

ACTIVE P.T. SOLUTIONS  
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# APTS Monthly



VOLUME II, ISSUE IV

OCTOBER 2012

## Office Hours:

Monday -

8:30am - 5:30pm

Tuesday -

8:30am - 7:00pm

Wednesday -

8:30am - 5:30pm

Thursday -

8:30am - 5:30pm

Friday -

8:30 - 4:00pm

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## Barefoot Running & Minimalist Footwear: Good or Bad?

The topic of barefoot running is one that will draw mixed opinions not only from health care professionals but also track and field coaches. This is not the first time the concept of barefoot running has been brought to our attention. This seems to happen nearly once a decade. When Abebe Bikila won the 1960 Olympic marathon in bare feet the concept was prominent. In the 70's "earth shoes" came out. In the 80's it was South African barefoot runner Zola Budd. Recently you may have seen some people wearing odd-looking footwear with "toes" instead of the closed toe box of conventional footwear. These are Vibram Five Fingers shoes also known as "minimalist" shoes. This has given the barefoot craze some momentum. For starters they are more comfortable and appealing then, their hideous looking predecessors, the "earth shoes". So the question remains is barefoot running good or bad? The idea of barefoot running has been studied for many years, but much of the mainstream popularity was created by the bestseller, *Born to Run*, by Christopher McDougall. After living with and observing a tribe of well trained humans in Mexico McDougall proposed that everyone should be running barefoot because this improves your gait cycle and promotes a more efficient gait. When looking at McDougall's ideas they are not so much about shoes as they are about learning to run efficiently. It just so happened that running barefoot was a short cut to learning how to run efficiently. Next question: Why does barefoot running create efficiency?

Barefoot running forces the individual to land on their mid and forefoot rather than on their heel and rear foot (as most traditional running shoes now promote). Running with a "heel strike" increases forces through the lower extremities and



into the spine. Landing on the forefoot or "barefoot strike" reduces the forces through the lower extremity and spine at impact. This creates a smoother transition to the next cycle as the other leg comes through and prepares to hit the ground. Therefore instead of pounding the ground and springing forward the individual glides over the terrain. The beginning of the "running craze" of the '70's that began with the "rock star" approach of Steve Prefontaine; the gold medal performance of Frank Shorter and publishing of "Running" by Jim Fix also began with "minimalist shoes". Only we didn't call them "minimalist shoes" because they are all we had! Nike's original models such as the Oregon Waffle and the Waffle

Trainer did what they were supposed to do. Keep you from cutting your foot on man made surfaces and provide a shield from the elements. Once shoes became "corrective devices" all heck broke loose creating a magnification of running injuries and the idea that running was "bad for you". In reality running is not bad but rather running bad is bad. Our old "minimalist shoes" forced us to run correctly or not run at all. The new breed of athletic shoes has allowed an entire generation of inefficient runners to hit the streets and literally "pounding the pavement".

The most popular minimalist shoes are the Vibram Five Fingers, New Balance Minimalist and the Nike Free Run. The idea goes back to Nikes original designs: provide protection to the foot, but allow you to run with barefoot mechanics. They are lightweight, flexible, have a wide toe box (front of the shoe), and what is known as a 'zero-drop sole'. This means the heel of the shoe is the same thickness of the rest of the sole. This is contrary to conventional running shoes that are built with a dramatic heel lift. It is actually the heel lift of modern day shoes that creates a good portion of running related injuries by creating imbalances of strength, weakness and stiffness in the lower extremities.

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## Exercise of the Month - Chin Tucks

Start



Finish



Does your job require you to sit at a desk all day? The chin tuck is a great way to prevent the neck pain you may get from staring at a computer all day. The chin tuck exercise is designed to stimulate and strengthen the deep posture muscles of the

neck.

1. Start by laying face up on the floor. Knees are bent and feet are flat on the floor. Your arms are at your side with your palms up.
2. Roll a towel into a 3" roll and place under the curve of your neck.
3. Slowly and gently tuck chin down into chest then push

neck into the towel. You will only push about 10-20%. There will be no strong muscle contraction.

4. Repeat 2 sets of 10 reps twice daily.

For maximum results perform the chin tucks 5 times a week. If you are already having neck pain you should consult your healthcare physician before

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## Barefoot Running & Minimalist Footwear Con't

If you want to try minimalist shoes there are a few simple rules to follow. First, be realistic with your expectations. Minimalist shoes will not fix your injuries and you will most likely go through a period of soreness in the legs and back. Do not expect to train at your normal volume or intensity for several weeks to months. Make sure that you are injury free. Start by wearing your

new shoes for daily activities and progress to running. Make sure you are regularly stretching your calves and plantar fascia (bottom of the foot). Like it or not age is a large determiner in being able to wear minimalist shoes. The older you are the longer it takes to adapt to the minimalist approach. You may have also developed certain maladies that will prevent the use of these shoes. If you

have any questions start by asking your health professional or try this online resource: <http://www.runnersworld.com/article/0,7120,s6-240-400--13691-0,00.html>.

By: Dale Buchberger, PT, DC, CSCS

## Auburn Downtown Mile: A Fun, Family Tradition



Pictured Left to Right:  
Dale Buchberger, Chip  
O'Hara, Zach Buchberger

On Friday, August 24, 2012, the Auburn YMCA held its annual Downtown Mile, which is mapped through the historical streets of downtown Auburn. Each year the race starts at a new location with this years race starting in front of The Citizen, on Dill street.

The race is a family run for people of all ages and

all levels of ability. In fact, participants from ages 2-75 were amongst the 400 who registered for the race this year.

Like many other participants, Dale, Elaine, and Zachery Buchberger make the Auburn Downtown Mile an annual family tradition.

This years winner of the Auburn Downtown mile and good friend of the APTS crew, Chip O'hara finished the race in 4 min and 34

sec. The Buchberger father/son duo finished with comparable times. Zach finished the race 28th with a 6:01 min mile with Dale not far behind in 34th at 6:10.

The APTS team would like to congratulate all who participated in this years race!



# The Difference Between a Chiropractor and a Physical Therapist

It is not uncommon in the course of a day in clinical practice to here the question, "what is the difference between physical therapy and chiropractic?" In large part the difference is three fold: philosophy of practice, work environment and third party reimbursement commonly known as health insurance. While the history spawning each profession is quite diverse the two professions have been on converging paths ever since their individual genesis. I will attempt to bring clarity to the before stated question and with it there is sure to be controversy from each side.

The American Chiropractic Association (ACA) defines chiropractic in this manner; "Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches. Doctors of Chiropractic may also be referred to as chiropractors or chiropractic physicians. They practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling."

In 1895, Daniel David Palmer founded the Chiropractic profession in Davenport, Iowa. The most common therapeutic procedure performed by doctors of chiropractic is known as "spinal manipulation," also called "*chiropractic adjustment*." The purpose of manipulation is to restore joint mobility by manually applying a

controlled force into joints that have become hypomobile, or restricted in their movement as a result of a tissue injury. Manipulation, or an *adjustment* of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, and allowing tissues to heal.

The American Physical Therapy Association (APTA) defines physical therapy as: "Physical therapists are health care professionals who maintain, restore, and improve movement, activity, and health enabling individuals of all ages to have optimal functioning and quality of life, while ensuring patient safety and applying evidence to provide efficient and effective care. In addition, physical therapists are involved in promoting health, wellness, and fitness through risk factor identification and the implementation of services to reduce risk, slow the progression of or prevent functional decline and disability, and enhance participation in chosen life situations."

The APTA also provides this historical synopsis regarding the genesis of physical therapy as a profession. "When the polio epidemic became widespread in the United States in 1916, the need for muscle testing and muscle re-education to restore function grew dramatically. The United States entered World War I by declaring war on Germany in 1917, and the Army recognized the need to rehabilitate soldiers injured in the war. As a result, a special unit of the Army Medical Department, the Division of Special Hospitals and Physical Reconstruction, developed 15 "reconstruction aide" training programs in 1917 to respond to the need for medical workers with expertise in rehabilitation. The profession of physical therapy, as it was later termed,

had begun."

While chiropractic clearly has it's historic focus on spinal manipulation the profession has matured and expanded creating high level educational programs including specialty residencies and fellowships. Chiropractors practice in hospitals, military institutions, universities, professional sports teams, etc. Chiropractors in the 21<sup>st</sup> century treat more than the spine to the point that the director of the sports medicine clinics for the United States Olympic Committee is now a chiropractor.

Physical therapists like their chiropractic colleagues have expanded their education to include similar educational programs that recently included the addition of an academic doctoral degree. Physical therapists have traditionally worked in hospitals and by history the military. Private physical therapy practice including home physical therapy practice has expanded greatly in the last 30 years. Physical therapists also work in the professional sports and university settings.

So the long and the short of it is that Chiropractors have a more expansive diagnostic education while physical therapists have an intervention or therapeutic based education. While chiropractors can provide services such as rehabilitative exercise and modality treatments their main form of treatment remains the manipulation. Physical therapists may provide manual therapy like techniques to their patients but therapeutic exercise; modalities and activity modification remain the foundation of physical therapy practice.



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**At Active Physical Therapy Solutions, we utilize the most cutting edge treatment and management techniques available. Our goal is to deliver the best possible health-care 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!***

## **Ergonomics -101 Halloween Safety**

With the big night not too far away, many of us are busy preparing for a big night of trick or treats. Good ergonomics and safety is probably not at the top of your list. Keep these helpful tips in mind to ensure a safe and injury free Halloween.

**Pumpkin carving:**

- Make sure the carving area is well lit and cover the floor with newspaper for easy cleanup.
- Use a small serrated knife specifically designed for pumpkin carving. This will reduce the chances of the knife slipping and causing an injury.
- Use short strokes while cutting and be sure to cut moving away from your body.
- Young children can be involved in the carving process, but should avoid cutting.

**Trick or treating:**

- Costumes should be bright enough to be seen clearly by motorists.
- Reflective tape can be used for extra visibility as well as the use of a flashlight.
- Use extra caution when driving as kids will easily be distracted when crossing streets.
- Costumes should fit properly providing clear vision and short enough to avoid tripping.
- Children should be accompanied by adults. Talk to kids about safety while walking from house to house and across streets.
- Avoid using sharp costume accessories such as swords and knives. These should be soft and flexible.

**Most of all have fun and stay safe!**

**Article By: Thomas Zirilli, PT**