



Getting You On

THE ROAD TO RECOVERY

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JANUARY – THE BEST MONTH TO GET MOTIVATED – KEEP ACTIVE!

It's pretty easy to get motivated in the springtime. May is so pretty with everything beginning to bloom, and the temperature starts rising. June, July and August inspire us to get outside to enjoy so many outdoor activities such as gardening, hiking, swimming, golfing, or even washing the car.

But oh, January! January can be pretty dismal – dark early, freezing cold outside, and streets are often dangerous to drive on so we don't want to go out anywhere. This is exactly why January is the best month to **GET MOTIVATED!** Those other months trigger an automatic desire in us to move, to get going, and get things done. That auto-inspiration is going to need a little boost in January. What could possibly inspire us in the dead of winter to get moving? Not much, right? Wrong. It's all in the attitude. What are you willing to tackle when it's cold outside? Here are some **winter gardening** tips:



- **Order some new garden catalogs to read.** They are always fun to look at and see what's new that may look good in our gardens. Poring over a good garden catalog with a cup of coffee can be a very cathartic experience.
- Use that catalog to **plan new gardens**, or to make decisions about adding or replacing plants.
- If you're ambitious enough, believe it or not, winter is a good time to **spread grass seed** -- the second best time after fall. Melting snow

assures good seed-to-soil contact, and the freeze-thaw cycle heaves the soil and works the seeds down into it. The seeds will germinate when the soil warms, but that soil will still be moist enough to supply the water needed as the seeds sprout and grow. Some people have advised spreading the seed right on top of the snow, but it's not the optimum method. You don't know where the grass seed is going. Instead, spread seed when the snow is melted, removing any heavy debris like fallen leaves, and just spread the seed right onto the existing lawn or bare soil. Andrew Pratt, grounds manager at Cleveland Botanical Garden, cautions you may lose some seeds to birds or rot. But Denny McKeown, a Cincinnati-area nurseryman and author sees that as a bonus. Most people plant too much seed, he said, so that's just a way for nature to do the thinning.

- **Plant a terrarium** This may sound pretty tame, but it's a hobby that will keep you off the sofa and maybe even connected with the rest of the family. This is a good activity in which to include the kids. Terrariums -- gardens in glass containers -- are back in style. If you can't plant a garden outdoors,



why not create a miniature one indoors? Some people even enjoy cultivating only moss with its velvety soft green mounds. Terrariums are no longer limited to aquariums with lids. Vases, bowls, glass domes called cloches, canning jars, lamps, and even a light bulb can make a good container!

Upkeep is minimal and the rewards



are great. Check out these links for more information on growing, planting, and plant choices for your terrarium.

http://www.ehow.com/video_9374_make-terrarium.html

<http://kids.nationalgeographic.com/kids/activities/crafts/miniature-garden/>

<http://www.gardeners.com/Planting-Terrariums/7545.default.pg.html>

There are many other sites where you can read about terrariums: just type in *growing a terrarium* and you will find many sites to read about how to create your own indoor paradise under glass!

- **Start garden seeds:** Tired of growing the same old stuff? Starting seeds indoors is a way to supply yourself with vegetables and flowers you might not find at the garden center. Getting an early start will help to ensure a good spring/summer crop of flowers or veggies after transplanting to the garden.

Tackle some weeding!

Weeding is usually not a favorite chore. But weeding now can save you work in the warmer months. Weeds can pop up in your yard and garden even in winter. When a thaw exposes them, get out and pull them. Many of them can flower and set seed even in the cold, so removing them as quickly as you can will thwart their spread.



Look for anything and everything you can to keep you motivated and *moving* in those gloomy winter months. You'll be happy you did!

MY DOCTOR SAYS I NEED PHYSICAL THERAPY....

WHAT IF I DECIDE I DON'T WANT/NEED IT?

When you have surgery or sustain an injury to a bone, tendon, ligament or a muscle, that part of your body will, of course, heal. However, without carefully supervised stretching and/or exercise you could end up with a permanent limp, a permanent loss of range of motion, or even re-injure yourself as a result of those deficiencies. Your doctor doesn't recommend physical therapy lightly. It builds strength, flexibility and helps to reduce pain.



Stretching is important to help regain lost flexibility. The muscles are likely tight from lack of use, the joints stiff and you may have scar tissue. Tightness and stiffness reduce range of motion and decrease flexibility. Stretching helps to elongate the muscles increasing their elasticity. A frequent and continuous regimen of daily stretches helps to speed recovery. Your therapist will design a

stretching routine for your specific problem area which will help focus on restoring the range of motion.

Exercises are important to help rebuild strength. When we have an injury, we tend to protect that area. Protecting that area usually means we tend not to use the injured area, we "favor it". Although we may be preventing further injury by being so protective, it is at the expense of strength and conditioning. To help rebuild the body, exercise helps build strength, endurance and agility. Physical therapy clinics have a wide array of exercise programs and equipment from treadmills, stationary bikes, weights and more, all helping you focus on a particular set of muscles.

Other modalities, such as ice packs help to reduce swelling, and moist heat, ultra sound and gentle electrical stimulation all help to promote healing and reduce pain by bringing extra blood supply to the affected area.

So before you make a decision to forego the physical therapy your doctor has ordered, consider the long term ramifications. You may heal, but will you heal strong, straight and pain free?

Wii-habilitation **Not Just for Fun and Games.**

The Wii can be used as a serious rehabilitation tool. Whether you need work on your balance and coordination, need to improve your strength and endurance, or hope to test your readiness for returning to your favorite sport, the Wii is an amazingly versatile training device. Golf, baseball, bowling, and hula hooping are just some of the options to choose from. In the creative hands of one of Peninsula Rehab's physical therapists



there is almost no limit to the usefulness of the Wii in one's rehab program. No matter your age or interest in "video games" be sure to ask your therapist if Wii can be a useful part of your rehab program.



RECIPES FOR HEALTH!

We'll be including some healthy recipes for you to try. Some of them may not appeal, but give them a try – you may be delightfully surprised! Like this **Mashed Cauliflower** recipe. A wonderful substitute for Mashed Potatoes if you are someone who has to avoid eating starchy foods, or just for something different. The cauliflower has a lovely subtle flavor when prepared this way. Feel free to add your own flair by adding some turkey bacon bits, or low fat cream cheese. Add your favorite herbs or some onions sautéed until golden in a bit of olive oil.

"Mock" Mashed Potatoes



Ingredients

- 1 head cauliflower
- 1 or 2 cloves garlic (to taste)
- 1 leek (optional), white part only, split lengthwise
- ¼ c. Fat Free Evaporated Milk or Low Fat Milk
- 2 – 3 T. Plain Low Fat Yogurt
- Salt and Pepper to taste

Directions

Clean and break the cauliflower into small pieces. Rinse the leek to be sure there is no sand left in it. In a good-sized

saucepan, steam cauliflower, garlic and leeks in water until completely tender, about 20 to 30 minutes. Drain very well (your mash will be runny if you don't drain well). While cauliflower is hot, add it to a food processor or mash by hand until the vegetable resembles mashed potatoes, as smooth or chunky as you like. (If you prefer a smoother texture, use a blender. Be careful! Process only a small portion at a time, holding the blender lid on firmly with a tea towel as hot food tends to shoot out of the top.) Add the milk and yogurt and pulse the food processor once or twice to incorporate or stir until well combined. If it ends up too thin, you can add a bit of instant potato flakes to make it thicker. Cauliflower has no fat on its own, is very low in cholesterol, a good source of Protein, Thiamin, Riboflavin, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid and Manganese

≡≡≡ CYCLING TIPS FOR PROPER BIKE FIT

Cycling has become a very popular sport. There are an estimated 85 million weekend cyclists hitting the roads and trails for exercise, competition and just plain fun. From riding around the neighborhood with the kids, to extreme terrain cycling on the edges of mountain trails, cycling can be fun, thrilling, and..... painful.

The APTA (American Physical Therapist Association) says the risk of a bicycle-related injury may increase with an ill-fitting bicycle. The most common problem that can end up causing you pain is a saddle that is too low or too high, handle bar reach which is too long or too short, and misalignment of the pedal and shoe. If you experience pain from your cycling experience, here are some things to check for.



Saddle: Saddle should be level. Forward tilting saddle will cause too much weight to be placed on your hands, arms and lower back. A backward tilting saddle may place undue stress on the lower back and cause saddle-related pain. Saddle should also be proper distance from the handle bars. Too close and you place extra weight on the mid-back and arms; too far away and extra

strain may be placed on lower back and neck.

Handlebar position: The position of the handlebars will affect hands, shoulders, neck and back comfort. The higher the handlebars, the more weight will be placed on the saddle. Generally, taller riders should have lower handlebars in relation to the height of the saddle. Expert Erik Moen, PT, CSS and Elite Level coach for the United State Cycling Federation, says proper handlebar position allows for shoulders to roughly make a 90 degree angle between the humerus and trunk. Trunk angle for the road bike cyclist is 25 – 35 degrees and for comfort/recreational riding is 35 – 90 degrees.

Knee to Pedal: A physical therapist can also measure the angle of the knee to the pedal. The closer the angle is to 35 degrees, the better function the cyclist will have and with less stress on the knee. For the road cyclist, the angle should be 30 – 35 degrees. The recreational cyclist should have a 35 – 45 degree angle.

Foot to Pedal: The ball of the foot should be positioned over the pedal spindle for the best leverage, comfort and efficiency. A stiff soled shoe is best for comfort and performance.

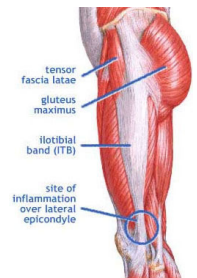
Moen says "Pedaling is a skilled activity that requires aerobic conditioning. You should make it your goal to work toward pedaling at 80 –

90 revolutions per minute (advance cyclists at 90 – 105 rpms). Pedaling at this rate will lessen your chance of injury.

Bicycle season is already over for most, except the most die hard. The cold winter months make a great time to bring that cycle inside where you can spend some time taking stock of how your bicycle "fits" and get that wrench out to make a few adjustments!

Common Pains for Cyclists:

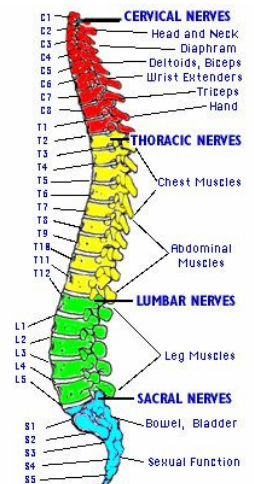
If you find yourself experiencing pain during or after riding, consider your bike fit. You can experience pain in any of these areas: **Knee Pain, Neck pain, lower back pain, hamstring tendonitis, hand numbness or pain, foot numbness or pain, Ilio-Tibial Band**



tendonitis. See your doctor who can recommend physical therapy to help alleviate pain, decrease swelling and help you with exercises and tips for prevention.

THE SPINE - 101 C-1, T7, L5 ????

While not exactly comparable in beauty to the marble sculpture of David, the spine is indeed a miracle of design. It contains all the nerve fibers and neural pathways that are fed throughout the body. Here is a basic description of how the spine is constructed:



Cervical Spine or NECK – Also known as C-1 thru C-7, these 7 vertebrae feed the nerves to the uppermost parts of the body.

Thoracic Spine or MID BACK – Known as T1 through T12, the thoracic spine contains 12 vertebrae

which feed nerves to the upper body and abdominal areas.

Lumbar Spine or LOW BACK – L1 thru L5. These give people the most trouble. They take the load of weight when we don't use our legs for lifting. They also supply nerves to the leg muscles.

Sacral – or TAILBONE : S-1 thru S-5. Nerves feed from here to the bowel, the bladder and other lower internal organs.

The following link provides detailed information about the parts of the body serviced by each vertebra. http://en.wikipedia.org/wiki/Spinal_cord

It pays to take good care of your spine. Good posture, exercise, and proper lifting techniques can give you a lifetime without chronic back pain. Smart decisions about what we do can help too. If you're 40+years old, it may not be a good idea to try riding a skateboard for the first time. The older we get, the more likely we will develop degenerative disease, and possibly osteoporosis, so good nutrition throughout your lifetime is also important.

SIMPLE TIPS FOR BETTER LIVING

BRUSH AND FLOSS. Bacteria in your mouth can travel to other parts of your body, causing other health problems.

GO TO THE MALL. Walking around at a brisk pace, and comparison shopping by doing math in your head are good exercise for body and brain.

EAT DARK CHOCOLATE. Rich in flavonoids, dark chocolate may help protect against heart attacks and, hey, it tastes good!

LAUGH MORE. Laughter can help keep blood vessels dilated allowing better blood flow, not to mention the endorphins that make you feel good!

MAKE OTHERS LAUGH. Ditto, and you're spreading the good cheer!

GET ENOUGH SLEEP. Helps memory and attention span. May even help with weight management. Most people need 7 – 9 hours, even if they don't think they do.

TAKE UP YOGA. Increases flexibility and strength and can even help with arthritis. Improves balance and overall attitude. (Check with your doctor first!)

MUNCH ON ALMONDS. They can help lower cholesterol and may help prevent certain cancers.

PRAY OR MEDITATE. May help lower blood pressure, reduce anxiety, cut stress, and induce peace of mind. 20 minutes a day is optimal.

GO OUT FOR INDIAN FOOD. Curcumin, found in curry spice may protect against heart disease, certain cancers, and according to a researcher at the University of California-Los Angeles, and perhaps even ward off Alzheimer's disease

DON'T TEXT WHILE WALKING OR DRIVING – Do we really have to explain why? Ok then, we will. There are no two ways to look at it -- you must take your eyes off the road while texting. Death or serious injury to you and others on the road – your fault. Don't do it. While walking? Look out for that telephone pole or raised sidewalk. You'll be visiting the dentist or plastic surgeon or your orthopedist and physical therapist if you persist in this unwise habit.

What Some of Our Patients Have Had to Say About Us!

"..... I felt at home. Whenever I put forth how I felt, i.e., not too good, you were there to ease my emotions and pain. I greatly appreciate not only your professionalism, but your sincere concern. Many thanks to all." ...Dale J.

"If it wasn't for all of you I would not be walking" ... Peggy T.

"I can't say enough about the more than wonderful treatment I have received here from everyone."... Irene J.

"I thoroughly enjoyed all my therapy sessions. I credit excellent therapy for my release with no restrictions only 8 weeks after fracturing my [joint] in 6 places."... Harry P.

GOING GREENER! SAVING TREES --- LESS TRASH

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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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