

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

APTS Monthly



VOLUME 1, ISSUE V

SEPTEMBER 2011

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

INSIDE THIS ISSUE:

Low Back Pain? 1

Exercise of the Month - Ball Tables 2

Buchberger-meets "Seal Team Six" Author 2

What is SpiderTech™? 3

APTS providers Certified in SpiderTech 3

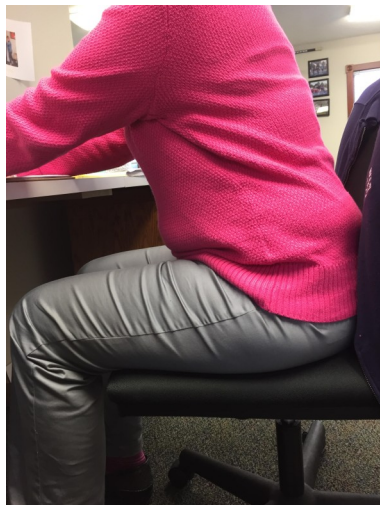
Ergonomics- 101 4

Lower Back Pain? Look to the Hips!

It is not uncommon to hear the phrase "My back went out!" The question is, where did it go and when will it be back? If you have had an episode of lower back pain no matter how short in duration you are amongst 80% of the population. That's right 80% of the population will experience an episode of lower back pain at some time in their life. Lower back pain does not discriminate; it affects males and females equally. However if you are between the ages of 30-50 you have a greater chance of experiencing lower back pain.

Between the ages of 30-50 our life style typically changes and there is a reduction in activity level. With this reduction in activity we see a gain in weight and a corresponding weakness of the trunk, back and hip muscles. This combined with our new and growing sedentary technological society and we are all setup for the beginning of chronic lower back pain. As the trunk, back and hip muscles get weaker they have to work harder to handle the growing weight. This results in greater fatigue occurring much quicker. Once the muscle support has been exhausted the body relies on passive structures to hold the spine together. Once the passive structures such as the ligaments and intervertebral discs become the main support structures two things happen very rapidly. First these structures wear out and degenerate at an accelerated rate and second they become tighter in an attempt to create more support. The longer these processes are

given to proliferate the more likely it is that pain is sure to follow. Pain of a chronic nature is also like the "idiot" or warning light in your car. Once the light goes on it is too late. The problem has been there and is in need of repair.



So what are the key areas that are problematic and what can be done to prevent the cycle from proliferating? First of all strengthening your back is a game of endurance. It is not how much you can lift once it is how many times you can perform a perfect task. Fixing these problem areas is more a game of finesse and control not brut force. There are a couple of key problematic areas. Key weaknesses commonly occur in the hip flexors (front of the hip and thigh), hamstring (back of the thigh), gluteal (buttock) and lower back muscles. Tightness commonly occurs in the calf, hamstrings, hip rotators and hip flexors.

These areas have become fairly predictable because of the postural regression that has occurred in our society. We spend an increasing amount of time sitting either at home, work or in the car. This chronic seated posture combined with decreasing activity levels produces the patterns previously mentioned. When the strength and flexibility of the hips and legs is gradually reduced the lower back takes up the slack and eventually gives out. Here are a few simple ways to test your risk of developing lower back pain. From a seated position see if you can cross one leg over the other. Grab your knee with both hands and pull your knee towards your chest. If you can't do this, your hip rotators have gotten too tight. Next stand on one leg and bend your knee slightly. See if you can stand on that leg for greater than 20 seconds. Do this on the other leg as well. If you can't then your hips and legs have weakened to the point that your body has found other ways to compensate. Last, if you feel the need to use a handrail to get up and down stairs then you have lost the ability to balance well on one foot. Since walking and general ambulation takes place on one foot at any given time this is an important asset in preventing lower back pain.

Walking is the best exercise for most conditions. In order to get both an aerobic and weight loss benefit to a walking program it needs to be at least 4 days per week for 30-45 minutes.

Exercise of the Month - Ball Tables

Article Continued on Page 2

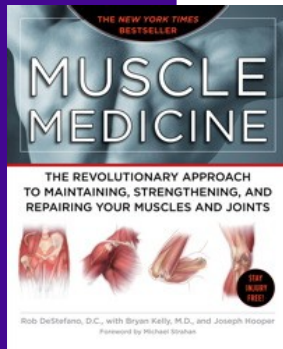


Ball tables are a great exercise for improving posture and for strengthening your glutes and core muscles. As with all exercises published in the APTS monthly, when added to your daily exercise routine ball tables will help to prevent injury and improve quality of life.

1. Start by sitting tall with good posture on the ball and your feet flat on the ground.
2. Walk your feet forward, while rolling the ball up your back toward your head. Stop when you feel the ball between your shoulder blades and you are able to rest your head on the ball.
3. Squeeze your glutes and draw your navel toward your spine. Hold that position for 5 seconds.
4. Walk your feet backward and bring your body back to a sitting position with tall posture.
5. Repeat this 10 times a day 5-6 days a week.

Please use caution if you don't feel stable on the ball. If you are uncomfortable sitting on the ball, have someone spot you until you are comfortable enough to perform these exercises on your own.

"The book 'Muscle Medicine' has a nice selection of simple exercises for both strength and flexibility."



Low Back Pain Continued

It also needs to be continuous. You can't stop in the middle to chat with the neighbors. Just wave and keep walking. There are several good resources for stretching and strengthening exercises for the lower back and

hips. The book I am recommending lately is Muscle Medicine by Rob DeStefano, DC and Bryan Kelly, MD. This book does a nice job explaining various muscle related injuries and has a nice selection of simple exercises for both strength

and flexibility. If you are interested a simple resource for home based injury prevention and self-treatment then this book would be a good choice.

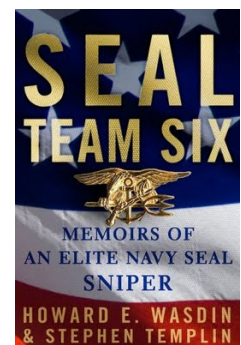
Buchberger Meets "Seal Team Six" Author



On September 10, 2011 Dr. Buchberger was invited to speak at the Colorado Chiropractic Association Convention. The convention drew more than 500 chiropractors from the Colorado and western United States region. Dr. Buchberger presented an 8 hour comprehensive workshop on the evaluation and

management of shoulder disorders. Amongst the list of distinguished speaker was the luncheon speaker Howard E. Wasdin, DC Author of the book *Seal Team Six* and a member of the seal team from *Blackhawk Down*. Dr. Wasdin gave a motivating speech as well as telling the story of why he became a chiropractor af-

ter retiring from the US Navy Seals. Dr. Buchberger had an opportunity to meet and speak with Dr. Wasdin comparing chiropractic notes.



What is SpiderTech™ ?

What is SpiderTech™

SpiderTech™ is the natural evolution of kinesiology taping which provides a full line of pre-designed and ready to apply taping applications to treat a variety of conditions. Through the principle of neuroplasticity and sensory gating mechanisms SpiderTech™ Therapy provides less pain and more activity for more people. Created by chiropractor Dr. Kevin Jardine, SpiderTech™ leads the way in kinesiology taping for the treatment of dysfunction caused by joint and muscle pain. Unlike other brands of kinesiology tape, SpiderTech's™ pre-cut applications are made from the original tape created 25 years ago from Japan's Nitto Denko Corporation.

SpiderTech™ and SpiderTape™ - the new brand name for Nitto Denko tape exclusively distributed by SpiderTech™ - are fabricated from high-grade cotton material with 100% acrylic, hypoallergenic adhesive. The tape is water-resistant and breathable, and can be worn for up to five days. The 16 ready-to-apply taping applications designed to alleviate pain and provide support to weakened and injured areas of the body can be applied in various ways depending on the clinical goals of the practitioner. The use of SpiderTech™ applications results in a simple and effective approach to pain reduction and improved activity regardless of the clinician's professional designation. SpiderTech™ therapy was designed to be a synergistic and complimentary addition to any form of patient centered care.

How does SpiderTech™ work?

The tape, made with hypoallergenic acrylic glue, is manufactured to be the same weight, thickness and elasticity as the skin and is therefore able to integrate with the body's sensory system naturally. There are 3 possible categories of effect which have been identified depending on the method of application and the therapeutic outcome desired.

Structurally

- Dynamically supports better postural positions.*
- Prevent harmful ranges of motion without a hard end feel.*
- Reduce strain on affected muscle.*

Neurologically

- Enhanced sensory stimulation leading to decreased perception of pain.*

- Restoration of normal muscle activation and function.*
- Reinforces the restoration of functional stability.*
- Promotes peripheral neuroplasticity.*
- Stimulation of the skin's endogenous analgesic system.*

Microcirculatory

- Wave pattern formation.*
- Superficial fascial thixotrophy.*
- Improved lymphatic flow.*
- Improved superficial microcirculatory flow.*

The End Result

The patient is able to achieve early engagement in pain-free ranges of motion and strengthening exercises. The patient becomes an active participant in the therapeutic process. The patient is able to take the therapy home with them maintaining the treatment objectives between their treatments.

Who is Qualified to Apply SpiderTech™ ?

All providers at Active Physical Therapy Solutions are trained and certified to apply SpiderTech™ kinesio-taping:

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

Thomas A. Zirilli, PT

Margaret C. Whitehouse, PTA



APTS Therapists Get Certified in Spidertech™ Taping

On July 9th, 2011, Spidertech™ certification instructor, Anne Hoover, DC, came to Active Physical Therapy Solutions for a full day Spidertech™ training seminar. Our therapists learned the specific application techniques for each body part to achieve maximum therapeutic effect,

Spidertech™ can be used in three different ways: For improved circulation to reduce swelling, edema, and bruising; for neuro-sensory effects to reduce pain and improve muscle activation; and

also a structural effect to improve posture and to prevent harmful ranges of motion.

Spidertech™ is not intended only for athletes, but for individuals of all ages searching for these effects in their normal daily activities.

Upon completion of the seminar, all providers at APTS are now certified in Spidertech™ kinesio-taping. To learn more about Spidertech™ you can visit www.spidertech.com or call the APTS office at (315) 515-3117.



**Active
Physical Therapy
Solutions**

**40 Westlake Avenue
Auburn, NY 13021**

Phone: 315-515-3117

Fax: 315-515-3121

E-mail: cara@activeptsolutions.com

website: www.activeptsolutions.com

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

**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 functional goals!**

...Because Life Should Be

ACTIVE!

Ergonomics-101

Musculoskeletal Injuries-What's your Ergonomic Plan?

The news today is full of stories about companies needing to downsize to cut cost. These cuts often affect employees' job security and benefits in the long run. One cost many people don't always think about is expenses related to workman's compensation. Much of this money is spent on musculoskeletal disorders (MSD's). It is estimated that workers compensation expenses cost U.S. industry up to \$45-\$60 billion in total cost. Any effort to decrease this cost can save companies money as well as keep skilled workers on the job to maintain current productivity levels. A comprehensive ergonomic plan can help achieve these goals.

Musculoskeletal disorders include injuries and disorders of muscle, nerves, tendons, ligaments, joints, cartilage, and spinal discs. These injuries often occur from excessive and repetitive motions. As workers continue to perform the same motions day after day the risk for injury increases. OSHA estimates that each incidence of an MSD cost

\$12,000. If surgery is involved this cost can increase to \$43,000.



A number of factors contribute to the increase in MSD's. They include an aging workforce, a sedentary lifestyle, computer work, stress and the increased diversity of the work force. In general we have an older workforce with a long history of repetitive work performed who are be-

coming less active at and outside of work. Our daily stress levels are high and we have a variety of shapes and sizes of employees that make designing a workstation for the average person difficult.

Decreasing the cost associated with MSD's must start with a comprehensive ergonomics program addressing the risk factors for these injuries. OSHA estimates that an effective ergonomics program will result in 3 million MSD's prevented over 10 years or 300,000 per year. That's a saving of \$22,000 for each MSD prevented and \$9 billion saved each year by US industry. Any company willing to prioritize employing injury prevention will ultimately benefit financially from their efforts.