

The Performer

Special Issue: Celebrating National Physical Therapy Month

Join us in celebrating **National Physical Therapy Month** in October. As you know, we are more than just a fitness center; we also provide physical therapy services. We encourage you to read this special issue to learn more about physical therapy, what we do, and how we can help you maximize your health for life!

Inside this issue:

Low Back Pain	1
Healthcare and Physical Therapy	1
Special October Events	2
Physical Therapy for Mommies-To-Be	2
National Falls Prevention Awareness Day	3

Low Back Pain

by **Scott Johnson, PT, MS, CSCS**

What is that low back pain? Is it a muscle strain? Is it a bulging disc? Is it joint related? Where is it coming from and should I have it looked at?

Back pain is one of the most common injuries and a multi-billion dollar industry. At Maximum Performance, we take the guess work out of low back pain by evaluating through selective tissue tension testing. This is a

system of evaluation developed by James Cryrax, D.O., a British physician considered by many to be the 'Father of Modern Orthopedic Assessment.'

If an injury is a muscular strain, it should be provoked by stretching that muscle or making that muscle contract.



It will also typically be tender to touch. It may be stiff initially, then loosen up with activity but increase with fatigue or strain.

If an injury is joint related, the range of

(Continued on page 3)

Healthcare and Physical Therapy

by **Stephanie Johnson, PT, MS**

Healthcare has certainly changed over the years. My mom tells me that it cost twenty seven dollars to have my brother in the small county hospital in 1952. I think my dad had to go sell a cow to gather up that much money. In 2010, however, it is a completely different

story. We are now preparing for the baby boomers to age and become Medicare eligible. We are coming into a decade where there will be more people on Medicare than ever before in our nation's history. My question to you is, what are you willing to invest in your health?

Regardless of what your insurance pays for, it is still your responsibility to invest wisely in your health. Think about what you save up for now. If you save up money to buy a new car or take a nice vacation, why wouldn't you save up money to take care

(Continued on page 2)

Special points of interest:

- October Nutrition Book of the Month Q&A with our dietitian, Carrie Snyder October 25th, 5:30pm
- Halloween Yoga with Kari, Saturday, Oct 30th, 9:30am
- Check out the balance test on page 4

Healthcare and Physical Therapy, con't.

of your body? How will you enjoy that new car or vacation if your back hurts too much to sit in the driver's seat or walk along the sandy beach?

Even if you aren't saving up for something new, I would still wager that you have some amount of money tucked away in a savings account that you use for repainting your house, tune ups for your car, and those maintenance things that just always happen. Do you have that same money saved up for your body's tune up?

During National Physical Therapy month, take the time to evaluate what you have invested in your body's savings account. Physical therapy is about tune ups and prevention. Physical therapy is a cost effective medical intervention. Physical therapy is not a fly-by-night operation that will take your money and head out of town during the night. Physical therapy is low risk and the benefits are countless. Invest in your health starting today!!

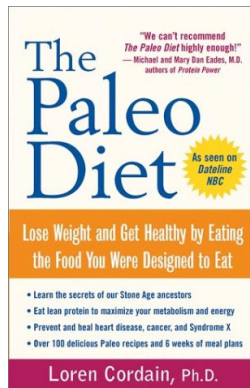


What do you have invested in your body's savings account?

Special Events in October

October Nutrition Book of the Month

Discussion and question session with
Maximum Performance Dietitian, Carrie Snyder, MPH, RD, LD
The Paleo Diet
By Loren Cordain Ph.D.
Monday, October 25th
5:30-6:30pm



HALLOWEEN YOGA

Saturday, Oct 30th
9:30-10:30am

For parents and their little goblins and ghouls.
Children must be at least 3 years of age.
No experience necessary to participate.

Come in costume ~ Healthy treats will be provided

Members and their children are free
Non-member adults are \$5; children are free
Call or stop by the front desk to sign up!



Physical Therapy for Mommies-To-Be by Stephanie Grams, CPTA

Pregnancy can significantly affect your overall daily functioning. A woman's body goes through incredible physical and hormonal changes before and after delivery. Many women and doctors feel discomfort is just part of being pregnant. You don't have to live with the discomfort and it doesn't have to be "normal."

Physical therapy can greatly relieve your aches and pains from being pregnant.

Physical therapy programs can be designed to relieve:

- Low back pain
- Neck pain and headaches
- Leg pain and tightness
- Arm pain and numbness
- Bladder leakage
- Abdominal stretching/tearing

Typically expectant mothers only need a few treatments and a lot can be done on their own with follow-ups to recheck and progress exercises as needed. Physical therapy visits will teach the mom-to-be:

- Pain management
- Exercises to improve mobility and strength
- Exercises to improve postural

(Continued on page 3)

Low Back Pain, con't.

motion will be restricted typically in a specific direction. When a person moves in that direction, it will reproduce the pain. This will be specifically evaluated joint by joint to determine what joint is restricted and in what direction. This can also be joint pain secondary to degenerative changes and will be reproduced through compression of the joint surfaces.

If the injury is disc related, it is typically brought on by bending forward, twisting, or sitting when the disc is

compressed. It may or may not produce symptoms into one or both lower extremities. It may be relieved by bending backward or with use of traction. We can determine what level is involved by where the pain radiates, and specific muscular weakness, reflex loss, or sensation disturbances.

Obviously, this is a very brief overview and clinical expertise is required to interpret the findings. We feel this form of evaluation allows us to be much more specific in determining the cause

of pain and thus more specific in its treatment. We use this for evaluation of any pain symptoms. If you are having pain, let us help you determine the cause and get you back to your desired activity level.

National Falls Prevention Awareness Day by Dave Brandenburg, DPT, CSCS

Recently, the Senate passed a bipartisan resolution (S Res 633) introduced by Senator Herb Kohl (D-WI), officially designating September 23rd as National Falls Prevention Awareness Day. According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20% to 30% of people who fall suffer moderate to severe injuries.

Physical therapists can:

- Help in risk reduction and prevention of falls.

- Provide specific exercise programs designed to improve range of motion, flexibility, strength, balance, and proprioception.
- Train patients in the proper use and fit of an assistive device.
- Provide safety education and home evaluations.

More than 1/3 of adults 65 and older fall each year - with 20-30% suffering moderate to severe injuries

The American Physical Therapy Association (APTA) also provides very useful information regarding falls and fall prevention at www.moveforwardpt.com. Please check out the website if you or someone you know may be at risk for falls. Check out the quick test on page 4 to see if you may be at risk. If you feel you may be at risk, please stop by and schedule a free therapy screening. We can help!

Physical Therapy for Mommies-To-Be, con't.



- alignment
- Trial of maternity back braces/belts if needed
 - Recommendations for sleeping
 - Postpartum rehabilitation
 - Plus help with many other problems that may arise while pregnant or after delivery

Physical therapy exercises can then be incorporated into a regular exercise routine to keep mom healthy for years to come.



Maximizing your health for life!



426A McCall Road
Manhattan, KS 66502

Phone: 785-776-0670
Fax: 785-776-0096
E-mail: fitness@maximumperformanceonline.net

We proudly support our corporate partners.
Thank you for choosing to workout with us!



Send us your logo for us to feature

*Check out our
Fall Group Fitness Schedule!*

{also available online}

NEW

Midday Yoga (Tues)

Cross-Training (Mon, Thurs)

Butz 'n' Gutz (Wed)



Visit us online!

www.maximumperformanceonline.net

National Falls Prevention Awareness Day, con't.

Test Your Balance

Balance may be improved with exercises that strengthen the ankle, knee, and hip muscles and with exercises that improve the function of the vestibular (balance) system. A simple assessment of your current balance can be done at home.

Do not attempt to do this test alone—make sure that you have someone next to you to decrease the potential risk of falling.

Perform this test standing with a counter surface in front of you:

1. Stand tall, wearing flat, closed

shoes, with your arms folded across your chest. Keep your eyes open, focus on an object in front of you, raise one leg, bending the knee about 45 degrees, and start a stopwatch.

2. Remain on one leg, stopping the watch immediately if you uncross your arms, tilt sideways more than 45 degrees, move the leg you are standing on, or touch the raised leg to the floor.



3. Repeat this test with the other leg.

4. Compare your performance to normal results for various ages:

- 20 to 59 years old (28 - 29 seconds)
- 60 to 69 years (27 seconds)
- 70 to 79 years (15 seconds)
- 80 and older (6 seconds)