



## Welcome to the 1st edition of the Advanced Physical Therapy & Health Services Quarterly Newsletter

*Containing great information for patients & healthcare professionals  
on current topics in health and fitness.*



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## DID YOU KNOW...?

For every pound of body weight you gain, your knees gain three pounds of added stress; for hips, each pound translates into six times the pressure on the joints.

[www.arthritis.org](http://www.arthritis.org)

## Interesting Fact:

Being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step.

Johns Hopkins Arthritis Center website  
<http://www.hopkins-arthritis.org/arthritis-info/osteoarthritis/weight-management.html>

## R.I.C.E

To relieve pain and swelling within the first 24-48 hours of injury, R.I.C.E. helps to decrease pain, promote healing, and improve flexibility.

The components of R.I.C.E. include:

**Rest-** rest the injured area, avoid activities that cause pain

**Ice-** Apply ice or a cold pack to the affected area for 10-20 minutes at a time, minimum of 3 times a day. Use a towel in-between the cold source

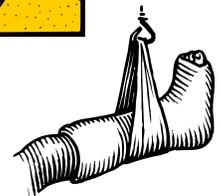
and your skin to protect the skin.

**Compression-** Use an elastic bandage to help decrease swelling. Be careful to not wrap the bandage too tightly, which can lead to further damage; look for signs of numbness, tingling, increased pain, or increased swelling, which indicate the bandage is too tight.

**Elevation-** Elevate the injured area so that it is above heart level. This will help to decrease swelling, and can be done any time ice is applied,

or when you are sitting/laying down.

Resource: <http://firstaid.webmd.com/tc/rest-ice-compression-and-elevation-ricetopic-overview> 2/14/2011



## Tips for starting an exercise program

**Commit to yourself-** Make sure you are ready to make a lifestyle change and you are up for the challenge to becoming a healthier you.

**Get cleared—**Check with your doctor to make sure you are safe to exercise without restrictions.

**Goals-** Set short term goals to help you reach your long term goals. Be realistic when setting your goals you don't want to give yourself a reason to quit.



## Exercise Guidelines (American College of Sports Medicine)

The following guidelines were established by the American College of Sports Medicine and the American Heart Associates as minimal activity recommendations to promote physical activity. You may gain greater health benefits by exceeding these guidelines.

**Keep a journal -** Logging your workouts aids in progression of workouts and staying motivated.

**Suit up -** Dress appropriately and invest in shoes that fit you. It will help to prevent injury and future aches and pains.

**Drink up-** Stay hydrated throughout the day and during your workout sessions. (check with the doctor if you are on fluid restrictions)

**Plan it out -** Give yourself enough

time to properly warm up and cool up with each session to prevent injury.

**Keep it interesting -** Swim, Jog, Cycle, Dance, keep your workouts fun and interesting to stay motivated.

**Rest -** Allow your body to rest and recover at least 1-2 days a week.

**Eat right -** Keep your energy level up by eating the right foods.

Resource: <http://www.mayoclinic.com/health/fitness/HQ00171>

### -Healthy Adults under 65:

Moderately intense aerobic exercise 30 min/day, 5 days/week

OR... Vigorously intense aerobic exercise 20 minutes/day, 3 days/week

AND... 8-10 strength training exercises, 8-12 repetitions, 2x/week.

### -Adults over age 65

Moderately intense aerobic exercise 30 min/day, 5 days/week

OR... Vigorously intense aerobic exercise 20 min/day, 3 days/week

AND... 8-10 strength training exercises, 10-15 repetitions each 2-3x/week AND if at risk for falling... balance exercises,

## Cont'd: Exercise Guidelines (American College of Sports Medicine)

AND have a physical activity plan to address any medical conditions or therapeutic needs into account.

Moderately intensity aerobic exercise means working at a level of about 6/10; you should raise your heart rate but be able to carry on a conversation.

These may include walking fast, water aerobics, biking on level ground, or pushing a lawn mower.

Vigorous intensity aerobic activity means that your

heart rate has gone up and you are unable to say more than a few words without pausing for breath.

These may include jogging, such as running, swimming laps, riding a bike quickly, or playing basketball

\*\*Activities of daily life, casual walking to/from a store, or to take out the garbage, grocery shopping, and self care do not count toward daily aerobic activity. Aerobic activity can be broken up into 10 minute inter-

vals, multiple times per day to reach daily goals.

Muscle strengthening should address the legs, hips, back, chest, abdomen, shoulders, and arms, and be performed until it is hard to perform another repetition without help. Perform at least 1 set; 2-3 sets will produce greater benefits.



*Biking is a great form of aerobic exercise. It is low impact, putting less stress on the joints.*

**If you lose just 1 pound, you reduce by 4 pounds the force your knees must absorb when you walk.**

*Musculoskeletal Report,  
http://  
www.mskreport.com/  
articles.cfm?articleID=13*

## HOT TOPIC - Rocker Bottom Shoes: To Wear or Not To Wear?

Although these shoes are being widely marketed recently, the idea of rocker bottom or toning shoes is not a new concept. According to the Sketchers® website, their version of these shoes, called Shape-Ups, are designed to “burn more calories, increase muscle activation, improve posture, and reduce stress on the back”. According to the MBT (Masai Barefoot Technology) website, while walking in their shoes, “the ground no longer feels flat and stable, so the body has to compensate and create stability.” They claim “its integrated balancing area requires an active and controlled rolling movement and can help the body to improve balance and posture while standing and walking.” Many people claim

these shoes actually do help improve their posture, reduce heel and/or back pain, and/or improve their ability to walk.

Although these shoes may benefit a certain group of people, there are several people who should not wear these types of shoes. (Even the companies that promote these shoes also agree). Since these shoes modify the dynamics of the foot and ankle, some muscles may be overused, while others are underused, which may contribute to the soreness associated with initially switching to this type of footwear. Due to the instability these shoes create, anyone who already has a balance problem should not wear these shoes. Some claims indicate

a higher incidence of ankle sprains and plantar fasciitis from wearing these shoes. It is also recommended to wear these shoes on flat ground, and not while playing sports. Although some studies report and increase in muscle activation and calorie burning while wearing these shoes, other studies refute these claims.

The best advice: always wear a shoe that is comfortable and proper for *your* foot type. And remember, there is no quick fix to weight-loss and fitness. Exercise and proper nutrition is always your best bet!

*Resources: The State Journal-Register, Orthopedic Center of Illinois, American Council on Fitness*



**Proper shoes  
can prevent  
injuries!!!**



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## Massage Therapy – Not Just a Luxury

Massage Therapy is often regarded as a luxury and frequently eliminated from our routines when our time and budgets become tight. However, receiving regular massages could be worth the time and money, as the effects can significantly improve our physical and mental health. It is important to shift the thinking from massage being a selfish indulgence to recognizing it as a form of integrative and preventative health care.

The reality is that therapeutic massage offers many benefits in both treating and preventing illness and injuries. Massage therapy can assist in the break down of scar tissue and improve range of motion. It also builds up the immune system by increasing the blood and lymph flow throughout the body.

Massage is an excellent adjunct to physical therapy and regular exercise, as it helps stretch and ease the pain in tight, weak and overused muscles. Recent research has shown that in addition to these physical benefits, massage also improves our biological state. Researchers at Cedars-Sinai Medical Center in Los Angeles found that even after a single therapeutic massage session, there were notable biological changes in their subjects. They found decreased levels of the stress hormone, cortisol, in the blood and saliva. They also observed an increase in the number of lymphocytes, (white blood cells in the immune system). The study additionally concluded that even light massage increased oxytocin levels, the hormone that is associated with contentment. Massage Therapy does much more for your system than simply providing relaxation. Consider making it part of your regular self-care plan!



**54% of primary care physicians and general health practitioners encourage their patients to try massage therapy as a complement to medical treatment.**