



Getting You On

THE ROAD TO RECOVERY

A Quarterly Newsletter from Peninsula Rehab & Sport Medicine

October 2010 Issue 9

www.penrehab.com All Newsletter Issues are archived at our website.



Mmmmeow!. Feels good.

COUCH POTATO SEASON IS COMING!

The beginning of Fall, throughout the winter and the beginning of Spring is perfect Couch Potato weather. It's getting chilly outside so it feels good to snuggle up with a pillow and a blanket to watch some TV, maybe take a nap – that ends up lasting 3 hours or more! Then when we get up, we're hungry so we go out into the

kitchen and can't find anything good to eat. Oh, there's a bag of Doritos! Oh good, there's some ice cream left in freezer too. That should keep me until dinner time!

Sound familiar? If it does, you are in for a very sleepy season of weight gain and energy loss. You don't have to do this to yourself! Here are some tips to keep you moving and to keep you out of the Doritos bag!

By the way, let's not forget that sitting at a computer all day may not make you a couch potato, but it does make you some kind of potato. How about a spud nerd. Yes, that's good – a SPUDNERD! Something else to consider; if you are sitting at a computer all day (and we don't mean for your job) you are probably neglecting the other people in your life. That just makes you a Potato Head. (At no time in this article is there any offense meant to potatoes.)

Fall is a wonderful time of year, especially here in Ocean City. Most of the tourists have gone home and locals can actually *live* here again. No matter where you live though, you can take advantage of all the Autumn season has to offer. Walks on the beach, bird watching tours, riding a bike, canoeing or kayaking, raking leaves with the kids, Fall gardening. There are so many things to keep you off the couch, out of that computer chair and moving around; to say nothing of reconnecting with your spouse or your friends. So get out there!

Visit the Ward Museum in Salisbury. The wood carvings are some of the finest in the world! An annual competition brings people from all over the globe. They even have a wood carving club.

<http://www.wardmuseum.org/>

Visit the Ocean City Museum down near the Inlet.

They have a website chock full of information about the museum. It's an interesting place with a gift shop that the entire family can enjoy. Check it out!

<http://www.ocmuseum.org/>



Nowhere to run!



Run for miles!

Take a walk on the beach. With so few people around, it's especially beautiful. The beach looks entirely different this time of year – no umbrellas, no chairs, just miles of beach dotted here and there with a few people. The City has stopped combing the beach every night with those big machines so it's much more natural looking and there are more shells to pick up! You don't need a website to check this out.

Redesign your garden. Fall is the perfect time to renovate lawns and flower beds. Split and divide perennials, using the divisions to share with friends, fill in bare spots, or start a new bed somewhere, Saves money too! (See our April 2010 issue for tips to avoid injuries while gardening.)

Just keep moving. You'll save yourself from putting on those unwanted extra pounds, perhaps reconnecting with your spouse and maybe even have a good time!

QUIT SMOKING

Want to quit for good? Tried a million times? Keep trying! You've heard them before, but here are just a few good reasons to quit:

- ① Preventing related diseases: Coronary disease, cancer, emphysema.
- ② Protecting others from second hand smoke causing them the same risks.
- ③ Setting a good example for your kids or grandkids
- ④ Heavy smokers develop leathery skin on their hands and face.
- ⑤ Hey, let's face it – you smell like an ashtray most of the time.
- ⑥ Smoking has even been known to destroy relationships. What's more important to you, the smoke or the relationship? If it's the smoke, you need a real wake up call.

Group or Individual Hypnosis may sound wacky, but they have good success rates. Group: if 100 people try, 50 of them will quit smoking for good. Individual: up to a 95% success rate.

The *American Cancer Society* has a website with information to help you through those toughest times. See the Link at the end of this Newsletter.

www.whyquit.com has some more untraditional tips about helping you to quit. Check out their website as well.

No matter how you do it, no matter what techniques you choose to employ, you can only quit if you really want to. There are those who simply don't want to. But if you truly want to kick the habit, use every resource available. Get help from anyone and everyone. It's not an easy thing to do. Find the right method for you and go for it!!

Are you a caregiver? Who is taking care of you?

Being a Caregiver can be as difficult as being a patient, or even more so. In addition to the heartbreak of seeing a loved one in distress, caregivers must also deal with the anxieties and stress of the day to day chores, scheduling and sometimes the moods and emotions of the patient. Many times there are outside issues as well which can be beyond your control. Legal matters with healthcare decisions, and family or financial matters can also cause a great deal of stress for the caregiver. Many of these issues are out of your control. You can't always alleviate them. You just keep trying.



Just as important as trying to help your loved one, you should try to do things to alleviate some of the stress you are under. Here are just a few tips to help you feel a little less stressed:

1. Delegate if you can. Other family members may be willing to give you some relief for a couple of hours so you can decompress or get a few chores done. Don't be afraid to ask for help from other family members.
2. Take some time for yourself. When you do find that you have a break, do something for yourself. Get a massage, go for a swim at the local Y or at the beach, treat yourself to an ice cream sundae and sit in the shade to enjoy it. Have lunch with a friend. Do the crossword puzzle that you never get a chance to do anymore. Or just sit with a fresh cup of coffee and read the newspaper.
3. Join a Support Group. Oftentimes just sharing your experience with others in the same situation is very helpful.
4. Keep Yourself Healthy. Don't ignore your own healthcare needs while giving everything you have to your loved one. Keep your doctor appointments, eat well, and exercise. Physical exercise helps relieve stress.

This Weblink to the Mayo Clinic has some good advice on taking care of yourself.

<http://www.mayoclinic.com/health/caregiver-stress/MY01231>

The Benefits Of Good Posture

There is one element of physical change that is quite powerful but often goes overlooked. That element is posture. We usually focus on diet and exercise, which are very important, but we often ignore posture. Consider the person who has a good diet, exercises, and yet has very poor posture. This person might look older or in some cases, even unhealthy.

Good posture is one of those things that can give you instant gratification! Stand in front of a mirror and straighten up – you'll see a different person!. Diet and exercise

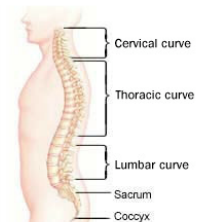
are certainly important and provide benefits, but no other element of body care is so quickly apparent.

The benefits of good posture make it a desirable factor to focus on. Consider the following advantages:

1. Optimal organ and muscle function for maximum energy, endurance, and vigor.
2. Optimal biomechanics for the best possible muscle performance.
3. A neck, shoulders, and upper back that are not more painful or fatigued than the rest of the body at the end of the day or at the end of a long drive.
4. Greater concentration and mental ability (as a result of this reduced pain and fatigue).
5. Fewer upper and lower back problems.
6. A flatter and stronger stomach. In fact, without proper posture you can never achieve the flattest stomach and smallest waist possible.
7. A more respect-producing, confident, competent, vigorous, and youthful appearance.

If those benefits don't excite you, nothing will. If they do you can start to experience some of these benefits right away.

Good posture is not a complicated formula to try and figure out. Good posture is the maintenance of the normal curvatures of the spine. If your spine is out of shape, the rest of your body will follow suit. The spine is the foundation for the rest of your body structure. If you let poor posture



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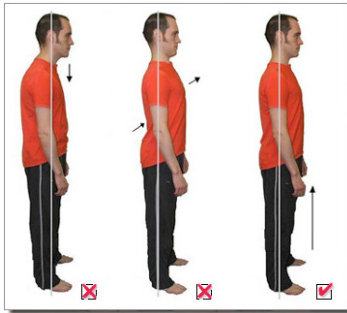
prevail, your joints and muscles will pay the price, as will your appearance. On the other hand, if you keep your spine lined up correctly,

you help provide benefits to the rest of the body. From the magazine *Prime Health & Fitness* here are some helpful tips on how to do that:

- * Never sleep on your stomach.
- * Pick a firm mattress (neither too soft nor too firm).
- * When you sit, your shoulders should be aligned vertically over your hips, and do not cross your legs at the thighs.
- * Sit symmetrically so there's pressure on both hips.

Many people spend most of the day sitting; driving to and from work, watching television, surfing the Internet, or sitting at a desk in the office. You should employ good posture when seated since much of the day is spent in this condition. The seat height of your work chair should be approximately the length of your lower leg, and make sure the chair seat width is two inches wider than your buttocks for adequate support. Another good idea is to take a break and get out of the chair every now and then.

Sleeping is another position in which posture can be adjusted. Experts agree that when you sleep on your side, place a pillow between your legs and a small rolled towel at the curve of your neck. If you sleep on your back, place a pillow under your knees.



Developing good posture doesn't mean you have to start strutting around like a peacock. Instead, good posture requires you to align your earlobe over the middle of your shoulders and over your hip joint, as well as over a point roughly an inch in front of the ankle joint. Draw that line mentally; then line your body up accordingly. Shoulders should be back and down, with the chin and chest slightly up, and the waist tucked slightly in.

A strong core (stomach and back muscles) are key to keeping good posture at all times. Your abdominals play a very big role in being able to maintain proper posture, so a good exercise routine will go a long way in helping to hold your good posture in place.

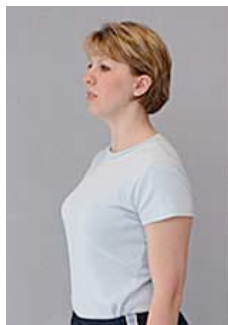
The fastest way you can improve your health and appearance is by paying attention to your posture. Straighten up and start enjoying the benefits that good posture provides—today!



Although this woman's posture may look normal, compare it to when she pulls back her shoulders, lifts the chest, and brings the chin up and back.

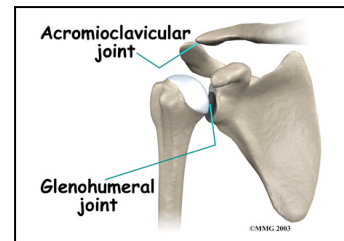
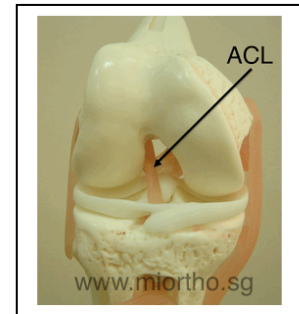
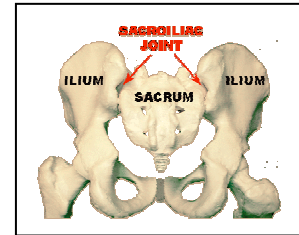
Maintaining good posture takes a lot of practice. Remind yourself constantly of what you are trying to do.

Look younger, feel better!
Stand up straight!



DO YOU KNOW WHERE/WHAT AN SI JOINT IS? HOW ABOUT AN ACL?

Ever hear of someone who has had to have their ACL reconstructed, or they are having a lot of pain in their SI joint?



SI Joint – Where the Sacrum and the Ilium come together. It is not a mobile joint like the shoulder or knee. The SI joint can become misaligned and cause a good deal of pain. It is treatable with physical therapy.

ACL – Anterior Cruciate Ligament – a ligament inside the knee that can be torn when the top and bottom bones of the knee twist in opposite direction under the full weight of the body. Surgery is often required and rehab is essential afterward.

AC joint – where the Acromium (part of the shoulder blade) and the Clavicle (collar bone) come together, or the acromioclavicular joint. If

injured this joint could require surgery and rehab. Many of these injuries are related to sports, and/or “horsing around”, falling on a shoulder or from a direct impact from a tackle or a very close encounter with a wall.

HOLIDAY GIFT IDEAS!

Yes, that’s right, you won’t see another Newsletter until after the holidays!

This year, think health, relaxation, and peace of mind. Here are some gift ideas to show you care about someone’s well being.

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|------------------------------------|--|
| • Yogurt maker | • Certificate for a health club |
| • A Pedometer | • An Aromatherapy basket |
| • An attractive Sun Hat | • Certificate for Massage |
| • A cookbook with healthy recipes | • Certificate for Pedicure, Manicure and/or Facial |
| • Heated car seat massager cushion | • Subscription to Prevention Magazine |
| • Luxurious Body Brush for shower | • Introductory Yoga class or Get Started Yoga Kit |

Most of these, and hundreds more “healthy/well-being” items, can be found at :

<http://www.findgift.com/Gift-Types/Healthy/>

A Swiss exercise ball, books on eating and cooking healthy, copper bracelets, magnetic bracelets, jump ropes, countertop herb garden, foot massagers, various types of exercise equipment, fat free pizza kits!, fresh fruit baskets, Himalayan bath salts. You get the idea. There are more than 40 pages of items to choose from.



Be sensitive though, about what you give to whom. For example, if your sweetie isn’t already on a diet, don’t get a Weightwatchers Cookbook unless they’ve asked for one! Save that one for some other time.

GOING GREENER! SAVING TREES --- LESS TRASH

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We will not use your e-mail address for any other purpose than sending the Newsletter on a quarterly and/or update basis, and we will not share your e-mail address with any one else.

Save a tree.  Get your Newsletter electronically!

Links you might find useful and interesting:

NOTICE: If you receive this newsletter electronically, you can automatically connect to any of the links in the Newsletter by mousing over the link and pressing Control and Click. If you receive a paper newsletter, it is necessary to manually type the link address into your address line on your browser.

Tips From American Cancer Society to Help You Through the Process of Quitting Smoking
<http://www.cancer.org/Healthy/StayAwayfromTobacco/quitting-smoking-help-for-cravings-and-tough-situations>

Ten Untraditional Tips to Help You Quit Smoking
<http://whyquit.com/pr/100305.html>

Mayo Clinic – Tips for Taking Care of Yourself as the Caregiver
<http://www.mayoclinic.com/health/caregiver-stress/MY01231>

The Mayo Clinic Slide Show for Good Posture
http://www.mayoclinic.com/health/back-pain/LB00002_D

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- * 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.

The Staff:

Ron Wist, PT

Lesley Rogan, M.Ed., PT, AT Ret

Michelle Perreault, PT

Tim Remenapp

Maggie Bolgiano, Office Administrator

Debbie Shuster – Office Assistant

Elaine Jacobs – A/R Data Entry



Peninsula Rehab & Sports Medicine

With locations at

12417 Ocean Gateway #9 in West OC.

and

12913 Coastal Highway

(next to Tequila Mockingbird)

PH: (410) 213-7878

FAX: (410) 213-7979

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