

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

APTS Monthly



VOLUME X, ISSUE XI

NOVEMBER 2020

Office Hours:

Monday - 8:00am - 5:30pm

Tuesday - 8:00am - 7:00pm

Wednesday - 8:00am - 6:00pm

Thursday - 8:00am - 7:00pm

Friday - 8:00am - 5:00pm

Saturday - 8:00am - 1:00 pm

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Hunting Fitness

When it comes to hunting, most hunters have a very detailed checklist of their equipment but have NO checklist of their body. The body checklist may include cardiovascular conditioning, upper body strength, lower body strength, core strength, balance, agility, and flexibility. Improved fitness helps in many facets of hunting. Hunters with improved fitness have better balance, which is crucial when walking in uneven terrain. This increased balance and agility can prevent severe accidents. Each year there are at least a few bow hunters who fall on their own arrow or knife while climbing in or out of their tree stands. It only takes about 1-pound of pressure to drive a razor sharp hunting knife through any human muscle tissue it comes in contact with, so the potential for disaster is tremendous. There are several different low cost methods for making the season less of a grind.

First, try a "commercial workout" when you're sitting around watching TV. Do push-ups and sit-ups during the commercials. During the summer months, this little amount of exercise can make a big difference. If you've been doing nothing recently, there's no point in running. Going overboard right out of the gate will merely create pain and cause you to hurt yourself or burnout quickly. Consider a brisk walk instead. Walk for 10 minutes and slowly jog for 2 minutes. Do this back-to-back for 30-40 minutes, 4 times a week for 6-8 weeks. Slowly begin to lengthen the overall workout, then start increasing the jogging time until you are jogging

10 minutes and walking 5 minutes for the entire 40 minutes.

Some of the best reasons to incorporate strength training into your life include:



- **Improving your balance and stability.** The stronger your muscles, the better balance they provide when under stress. If you've ever walked through the dark woods with a tree stand on your back and a bow and pack in your hands, you know how having strength, stamina, and balance is important in the field.
- **Burn more calories.** Strength training increases your metabolic rate, burning more calories throughout the day and losing weight more quickly.
- **Retain more muscle as you age.** Adults lose between 5 and 7 pounds of muscle every decade after age 20. Strength training will help prevent loss of muscle and strength and help restore what you may have lost.
- **Reduce and help prevent low back pain.** Setting up tree stands or lugging bags of goose decoys across a muddy field are not the

most "back-friendly" activities. Strength training helps your back handle those stresses and recover from them more quickly, with less or no pain.

Here are a few different workouts that range from no cost to about \$200. Any of these workouts can be performed 3-4 days per week.

TRX 15 minute workout: push-ups, hi-lo pulls, squats, bicep curls, tricep presses

Exercise ball: walkout to a push-up, ball squats, ball bridges (see next page), crossed extension over ball

No equipment: squats, push-ups, sit-ups, planks, alternating "Superman"

Find something you like to do. You'll be more likely to do it consistently. Here are a few suggestions:

Go for a hike. You can scout and get fit at the same time. If it isn't too close to hunting season, you can do so without fear of spooking game.

Hit the road. It doesn't matter when, just put on some good shoes, grab some headphones and hit the road. If you're a hunter, you probably have some form of foul weather gear; so never let the outside conditions stop you. Getting outside and going for a walk is good for the body and the mind. If walking feels too easy, try to pick up the pace and look for a route that has some hills to climb.

Run the dog. If you hunt with the dog, he's got to get in shape for the

Exercise of the Month: Straight Knee Ball Bridge



Straight knee ball bridge, start (top), end (bottom).

The core-strengthening, glute-firming bridge exercise is most often performed with the feet on the floor and the knees bent. You can also place your feet on a stability ball and perform a straight-leg bridge. The unstable surface of the ball provides greater challenge for your abdominals, back, glutes, and hamstrings.

To perform the exercise, lie face up on the floor, knees fully extended with heels on the ball and toes pointing to-

ward the ceiling. Keep your arms out to your sides on the floor, palms down, for balance. Start by squeezing your buttocks together and keeping your abdominals tight. Lift your hips until you form a straight line from your shoulders to your knees and ankles. Hold for 2-5 seconds, depending on your balance, and slowly lower back to the starting position. Perform one set of 10 repetitions two times per day. As your strength improves and this becomes easier, you can

do a few different things: increase your repetitions to 30, keeping your hold time at 5 seconds; increase your hold time to 10 seconds, staying at 10-15 repetitions; or perform with alternating single legs, holding each leg at 2-5 seconds for 10 repetitions. If you lack the equipment for this exercise, we sell stability balls right here at APTS! And, as always, discontinue the exercise if you have increased pain or discomfort and seek the help of your health care professional.

Hunters with improved fitness have better balance, which is crucial when walking in uneven terrain. This increased balance and agility can prevent severe accidents.

If you need to cancel an appointment, please call the front desk at APTS at 315-515-3117. If you are friends with one of the staff, please do not text this staff member and ask them to cancel your appointment for you. Thank you for your cooperation!

Hunting Fitness Continued

season too. Getting outside and running the dog is great pre-season preparation for both of you. Plus having the dog with you and watching him work a field takes your mind off the fact that you're actually exercising.

Getting and staying in shape is a must for improving your hunting performance. It is also a vital step in reducing the

chances of injury and fatigue. If you have any questions about your conditioning program or have been hampered by problems in the past, you may benefit by getting assistance. Talk with your physical therapist or chiropractor about ways to customize your conditioning program. Don't ask your hunting partners for back massages. New training programs should

begin with a check-up that includes a doctor's recommendations. It's not just a casual suggestion. If you plan on having your hunting rig checked for any preseason issues, check the mirror first. Hunting season starts with a body check!

Article by Dale Buchberger, DC, PT, CSCS

COVID-19 & Cold and Flu Season

This year's cold and flu season is unlike any other since we are still in the midst of the coronavirus pandemic. Since the flu and COVID-19 can bring on similar symptoms, please be on high alert and please be flexible! If a member of the Active PT Solutions staff and/or another patient(s) start developing any symptoms, we have little choice but to treat all symptomatic situations

as COVID until such time as the state of New York informs us. Subsequently, we may need to cancel/reschedule your appointment at a moment's notice so as to reduce the spread of such illness! Of course, we hope that the measures we are taking to prevent the spread of COVID will slow flu transmission, but that is not guaranteed. On top of

that, the risk of getting both at once, having an immune system that is suppressed by the flu while contracting the coronavirus, could be a major health emergency. PLEASE call the office, even if it is last-minute, if you develop ANY symptoms of ANYTHING—including a runny nose! If you are unsure, you should still call the office. Thank you!





Shoveling Made Simple

As the heart of the winter season approaches there will be several inches (or feet) of The White Stuff to shovel. With the added strain to your muscles and joints, this activity can cause a number of musculoskeletal injuries. Injuries to the lower back and shoulders are among the most common injuries that occur during snow shoveling. On the opposite end of the severity spectrum, heart related injuries (such as acute cardiac arrest or heart attack) can be common in the older populations. Knowing the most common snow shoveling injuries can help us prevent them from happening in the first place.

A comprehensive study published in the *American Journal of Emergency Medicine* found the following:

- Overworking your muscles, falling, and being hit with the shovel were the most common reasons for getting hurt.
- Muscle, ligament, tendon, and other soft tissue injuries were at the top of the list of snow shoveling mishaps. Among these mishaps, lower back injuries were some of the most common.
- Other common snow shoveling injuries included cuts and broken bones. The arms and hands were the most likely body regions to sustain a fractured bone.
- Heart-related problems made up only 7% of snow shoveling injuries. However, all deaths that occurred due to snow shoveling were

the result of heart problems.

- Adults over the age of 55 were 4.25 times more likely than younger people to have heart-related symptoms while shoveling.

The online resource *Spine Health* offers the following suggestions on their website for proper lifting techniques while shoveling:

- Always face the load you want to lift while keeping your shoulders and hips square to the load.
- Use a shovel that is lightweight and the proper length to minimize bending at the waist.
- Bend at the hips, not the lower back or waist, and push the chest out, pointing forward. Then, bend your knees and lift with your thigh and hip muscles, keeping your back in an upright position.
- Lift lighter loads more often rather than heavier loads less often. The average snow shovel load weighs approximately 20 pounds.
- Walk to the area where you want to deposit the snow rather than throwing it. Keep the load as close to your body as possible until you are ready to drop it. Then drop the snow just in front of your feet.
- When at all possible, try to push the snow towards its intended destination instead of lifting it.
- Do not throw the snow over your shoulder or to the side because the twisting motion involved may lead to a lower back injury.

- Don't shovel! Some people simply should not be shoveling snow. It is recommended that men *and* women over the age of 45, especially those who are not physically active on a regular basis or that have an existing history of a heart condition, should find someone else to do the shoveling.

If you have a large area to clear you may want to consider using a snow blower if you are able to operate one safely. Keep in mind that injuries can occur even when using a snow blower. Snow-blowing injuries tend to be more catastrophic, and for this reason, paying attention to the task at hand can help prevent them. Pushing a snow blower still requires effort, so exertional injuries are still common. Good body mechanics are needed to prevent back and shoulder injuries. Above all, please keep your hands out of the blower housing! If the blades get stuck do NOT try to unclog the snow with your hands. Even with the motor off, the blades have built up tension and when the snow is removed the tension is released quickly turning the blades and causing finger and hand injuries. If you have any of the physical limitations described, or if you fall into one of the at risk categories, it may be worthwhile to hire a professional to clear the snow. This option may cost you a few dollars on the front end but may end up saving you hundreds or thousands of dollars in medical bills in the long run.

Shoveling snow is not easy but by following these simple rules, you may be able to shovel your driveway and sidewalk without getting injured. Remember: never feel bad about asking for help! If you are struggling to get your snow cleared, play it safe and ask someone for a hand. Of the options provided, consider the one that is best for you and have a safe and healthy winter season.

Article by Dale Buchberger, DC, PT, CSCS

If you are struggling to get your snow cleared, play it safe and ask someone for a hand.

APTS Recipe Box: Mashed Cauliflower with Garlic

Here's a great alternative for your Thanksgiving meal! Potatoes are a no-go on Paleo, but cauliflower works as a pretty good stand-in. Once you doctor it up the same way potatoes get doctored up in mashed potatoes, they do a good job of fooling the senses.

Ingredients: There are essentially three ingredients: cauliflower, almond milk, and garlic. One large head of cauliflower, cut into florets; 1/4 cup almond milk; 1 tbsp ghee; head of garlic; fresh chives, chopped; salt & pepper to taste.

Instructions:

1. Preheat oven to 400 degrees F. Peel away the outer layers of the garlic bulb, then cut off the very top of the head of garlic to expose the individual garlic cloves. Place in aluminum foil and drizzle with olive oil, then seal the foil around the garlic. Bake for 25-30 minutes, until the cloves are soft. Allow garlic to cool, then squeeze the roasted garlic cloves out of the skin.
2. Meanwhile, place a couple inches of water in a large pot. Once water is

boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender. Drain and return cauliflower to pot.

3. Add roasted garlic, milk, ghee, and salt to the cauliflower. Using an immersion blender or food processor, combine ingredients until smooth. Top with chives and freshly ground pepper.

If you are going to make this for a crowd, I recommend doubling the recipe. It is a surprisingly delicious alternative to traditional mashed potatoes. Mashed cauliflower is an easy way to lighten up any meal, and it is plate-licking good.

Source: www.paleogrubs.com/mashed-cauliflower-with-garlic



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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!**

...BECAUSE LIFE SHOULD BE

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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>