

ACTIVE P.T. SOLUTIONS
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APTS Monthly



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Office Hours:

Monday -

8:30am - 5:30pm

Tuesday -

10:00am - 7:00pm

Wednesday -

8:30am - 5:30pm

Thursday -

8:30am - 5:30pm

Friday -

8:30 - 4:00pm

Location:

40 Westlake Ave

Auburn, NY 13021

P: (315) 515-3117

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Tips For A Successful Golf Season

As spring approaches more and more people will be turning their attention to the golf courses. Hopefully many of these people have been preparing for the new season by doing some regular exercise. If you have not started your preseason exercise routine it is not too late to get started. Fortunately in Central New York the golf season comes slowly. The 3 most common causes of golf injuries are excessive play, poor swing mechanics, and poor physical conditioning.

Overuse injuries occur when we force deconditioned muscles and joints to do repeated high force movements such as swinging a golf club. Performed too frequently, injuries can result. The body can withstand many forces placed on it, but there's a limit to how much it can take before it reacts with injury. High repetitions of the golf swing during play and practice can cause trauma to muscles and connective tissue, leading to inflammation and pain. When key areas are kept strong and flexible the body can withstand these forces better with less risk of injury.

Poor golf swing mechanics can also lead to injury. Repeated collisions with the ground, besides creating divots, will place increased stress on the muscles, tendons and ligaments of the shoulder, elbow, and wrist. Back injuries can occur if you bend too far forward during the golf swing. If you have back trouble that is made worse with your golf swing, you should have your swing analyzed by a certified golf instructor to pick up any faults that can be corrected. To help prevent back injuries, you also should use good body mechanics when lifting your golf bag and teeing the ball.

Unconditioned muscles are weak and inflexible, causing them to be more susceptible to injury. The back

is especially vulnerable to the increased pressure placed on it during the golf swing (rotating while leaning forward). If lower back and abdominal muscles aren't strong or flexible enough, the high repetitions of the golf swing eventually will cause pain. If you are limited in your golf swing by a health related problem such as having had a joint replacement in either your knee or hip being on a strengthening program is even more important. Keeping your legs strong will take strain off your back.

Here are the easiest and most productive exercises for any golfer to perform. While it would be easy to fill your day with exercises these target specific areas of weakness found in most amateur and recreational golfers. Bridging strengthens the back and hips. Lay on your back with your knees bent and feet flat on the floor. Push your feet into the floor lifting your bottom off the

If you have not started your preseason exercise routine it is not too late to get started!

floor. Hold for 3 seconds and lower slowly. Start with 2 sets of 10-12 per day and increase to 2 sets of 25-30 per day. Seated piriformis stretch increases flexibility in the hips and is performed seated with both feet on the ground. Cross one leg over the other. Grasp your knee with both hands and pull your knee to your chest. Hold for 15-30 seconds and repeat one time up to 5 times per day. The Prone "T" exercise strengthens the shoulders and upper back and is performed lying face down on the floor with a folded towel under your forehead. Your arms are out to the side with the palms facing the floor so you are in the shape of a "T". Squeeze

your shoulder blades together and lift your hands off the floor until they are parallel to the floor. Hold for 3 seconds and lower slowly. Repeat sets of 10-12 to start and increase to 2 sets of 25-30 per day. The cross body shoulder stretch increases flexibility of the shoulder and can be performed by crossing one arm across the chest. Grasp the elbow with the other hand and pull your arm into your chest while depressing the stretched shoulder. Hold for 20-30 seconds and repeat one time but 4 times per day.

By following a golf-specific strength and flexibility program, you will lower the risk of injury and most likely, improve your game. While there are many gadgets and gimmicks promoted to improve the golf swing the easiest and most cost effective way is to strengthen inherent physical weaknesses. A program doesn't have to be complicated or take a lot of time. Injury prevention starts with taking a few minutes to perform a few daily exercises. The degree of improvement in your game is directly proportional to the effort you put into preparing. Showing up at the golf course every day won't necessarily improve your game if you show up each day with the same weaknesses. Remember if you have 5 hours to play 18 holes of golf you need to find 15 minutes to warm up before your play.

Side-lying leg lifts are designed to strengthen your hip abductors muscles. The hip abductors are located on the outside of the hip and thigh area. This exercise goes hand in hand with the bridging exercise we learned last month to improve hip stabilization strength and balance.

Exercise of the Month - Side Lying Leg Lifts

1. To get into position, lay down sideways on the floor with your back against a wall. To ensure that your back is aligned make sure

your head, mid-back, low back and heels are in contact with the wall. For comfort, you may rest your head on your hand, but still keep your head against the wall.

as you raise and lower your foot. Also, don't forget to turn over and do the other side.

Start by doing 10-15 sets of leg lifts per side and build yourself up to 30 sets per side. Performing this exercise 1-2 times a day, 3-5 times per week along with the bridging exercises will greatly reduce your risk of injury and help to improve your quality of life.

2. Tighten your core muscles as you lift your top leg about 1 1/2 feet from your bottom leg. Pause for 1 second, then lower slow and controlled.

3. Make sure your knee is completely straight and your toe is horizontal to the floor



"It was a great presentation. I think it was a huge step in the right direction for Auburn Swimming."

All providers at Active PT Solutions are now full body certified in ART®.

APTS presents Injury Prevention Workshop to Auburn Swimmers

On Wednesday, May 4th, Active Physical Therapy Solutions along with rotatorcuff.net presented an Injury Prevention seminar exclusively for the YMCA/USA swimming Auburn Stingrays youth swimming program. The seminar was a great success with over 20 attendees including Stingray swimmers, parents and coaches. The seminar was a great success with over 20

attendees including Stingray swimmers, parents and coaches. During the presentation Dr. Buchberger discussed topics such as the importance of injury prevention, safe training methods and nutrition for the swimming athlete. The seminar was very informative and educational and just one step closer to putting Auburn Swimming ahead of the competition.

Stingray Head coach Dan Walter said, "It was a great presentation. I think it was a huge step in the right direction for Auburn Swimming. The YMCA and the Stingray coaches really do appreciate all the time, effort, and everything you have donated to the Stingrays".

Thanks to all who attended!

Maggie Completes ART® Spine Certification

Active Physical Therapy Solutions is proud to announce that Maggie Whitehouse, PTA has successfully completed her certification in Active Release Techniques® for the spine. Active Release Technique (ART®) is a breakthrough, soft tissue assessment/treatment system, which allows the physical therapist to treat problems with muscles, tendons, ligaments, fascia and nerves in a concise efficient manner.

Last weekend Maggie Whitehouse traveled to Orlando, FL where she took the certification examination for ART® of the Spine. She has been certified in ART® for the Lower Extremity since 2008 and the Upper Extremity since 2010. Maggie is now Full body certified in ART®.

To learn more about ART® visit the Active Physical Therapy Solutions website at www.activeptsolutions.com.



What is Instrument Assisted Soft Tissue Mobilization?

What is IASTM?

Instrument-Assisted Soft Tissue Mobilization is an advanced form of myofascial release. The procedure uses the assistance of instruments to detect and release fibrous restrictions that produce pain, weakness and functional limitation for the patient.

How does IASTM work?

The technique uses either patented stainless steel instruments (GRASTON), or patented poly-ceramic instruments (SASTM) that are designed to be applied to varying anatomical parts of the body to precisely examine and treat a variety of neuromusculoskeletal conditions. The therapist uses a back and forth motion continuously over the injured area to produce controlled micro trauma to the affected soft tissue. The stimulation of a local inflammatory response initiates re-absorption of inappropriate fibrosis or excessive scar tissue and facilitates healing activities. IASTM is only one part of the total therapy and will be accompanied by an appropriate exercise routine.



What conditions can be treated with IASTM?

- Bicep Tendinitis
- Carpal Tunnel Syndrome
- DeQuervain's Syndrome

- Frozen Shoulder (adhesive capsulitis)
- Joint Contractures
- Medial/Lateral Epicondylitis/tendinitis/tendinosis
- Rotator Cuff Tendinitis and impingement syndromes
- Scars (Surgical/Traumatic)
- Trigger Finger
- Achilles Tendinitis/tendinosis (Heel Pain)
- Plantar fasciitis
- Ankle Strains/Sprains (Medial/Lateral)
- Groin Pulls
- Iliotibial band friction syndrome (ITB)
- Hamstring Injuries
- Hip Replacements (limited ROM and scarring)
- Knee Replacements (limited ROM and scarring)
- Morton's Neuroma
- Patellar Tendinitis/tendinosis (Anterior Knee Pain)
- Quadriceps Injuries
- Tibialis anterior Shin Splints
- Tarsal Tunnel Syndrome
- Tibialis Posterior Tendinitis
- Turf Toe
- Musculoskeletal Imbalances
- Cervical (Neck Pain)
- Lumbar/Sacral (Low Back Pain)
- Sacroiliac joint Pain
- Thoracic and interscapular pain (Mid Back Pain)

Who is qualified to perform IASTM?

All providers at Active Physical Therapy Solutions are trained and certified to perform Instrument-Assisted Soft Tissue Mobilization:

Dale J. Buchberger, PT, DC, CSCS, DACBSP

Thomas A. Zirilli, PT

Margaret C. Whitehouse, PTA

Welcome to the APTS Family Joseph William Zirilli

Please join us in welcoming Joey Zirilli as the newest addition to the APTS family. Joseph William Zirilli was born on March 31, 2011 at 10:01pm.

He weighed 7lbs 7oz and is 19 3/4 inches. Tom has

been a Physical Therapist at APTS since January 11, 2010. Congratulations again to Tom and Emily on the birth of their beautiful baby boy!



The Zirilli Family March 2011



**Active
Physical Therapy
Solutions**

**40 Westlake Avenue
Auburn, NY 13021**

Phone: 315-515-3117

Fax: 315-515-3121

E-mail: activeptsolutions@gmail.com

website: www.activeptsolutions.com

Get Well...Get Active...Be Active!

**At Active Physical Therapy Solutions,
we utilize the most cutting edge treat-
ment 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 functional goals!**

...Because Life Should Be

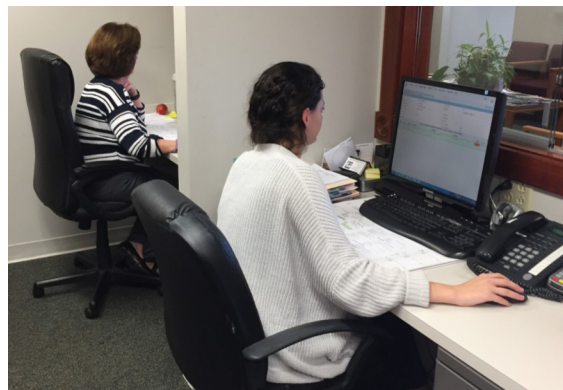
ACTIVE!

Ergonomics 101-Maintaining Back Health at your Sit Down Job

Does your job require you to sit for prolonged periods of time? Have you noticed increased pain in your low back after sitting all day? Your workstation setup and poor sitting posture may be the cause of your pain. Preventing back pain from the start is much easier than dealing with the symptoms after they start. There are several strategies to help limit the stress on your spine while sitting at work.

A good place to start is with the chair you sit in every day. Be sure that you have an ergonomic chair that fits your body type. There are several styles on the market with multiple features. You want to find a chair that has a seat cushion that is 1 inch wider than your hips on each side. The cushion should allow you to tolerate sitting for approximately 60-120 minutes comfortably. Other features you should look for in

a chair are the ability to adjust the height of the backrest and an adequate lumbar support. Find a chair that al-



**Finding the right chair for you is a
preventative step in reducing back
pain.**

lows you to recline backwards slightly to help shift your weight throughout and distribute the load over different parts of the spine. You don't want a chair that necessarily locks you into

one position all day. This will eventually become uncomfortable as the day goes on.

Even with a good ergonomic chair, sitting all day will increase pressure on the disk in your low back. Frequent breaks to unload the spine are a must for back health. The time it takes to do this is less than you would think. Short breaks of 10-20 seconds are enough to relieve some of the stress on the disk. This can be done every hour and will have a cumulative effect on the back.

Sitting all day at work does not have to lead to a future of back problems. Following a few simple strategies will go far in saving your back from injury. Be sure to communicate with your employer if there's any questions or concerns you have regarding your workstation. Most employers will be willing to make accommodations for you in order to make sure you are comfortable and productive throughout the