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INSIDE THIS ISSUE:

If The Shoe Fits... 1

Exercise of the Month: Soleus Pump 2

How Many Calories are on Your Thanksgiving Plate? 2

Do High Top Sneakers Prevent Ankle Sprains? 3

APTS Recipe Box: Maple Walnut Sweet Potato Loaf 3

Nutrition 101: Tips to Enjoy Thanksgiving Without Overindulging 4

APTS will be CLOSED on Thanksgiving Day and Black Friday!

APTS Monthly

VOLUME VII, ISSUE XI NOVEMBER 2017

If The Shoe Fits...

A common question asked to healthcare providers almost daily is, "Which sneakers should I buy?" Most patients are usually asking for a "brand" versus a "type" of shoe. Back in "the day", it was much easier to pick athletic shoes by brand because the number of models was limited. Nowadays, almost every company makes 10+ models, so keeping track of the "good ones" is quite difficult. Today there is what would be called "subtypes" of models. For instance, running shoes, walking shoes, and cross-training shoes are all subtypes. So the real question is, "What subtype of sneaker should I be buying?"

Let's start with the first most common mistake made on a daily basis: wearing running shoes to walk in. We need to examine the shoe's purpose. Running shoes are made to run in for approximately one-hour 5-days per week, not to walk or stand in 8-12 hours per day. Wearing running shoes to walk or stand in breaks them down prematurely and subjects your legs and back to the forces you were trying to avoid in the first place by purchasing the running shoes. So, what should you buy to walk or stand in? Typically, the best shoes for walking or standing are either walking shoes or cross-training type shoes. These shoes are made to withstand sustained forces generated through walking or standing. They will last longer and provide the support you are looking for.

The next question is, "What if I wear orthotics?" Most athletic shoes today will accommodate a custom or over-the-counter orthotic. The main thing to keep in mind when buying shoes and wearing orthotics is to be sure that the manufacturer's insole is removable. This is another common mistake that is seen clinically each day. Patients spend hundreds of dollars on custom orthotics and then place it on top of the existing insole. Most orthotics should sit on a flat platform. By placing it on an angled or uneven platform, such as the existing insole, it makes the custom orthotic ineffective or even detrimental. If you have recently been prescribed custom orthotics, you should also insert them in new shoes. Placing a new custom orthotic in an old pair of broken down shoes is a waste of money.

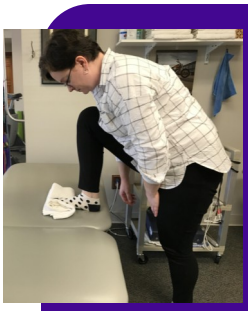
Now we pose the question, "What if you actually run?" Choosing running shoes can be a daunting task. There are numerous brands and varying subtypes of running shoes. First, buy running shoes that correspond to your foot type and weekly mileage. Next, only run in your running shoes; don't run in shoes that you walk around in. If possible, rotate at least two pairs of shoes. This will extend the life of the shoes and help prevent injuries. Keep in mind that the materials of the shoe break down long before the shoe looks bad. If you start feeling a strange ache or pain in your legs that you haven't felt before, remember how old your running shoes are. Most running shoes are good for somewhere between 300-500 miles or 6 months. When you get your new shoes, write the date of first use on the heel with a Sharpie® and, if you alternate shoes, number each pair so you don't mix them up.

By now you have an idea of the type of shoe you are looking for but you may not know where to buy them. There are many options today for the purchase of athletic and walking footwear. If you shop at large chain retail sporting goods stores, your choices will be limited and you cannot be sure of the knowledge background of the sales person giving you the advice. While the advice may sound good, it may not be accurate. Most sales people in sporting goods stores rarely have healthcare or biomechanical degrees. It is not a bad idea to ask the person selling you the shoes for their qualifications to provide athletic footwear advice. If you shop online the most comprehensive website for fitness and walking footwear is www.roadrunnersports.com. Shoes are broken down by gender, activity, foot type, and cost. In a pinch, they have a helpline with a very knowledgeable staff. Their return policy is also consumer friendly.

Whether your foot has a low arch or high arch, and whether you walk, run, or stand, keep in mind that shoes are only half of the equation for foot, ankle, knee, hip, or back pain. Even the best shoes and orthotics in the world cannot replace strong hips. When you feel as though you cannot get a straight answer on footwear, ask your healthcare provider. Healthcare providers that treat and manage sports injuries of the feet, knees, hips, and back should be able to give you straightforward advice on the purchase of adequate athletic and walking footwear.

Article by Dale Buchberger, DC, PT, CSCS

Exercise of the Month: Soleus Pump



Soleus Pump, start and end position (top), stretch position (bottom)

The soleus muscle is located in the calf. It is deeper than the gastrocnemius muscle and it does not cross the knee joint, so the only way to stretch it is by having the knee bent. (Otherwise you are stretching the more superficial gastroc muscle.) The soleus pump exercise is a great way to stretch the soleus muscle in this regard.

To perform this exercise, place the foot of the affected leg up on a table with a folded up towel under your toes and ball of the foot to maintain toes in a pulled up position. Your upper body should be resting on your thigh. Bend your knee forward as far as you can without lifting your heel off the table to feel for a stretch in the calf, and then let off the stretch very little by rocking back ever so slightly. Do not go back so far as to straighten your knee; you will want to maintain some degree of knee flexion throughout the exercise.

This is a timed exercise. Begin with rocking back and forth for 30 seconds 2-3 times per day and gradually work up to 60 or 90 seconds.

Remember, never pull a stretch so far that it is painful! Keep the pain level less than a 4-5/10 on the pain scale. If you're experiencing increased pain and not relief with your stretches (either during or after doing the stretch), discontinue and seek the help of a health care professional.

One tip to prevent overindulging is to drink a cup of hot coffee or tea 15-20 minutes before the meal to curb your appetite. The hot liquid will make you feel full and you'll eat less!

How Many Calories are on Your Thanksgiving Plate?

Yep. I'm broaching that subject! Did you ever wonder how many calories you're actually consuming on Thanksgiving Day? The average American could consume 4500 calories! Here you'll find the entire dinner deconstructed so you can make the most of your Thanksgiving caloric intake and still enjoy the meal.

Drinks: White wine 121 calories per glass; Red wine (burgundy) 127 calories per glass; Champagne 78 calories per glass; Regular beer 150 calories per bottle; Light beer 95 calories per bottle; Generic old fashioned cocktail 155 calories per glass.

Sides: Mashed potatoes (with whole milk and butter) 237 calories per cup; Green bean casserole 230 calories per cup; Candied yams 206 calories per cup; Canned cranberry sauce 420 calories per cup; Fresh cranberry sauce 408 calories per cup; Stuffing 350 calories per cup; Biscuit 150 calories per biscuit; Butter 36 calories per pat.

Vegetables: Brussels sprouts 38 calories per cup; Corn 132 calories per ear; Spinach 41 calories per cup.

Turkey (based on 3-5 ounce serving): Breast with skin 194 calories; Breast without skin 161 calories; Wing with skin 238 calories; Leg with skin 213 calories; Dark meat with skin 232 calories; Dark meat without skin 192 calories. Turkey gravy 100 calories per cup.

Dessert: Pumpkin pie 323 calories per slice (1/8 pie); Apple pie 411 calories per slice (1/8 pie); Pecan pie 503 calories per slice (1/8 pie); Vanilla ice cream scoop 125 calories per 1/2 cup; Whipped cream 15 calories per 2 tbsp.

Remember, this holiday is about family, friends, food, and football, so enjoy it! Just don't binge, because it's hard to recover from a binge. Indulge in a few of your favorite goodies in moderation and you won't have to worry about passing out on the couch in a food coma after the meal!

Article by Carolyn Collier, PTA

Source: https://www.thedailymeal.com/how-many-calories-are-your-thanksgiving-plate/112013

Do High Top Sneakers Prevent Ankle Sprains?

The question of whether or not the high top sneaker will help prevent ankle sprains has been asked for decades. The only sport to me intimately associated with the ankle sprain and the high top sneaker is basketball. While the sport of basketball was born in 1891, the association between basketball and the high top sneaker did not form until 1917 when the Converse high top sneaker was born. This is the same sneaker that would be later endorsed by Chuck Taylor and, as they say, the rest is history. So while the sneaker material extends above the ankle to the lower leg, the question remains: does this reduce the rate and severity of ankle sprains?

There have been several different scientific studies performed that have compared high top sneakers to low top sneakers and their relationship to ankle motion and to ankle sprains. There are studies that show reduced inversion motion (the outward, rolling motion that typically results in an ankle sprain) at the ankle while wearing high top sneakers. While some studies show a reduction in ankle sprains with high top sneakers, there is no clear-cut data that proves high top sneakers are superior in the prevention of ankle sprains. The majority of studies performed are also very low in numbers and research strength. So while several studies have been performed, there is still the need for quality research.

To understand why the research of sneaker type and the relationship to ankle sprains remains inconclusive, we have to go back to the basic anatomy of the ankle and how the shoe design matches up with ankle anatomy. Instead of asking the question, "do high top sneakers prevent ankle sprains?" we should ask the question: "where do ankle sprains occur?" The most common type of ankle sprain is known as the *inversion ankle sprain.* This sprain occurs at the subtalar joint of the ankle. The *subtalar joint* is located below the two boney prominences on the inside and the outside of the ankle. When you "turn your ankle", excessive motion occurs at the subtalar joint. This excessive motion results in abnormal strain to the ligaments on the outside of the ankle. If all of our protective systems fail, the force results in a sprain or tearing of the ankle ligaments.

We need to remember that the sneaker and/or brace are a fail-safe system only designed to provide support and protection once our natural protective mechanisms fail. Our brain is the first line of protection utilizing reaction time. If our reaction time is slow, we move to the next line of protection: the muscles and tendons that cross the ankle joint. If those fail, the ligaments are next. If the ligaments fail, we are left with any external support such as a brace and lastly the sneaker. With the lighter more flexible materials that basketball sneakers are made of also allow the foot to slide on the platform. In many cases, the foot slides off the platform and tips downward putting the ankle sprain in motion. This usually occurs as the player drives in one direction and comes to an abrupt stop to reverse direction or set for a shot.

Low top sneakers do not cross the subtalar joint and consequently do not supply any external support. Therefore, from an anatomical perspective, this type of shoe provides no additional protection. The high top shoe extends above the subtalar joint and therefore places the softest part of the shoe material at the subtalar joint. While the high top does provide some protection by limiting ankle motion, the design places the weakest part of the shoe at the point where the strongest part is needed. So if we match anatomy with shoe design, we end up with what is known as a mid-top sneaker. The mid-top sneaker places the stiffest part of the sneaker material at the subtalar joint. If you combine the mid-top sneaker with a lightweight figure-8 style brace, it will provide the best anatomical fail-safe system of protection against ankle sprains. This is an area that should be studied in greater detail.

With all of the talk about Kobe Bryant wearing low top sneakers and other players wearing high top sneakers there is very little talk about a system that combines a strap like brace that produces a "heel-lock" effect with a mid-top sneaker. In effect, the use of high top sneakers to prevent ankle sprains has been propagated on a myth that the extra material will prevent the ankle sprain. At the end of the day, the best protection against ankle sprains is a system that is directed at the anatomical region where the ankle sprain occurs.

Article by Dale Buchberger, DC, PT, CSCS

While the high top does provide some protection by limiting ankle motion, the design places the weakest part of the shoe at the point where the strongest part is needed.

APTS Recipe Box: Maple Walnut Sweet Potato Loaf

Ingredients: ***For the bread:*** 1 medium sweet potato (equivalent to 1 cup with skin removed after baking); 1 cup roasted, unsalted cashews; 6 medjool dates, pitted; 3 eggs, whisked; 2 tbsp raw honey; 1 tsp cinnamon; 1/2 tsp nutmeg; 1 tsp vanilla extract; 1/4 teaspoon baking soda; pinch of salt. ***For the topping:*** 1.5 cup walnuts, chopped; 1/4 cup raw honey; 2 tsp cinnamon; 1 tsp maple extract; pinch of salt; 1 tbsp coconut oil.

Instructions: Preheat your oven to 425 degrees. Poke holes in your sweet potato and bake for 30-40 mins or until soft and completely cooked through. (If you want this process to be quicker, add the holey sweet potato to the microwave and cook on high for 3-4 minutes or until soft.) While that is cooking, add dates to a food processor and pulse to combine. Then add cashews and let run until you have a paste with the cashews completely broken down and combine with the dates. Once the sweet potato is cooked, reduce heat of oven to 350 degrees. Add cashew and date mixture to a bowl, along with baked sweet potato with skin removed, eggs, and all other bread ingredients. Mix well. Grease two loaf pans (9x5) and add your sweet potato mixture equally to both pans. Bake for 15-18 minutes then let cool. While the bread is baking, place a small skillet over medium heat and add your coconut oil, then chopped walnuts. Let the walnuts begin to toast for a minute or two, then add honey, cinnamon, maple extract, and pinch of salt. Mix to combine and let cook for about 1-2 minutes more. Add your sticky nut mixture to the top of your sweet potato breads. Let cool completely (the nut mixture will harden a bit), then cut and serve!

Source: http://www.paleomg.com/maple-walnut-sweet-potato-loaf/

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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: Tips to Enjoy Thanksgiving Without Overindulging

The Thanksgiving holiday can really be a dieter's worst nightmare. But with a little foresight and preparation, it doesn't have to be that way. There are a lot of things you can do to keep your holiday dinner healthy and light.

1. **Eat Early.** Have a healthy breakfast on Thanksgiving morning, with lots of fruit. This will ensure you have enough carbs to give you energy to get you through the day, and you'll be full of vitamin C.
2. **Stay Hydrated.** Be sure to drink lots of water, especially if you plan to drink wine or alcohol. This will help you stay energized after the meal. If you plan to drink alcohol, try to limit the amount, or alternate with water, seltzer, or unsweetened iced tea.
3. **Snack Healthy.** If your meal is later in the day, be sure to keep healthy snacks on hand to munch on in the meantime. Nuts, carrots, celery, and other raw vegetables are portable and convenient.
4. **Bring Your Own Food.** If you're going to be a guest at Thanksgiving dinner, don't be afraid to bring your own foods, especially if you have dietary restrictions. People generally love to try new foods and it's a great way to show and influence your friends and family about your special way of eating.

5. **Go Organic.** If you're going to be cooking the turkey, try going organic. Turkey is a great protein source, but try to avoid eating the skin. Also make the most of the beautiful seasonal produce—brussels sprouts, pumpkin, winter salads, and, of course, sweet potatoes!
6. **Indulge a Little!** After all, it is a holiday centered around food! Just strive for balance. You don't want to feel deprived, so if you plan on having dessert, pick just one and enjoy it. Just remember that if you're drinking alcohol, soda, or juice, they are all high in calories, so drink in moderation if you want dessert, too.
7. **Ditch the Plate.** Get rid of your plate when you are finished with dinner! If it stays in front of you, you will be that much more tempted to refill it.
8. **Day-After Care.** If you are really struggling with a hangover the next day, try to drink plenty of water, juice, and coconut water. The diuretic effects of the alcohol will cause you to lose minerals, and these beverages will help you to rehydrate.
9. **Don't Beat Yourself Up!** Remember that Thanksgiving is just another (albeit, larger) meal of the week, so if it ends up being heavier or higher in calories than you would like, just balance it out on Friday, Saturday, and Sunday.

Article by Carolyn Collier, PTA

Source: https://www.thedailymeal.com/9-tips-enjoying-thanksgiving-without-overindulging/111813