



# Getting You On **THE ROAD TO RECOVERY**

A Quarterly Newsletter from Peninsula Rehab & Sport Medicine

Issue 7 – April 2010

## **WE ARE CELEBRATING OUR 5<sup>TH</sup> ANNIVERSARY IN WEST OCEAN CITY!**

It's been five years since we opened our doors in West Ocean City. Our commitment to quality care and service has allowed us to grow substantially, and we owe it all to you, our patients. We are grateful for all the word of mouth referrals so many of you have made on our behalf. We have grown from only a few pieces of exercise equipment, to a facility with new state of the art equipment. Multiple treatment rooms and a spacious gym allow us to treat several patients at a time and create an open and friendly atmosphere.

We opened our North Ocean City office shortly afterward and that office has also grown, serving the Ocean City and lower Delaware areas.

The growth of our North office has resulted in the need for a larger facility to better serve our clients. We will be relocating this office from its current location to 128<sup>th</sup> Street in the Montego Bay Shopping Center (next to Tequila Mockingbird). Come by to see our newest facility!

We appreciate all of your support and dedication to Peninsula Rehab & Sports Medicine. We thank you from the bottom of our hearts!

## **Primal Reflex Release Technique**

This technique was developed to manage pain due to injury, stress, and other traumas, and the pain from fibromyalgia. Some people are very skeptical about this technique - others can't believe how fast it's helped to relieve their pain! What is it? It is a type of manual therapy that is not for everyone, and not for every type of injury or malady; however, when it's the appropriate treatment it's a fascinating, pain free, non invasive technique that is used to treat pain.

PRRT was developed by John Iams, PT from San Diego CA. PRRT is based on the idea that reflexes can become dysfunctional causing a persistent state of pain. Iams describes two reflexes, the Startle and the Withdrawal. The Startle Reflex is seen in situations such as reaching out to stop yourself when you fall. An example of the Withdrawal Reflex would be when you pull away quickly from something that would cause pain, such as being burned or pricked with a pin. In either circumstance the body undergoes a "tensing" in an attempt to avoid injury. In most cases, after this "tensing" the body "relaxes" and returns to normal. However, in a dysfunctional state caused by some sort of trauma or condition, the muscles stay taut and restrict motion leading to neurologically sustained pain.

PRRT uses a palpation examination (pressing and touching specific areas on the body) to identify areas that are being "held" in this tense state. Once identified, a therapist will use a number of painless techniques to release these areas. Rapid muscle contractions, quick tapping or sustained positioning, or any combination of these might be used by the therapist. Once the tension is released in one area it allows other areas to release as described in the paper [\*Breaking The Reflex Pain Cycle\*](#). (See link to PDF at the end of the newsletter.) Once the neuromuscular system is able to function without restrictions the results obtained will last.

The suitable patient for PRRT is anyone with pain that has not responded to other treatment approaches. It is important to note that when PRRT is indicated, it will have its effect within 2-4 visits. If no positive, lasting results are seen, the therapist will most likely discontinue this treatment. Many times PRRT is the only treatment needed but it also can be integrated with other treatment techniques to obtain the maximal benefit.

Ask your physical therapist about PRRT and whether it could be indicated for your pain.

## **Gardening and Good Body Mechanics**

Gardening is wonderful exercise in the fresh air and is rewarding on so many levels. Unfortunately it's easy



*Raised beds provide good height to avoid strain on the back, knees and legs while working.*

to stress our bodies when we engage in this activity. Gardening-related pain and injuries are some of the most common complaints doctors get in the springtime. You can greatly

reduce your chances for pain and injury while gardening by tuning into your body and observing the advice and techniques in this article.

### Take Care of Yourself

Treat gardening as a sport. Begin gardening by warming up as you would before any sports activity. Stretch the most frequently used muscles in your upper and lower body so they become more flexible and able to handle the tasks at hand. Some light stretching when you are finished will help to relieve stiffness and soreness later.

Carefully plan how much time you need. Be honest with yourself about how much you can do in one day. If you're getting a little older – that's you, Baby Boomers, don't try to kid yourself that you can do as much at one time as you used to. Most injuries occur from doing too much too quickly. Allow plenty of time during the week to spread out doing all the chores. It'll all get done eventually.

Keep good body mechanics in mind. Carefully lift heavy bags of dirt or mulch by keeping your back straight, bending at the knees, lifting with the strength of your legs and holding the bag as close to your body as possible. When you dig with a shovel lift the dirt and turn your entire body before emptying the contents. Avoid lifting, twisting and throwing, especially if the soil is wet or clay. Avoid bending forward for prolonged periods. This puts a lot of pressure on the back and knees and will eventually cause problems. Stoop down or sit on a stool or on the ground.

Alternate your activities so you use different muscle groups. Vary your activities to minimize the repetitive stress placed on your spine and muscles.

Take frequent breaks. Minimize the chance of injury by taking breaks every 30 to 60 minutes. Take a few minutes to stretch, get a drink of water and evaluate what you want to do next.

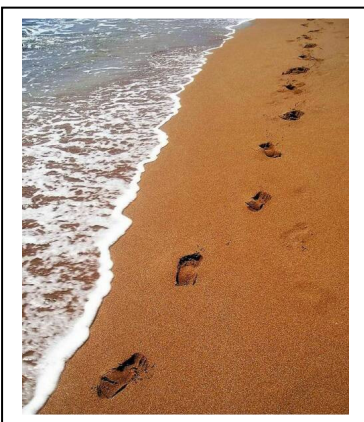
Stop gardening before you become fatigued. Most injuries occur when you are trying to do "one last thing." If you feel stiff, sore or experience pain, use ice on the affected area for 15 to 20 minutes. If the pain persists or becomes more intense, stop gardening and consult your health care provider.

The following website has a discussion about tools for women/petite persons. <http://www.dulley.com/msbuilder/lib/ms101.shtml>

Check around on the internet. There are a myriad of sites that will pop up if you type in ergonomic garden tools, or gardening tools for arthritis.

## WALKING ON THE BEACH:

**Of course it's good for you. But there are a few pitfalls to look out for.**



Aside from the beautiful view of the ocean and the great people watching there are many benefits of walking on the beach. Walking in sand requires greater effort than walking on a hard surface. Your muscles and tendons will work harder as your foot moves around.

Walking at a slower pace requires more effort than walking fast or even jogging. Walking in sand requires 2.1 to 2.7 times more energy than walking on hard surfaces. Jogging in sand uses 1.6 times more energy than jogging on hard surfaces.

For most of us burning calories is one of the benefits of any exercise. One of the primary benefits of walking on a beach is that

you will use 20 to 50 percent more calories than you would walking at the same pace on a hard surface.

For a short stroll down the beach bare feet are fine. **If you are going to walk a longer distance then you should walk in shoes.** Put on your favorite walking shoes or better

yet your Teva sandals so you don't have to worry about getting your shoes wet. Walking too far in sand with bare feet can result in shin splints or a sore tendon in your heel.

As always, if you are walking in the heat take the normal precautions: **wear a hat, take a bottle of water and don't forget to put on your sun screen.** Of course, if you get too hot you can always get in the water to cool off. **Keep your eyes peeled for those big holes that people dig out while spending the day on the beach.** They aren't always filled back in when people leave, so keep your eyes on where you are going to avoid taking a spill into one of those holes.

Help to protect our beach areas for future generations by staying out of environmentally sensitive areas such as dunes. Beaches are not ashtrays. Extinguish your smokes and dispose of them properly. The only thing you should leave behind is footprints.

Sunrise and sunset are the best times to walk on the beach for many reasons: there are fewer people, it's cooler, and it gives you the opportunity to stop and "smell the roses". Pick up a pretty shell, look for porpoises playing in the surf, and notice the ever changing colors of the water and sky as the sun rises or sets.

## WANT TO BURN SOME FAT? - FAST?

There is more information available than anyone might ever want to know about the way fat gets burned. Knowing these details may be all you need to inspire you to get burning!

If you have had problems with your hips, knees, ankles or feet, one thing you can do to avoid making things worse is lose weight if you need to. Your lower extremities carry around your body weight, and your hip, knees, ankles and feet are bearing the brunt of those extra pounds. Imagine picking up a box or a basket that weighs 20, 30, 40 or even up to 100 pounds! How long do you think you could carry that around

before your arms and your back scream in retaliation?

It's basically the same thing if you are overweight by more than 20 pounds. Because that weight is part of you, the only way to put it down, is to sit down, forcing you into inactivity because you simply can't carry it around any more.

A hip replacement, knee replacement, bad knees, weak ankles, flat feet, plantar fasciitis, and many other conditions – all will suffer greatly if you are carrying around too much extra weight on your body. Granted the extra weight is distributed all over your body and being carried by two strong legs, but the pressure of the extra weight is playing havoc on your back and lower joints.

*(Always check with your physician before beginning any new exercise program)*

Here is an excerpt from an article in their Newsletter from Performance Physical Therapy in Hockessin, DE on how the body burns fat and uses energy stored as carbohydrates.

### ***Intensity!***

*“---Burning body fat is a **complicated** process. The fuel your body burns when you exercise depends on the type of exercise you do. Your body can burn stored carbohydrates or stored fat. They are very different from each other.*



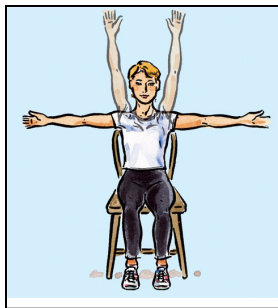
*For example, when you are walking your body can take as much as  $\frac{3}{4}$  of the energy you are using from fat. The rest comes from stored carbohydrates. As you increase the intensity of your exercise, jogging instead of walking, more carbohydrates will be burned. Running your very fastest for three or four minutes would use mostly carbohydrates, because they are the most readily available for this burst of energy.*

*So now you must be thinking that all I have to do is walk to burn more fat. Why kill myself running when I burn more fat walking? Remember we said it was **complicated**. But it's not hard to understand really. If you're very fit, your muscles burn fat more efficiently. The more fit you are, the longer you can work out, the more fat you can burn. Burning fat instead of carbohydrates means you're losing weight.*

*There's more to it than that, of course. You have to **use** more calories than you **take in** to lose weight. Your body dips into your fat reserves when you have not supplied it with enough calories. As a bonus, when you do a higher intensity activity, this revs up your metabolism, helping your body to continue to burn a higher percentage of fat in the hours following your higher intensity workout. So you've used some stored carbohydrates and now your muscles are using and burning fat”.*

Think of it like this – if you walk at a normal pace for 5 minutes, you probably aren't breathing too hard or feeling over exerted when you finish. Your body is operating “normally”. Try running for 5 minutes. It takes a few minutes longer to get your breathing back to normal and you can actually feel the inside of your body “buzzing with exertion and vitality”. Your body's engine is still hot from the run, and will continue to use fuel from your reserves until it cools down. This takes hours to occur, so you are burning fuel (fat) longer after an intense workout.

Of course there are those of you who are simply physically unable to run or do high intensity workouts. But everything you do counts. If you are able, swimming and cycling are excellent choices. There are plenty of ways to get that intensity even if you are sitting in a chair! For example: Seated Jumping Jacks. This involves sitting up tall in your sturdy chair and placing your feet spread apart on the ground with all your weight on your hips. Then lift up your legs, cross them in the air, and place them on the floor crossed. Lift again, uncross and put down. Repeat this exercise 20 times. You can work your full body by pushing out your arms at the same time and straightening them. This is only one example of something that your body will feel



is an intense workout. Eventually, this will become easier for you and you can move on to standing exercises.

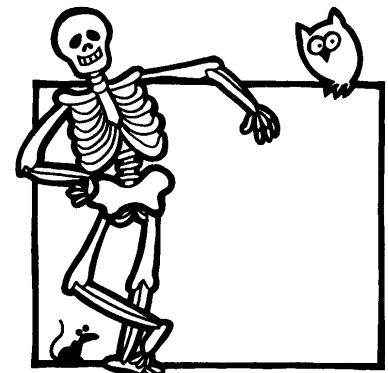
Check out the internet for a whole array of Chair Exercises. Just type the words chair exercises in your search line and not only will you find some exercise instructions, but you will find plenty of on line videos, DVDs to choose from, and even some free ones to try. Any exercise you do while limiting your caloric intake is beneficial.

Also, there is a direct link between excess weight and developing osteoarthritis. Check out this link.

<http://www.inspire.com/Brian/journal/the-link-between-excess-weight-and-osteoarthritis/>

Exercise can actually be bad for you if you have certain conditions or health issues so be sure to check with your doctor and tell him what you'd like to do.

## BONES



How many of you can remember your high school anatomy lessons and answer these questions?

1. How many bones are in the human body?
2. How many bones are in the hand?
3. Which bones are in the leg, the radius and ulna or the tibia and fibula?
4. Where is the smallest bone in the body?

1) 206; 2) 27; 3.) tibia/fibula; 4.) ear

There are 3 major purposes for our bones.

- ❶ First, our skeleton gives our body structure, so that we aren't a blob of skin sliding across the ground like some amoeba type creature you see in a horror movie. They keep us upright and without them, of course, we wouldn't be walking.
- ❷ Second, bones are protectors. Think of them like a cage around us. They protect our delicate internal organs from damage. The ribs protect the heart and lungs, the cranium protects the brain, and the vertebrae protect the spinal cord.
- ❸ And last but certainly not least, our bones act as a storage facility for minerals that are vital for life, especially calcium, and they are responsible for the production of red and white blood cells.

Here's a little more bony trivia:

- ❖ We have long bones, short bones, flat bones, irregular bones and sesamoid bones. An example of a sesamoid bone is the knee cap, it "floats".
- ❖ Did you know there are 22 bones in the head?
- ❖ A baby is born with about 300 bones, and because many of them fuse together to form one bone (like the cranium), we end up with 206.
- ❖ The last bone to mature is the collar bone.
- ❖ You have over 230 moveable and semi-moveable joints in your body, many of which have sesamoid bones.
- ❖ Bones normally stop growing in the late teens or early twenties.
- ❖ When healthy your bones are stronger than granite!

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**Also, all Newsletters are archived at our website at [www.penrehab.com](http://www.penrehab.com)**

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**Save a tree!  Get your Newsletter via E-Mail.**

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### Links you might find useful and interesting:

Watch a video of the PRRT technique done by the man who developed it: Use this link, or just type Videos of PRRT in your search line.

[http://video.google.com/videosearch?hl=en&rlz=1W1GFRD\\_en&q=primal+reflex+release+technique+video&um=1&ie=UTF-8&ei=O1h9S5mDNdLmlAfi1PnCBQ&sa=X&oi=video\\_result\\_group&ct=title&resnum=4&ved=0CB0QqQwAw#](http://video.google.com/videosearch?hl=en&rlz=1W1GFRD_en&q=primal+reflex+release+technique+video&um=1&ie=UTF-8&ei=O1h9S5mDNdLmlAfi1PnCBQ&sa=X&oi=video_result_group&ct=title&resnum=4&ved=0CB0QqQwAw#)

Breaking the Reflex Pain Cycle – an explanation why certain pain exists and how it can be relieved with PRRT

[http://www.rehabilitex.com/pdf/Reflex\\_Pain\\_Cycle.pdf](http://www.rehabilitex.com/pdf/Reflex_Pain_Cycle.pdf)

Gardening tools for smaller hands or arthritic hands

<http://www.dulley.com/msbuilder/lib/ms101.shtml>

The Mechanics and Energetics of Human Locomotion on Sand

<http://jeb.biologists.org/cgi/reprint/201/13/2071.pdf>

Link between excess weight and Osteoarthritis.

<http://www.inspire.com/Brian/journal/the-link-between-excess-weight-and-osteoarthritis/>

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**We will remove your name from the mailing list immediately.**

## Next Issue: July 2010

**FACERCISE – exercises that can reduce sagging of the muscles in the face.**

**PICNIC SAFETY – Keep your food, your kids and yourself safe from some of the pitfalls you can face at a picnic. It's not all hotdogs and ants!**

**SCIATICA – It can jump up and plague you at almost any time. What you can do to help relieve it.**

**MORE ..... We encourage your requests for topics that are of interest to you!**

### Peninsula Rehab & Sports Medicine

is a state-of-the art Physical Therapy facility specializing in:

- \* Orthopedics
- \* Sports Medicine
- \* Industrial Rehabilitation
- \* Ergonomics
- \* Manual Therapy
- \* The needs of the active retirement community

with the goal of getting you on the road to recovery and back to the activities you enjoy.

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Lesley Rogan, M.Ed., PT, ATRet  
Michelle Perreault, PT  
Tim Remenapp

Maggie Bolgiano, Office Administrator  
Debbie Shuster – Office Assistant



### Peninsula Rehab & Sports Medicine

with locations at

12417 Ocean Gateway #9 in West OC.  
and

12913 Coastal Highway #6  
(next to Tequila Mockingbird)

PH: (410) 213-7878

FAX: (410) 213-7979

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