslaw/>



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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: Cut Sugar from Your Diet

Last month, I discussed how excess sugar affects the body. The adverse effects that sugar has on your health are numerous, including weight gain, diabetes, and heart disease. This month, I'll share a few tips to help you cut the sugar from your diet:

1. Get rid of the high sugar foods in the house. It's a lot easier to avoid the sweet treats when they are not in the house where your sugar craving starts. Yes, that means get rid of the cookies, cakes, and candy! Make it a little easier on yourself to start.
2. Eat regularly. The goal here is to maintain your blood sugar levels. When feeling hungry, you are more likely to crave sugary snacks which are readily available. Try 3 meals a day with two snacks built in or 5 smaller meals throughout the day.
3. Start off with a healthy breakfast. The first meal of the day is notorious for being loaded with high carbohydrate foods. Try adding a healthy protein and fats into the mix, such as smoothies with flax or chia seeds. There are a number of protein powders that will help too. Find one that you tolerate the best.

4. Choose whole foods for your meals. Try to eat foods that are closest to their original form. This means cutting many of the boxed, convenience foods that are often overly processed. Increasing the amount of fresh fruits and vegetables is



- an easy way to include whole foods in the diet. Substitute a piece of fruit when you want something sweet. Once you cut down on sugary foods, a piece of fruit may be enough to satisfy your craving.
5. Identify any emotional triggers for sugar cravings. Are you eating because you're stressed or bored? Work on finding other ways to avoid these triggers.
 6. Read food labels to identify high sugar

foods. Foods like salad dressing, ketchup, and even so called "healthy" snack bars can have high levels of sugar.

7. Drink plenty of water. Sugar cravings may be a sign that you need to increase fluids. Flavored seltzer water may help decrease your sugar craving.
8. Distract yourself when you get a sugar craving. Most cravings last from 10-20 minutes so it may be helpful to try to keep yourself busy with something else and see if it goes away.
9. Avoid alcoholic drinks as this can cause a drop in blood sugar, which leads to craving sweets.
10. Get moving! Regular exercise or physical activity can help increase energy levels, help balance sugar levels, and keep stress levels down.

Start with one or two of these tips and gradually add another. Before you know it, cutting sugar from your diet will become second nature and will no longer seem like a chore! You can do it!

Article by Tom Zirilli, PT