



Ascent Physical Therapy
Work Better. Play Better. Be Better.

newsletter



warm up for golf // fitness and pregnancy
workplace comfort // running injuries // your questions

IN THIS ISSUE

Hours of operation
Monday-Friday:
8:00 am - 6:00 pm

www.ascent-pt.com

phone: 970-949-9966
fax: 970-949-9988



Receive a 30 min
massage...on us!
To thank you for any referrals
that you send our way, we will
give you a 30 minute massage.
*referral must become a paying client

Ascent Physical Therapy
Work Better. Play Better. Be Better.

Lodge @ Avon Center
100 W. Beaver Creek Blvd., Suite 204
P.O. Box 3381
Avon, Colorado 81620

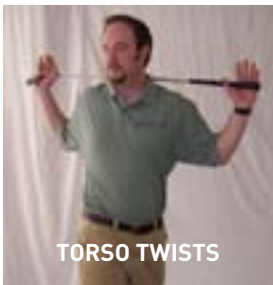
PPSRT STD
U.S. POSTAGE
PAID
DENVER, CO
PERMIT NO. 1818



HEALTH TIPS

WARM UP FOR GOLF Keith McCarroll, PT

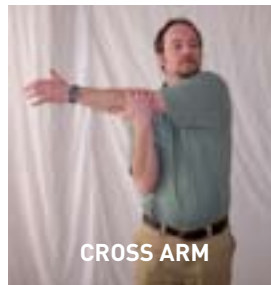
Spring is near and golf season will soon be upon us. As with any physical activity, proper warm up is essential to play the best golf. Warm up prepares our muscles for activity, allows full range of motion, and can prevent many common injuries. A simple warm up program for golf would include a few minutes of aerobic activity, gentle stretching and warm up exercises that target golf specific areas. Finally get yourself out on the range and hit a few balls, following through with your clubs.



TORSO TWISTS



ARM CIRCLES



CROSS ARM

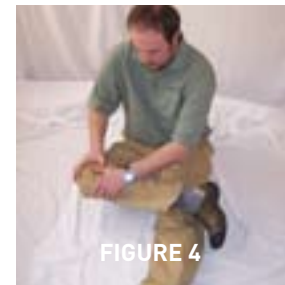


FIGURE 4

TIPS

HERE ARE A FEW SIMPLE GOLF WARM UP EXERCISES.

- **Torso Twists** – Stand with your feet shoulder width apart. Place a club across your shoulders. Keeping your lower body forward slowly twist your trunk side to side
- **Arm Circles** – Stand with your arms out to your sides. Make small circles. Gradually increase the size of the circles.
- **Cross Arm Stretch**– Place one arm across the body, keeping the elbow straight. Grab the arm with your other hand and pull across. Hold the stretch for 30 seconds.
- **Figure 4 Stretch** – Sitting on the ground, put one leg out straight. Cross your other leg over the straight one so that the ankle is resting on the opposite knee (this should make your legs look like they are in the shape of the #4). Push the bent knee toward the ground. Hold for 30 seconds.

Remember to start slowly with any new exercises and progress them as they feel easier. You should never feel pain with warming up, if you do you are going to hard.





Maintaining Fitness and Preventing Injury during Pregnancy

Emily Eggers, MSPT

Are you fit to deliver? Advances in knowledge about fitness and pregnancy are allowing women to continue to exercise safely for their own benefit and the benefit of their baby. Exercise helps in alleviating and preventing many of the unpleasant problems associated with pregnancy, including back pain, pelvic pain, incontinence, and leg cramps.

During pregnancy, specific physical changes occur and need to be considered when starting or continuing an exercise program. Aerobic exercise is more difficult and at the same workload, heart rates will be higher. You may need to decrease intensity to ensure adequate oxygen to your baby. It is also important to keep core temperatures from becoming excessively elevated. A good rule of thumb during exercise is to keep heart rates at or below 140 beats per minute and be able to carry on a conversation.

Anatomical changes during pregnancy can lead to back



or pelvic pain. As the baby grows, the mother's center of gravity shifts forward and upward increasing the normal lumbar curve. This places more stress on the lumbar vertebrae. In addition, the muscles that support and stabilize the spine and pelvis are stretched and weakened with the weight of the growing uterus. Joint laxity increases in pregnant women due to release of the hormone relaxin. As a result, joints, especially in the lower back and pelvis, are prone to becoming overstretched and eventually unstable. It is crucial during this period to maintain the integrity of the muscles which stabilize the spine and pelvis to compensate for the previously mentioned anatomical changes.

Remember the importance of having a doctor or physical therapist specifically trained in prenatal exercise develop an individualized program during pregnancy in order to maintain fitness and prevent injury. In the long run, both mother and child will be much happier.

BE COMFORTABLE AT WORK Keith McCarroll, PT

Do you experience fatigue, soreness or pain in your neck or back at the end of your work day? In today's world, of long hours at the computer, our bodies are placed in uncomfortable positions for long periods of time. The following suggestions are ways in which to ease some of this strain.

1. Adjust your chair and desk so they are ergonomically correct. This means positioning work equipment in such a way that you alleviate certain strains on your person. If you have proper back support and correct postures for your neck, shoulders, and wrists, much less strain will be placed upon these areas.
2. Move frequently. Our bodies were not designed to be stationary objects. You should never sit for more than 15-20 minutes without getting up and moving around.
3. Organize your desk so things you use frequently are close and easy to get to.
4. Give your eyes a break. When we constantly stare at a monitor which is 2 feet in front of us our eyes become fatigued. This results in poor postures causing strain and fatigue. Frequently throughout the day focus on a point in the distance by looking out the window or across the room.
5. Get involved in an exercise program. If you sit or stand a lot of your day, a stretching, strengthening, and aerobic program can help your body compensate for many of the harmful postures we use at work.

Making a few simple changes in your work space and your activities can make your work day much more comfortable and productive.



REDUCING PAIN WHEN YOU RUN Emily Eggers, MSPT

Whether you are training for a marathon or are a first time runner, here are some helpful tips to help you reach your goals and not become sidelined with an injury.

Without a question training errors are the greatest single cause of injury that prevents runners from participating in their chosen event. In general, training errors made by runners can be categorized into two major groups.

1. The first group tends to adopt the “more is better” philosophy where mileage is built up too rapidly and the body is unable to recover.
2. The other side of the spectrum is the “inconsistent” group. These runners miss several workouts in a row and then overcompensate in an effort to catch up.

Listed below are several common mistakes made by runners embarking on a training program.

- **Building Up Mileage Too Rapidly:** Always adhere to the 10 percent rule. Do not increase weekly mileage or the distance of your long run by more than 10 percent per week
- **Not Following the Hard/Easy Concept of Training:** Hard workouts include long runs, races, hill repeats, or any other stressful workout. It is not a good idea to run two hard workouts back to back because your body doesn't have time to recover

- **Inconsistency:** Missing several days in a row and then jumping right back to your training program greatly increases the chance of injury. Consistent training is a major key to running improvement
- **Not Listening to Your Body:** It is vital to listen to what your body is communicating to you. If your legs feel fatigued and sore, forego the mid-week easy run to save your legs for the weekend long run. Always incorporate rest days into your schedule

Training errors account for a great deal of running related injuries. However, other factors including muscular imbalances, underlying weakness and alignment variances can also contribute. By training wisely, you can avoid becoming a running or marathon training dropout.

Ascent Physical Therapy is introducing a new program just for runners targeting those areas mentioned above. During that evaluation each runner will be tested through a biomechanical analysis of their running stride using the treadmill and video.



Receive a 30 minute massage...on us!
details on back panel

Questions from you



Q: My teenage daughter has recently began complaining of her knee hurting when she plays soccer and basketball. What is this? Is there anything we can do to help this?

A: Many active teens, especially girls, frequently experience knee pain as they are growing. As their bones grow rapidly, their muscles can lag behind. This increases stress on the joints, causing pain with activity.

Frequently changing the stresses on the joint can help improve the pain. Different things that can be done include stretching tight muscles, strengthening, activity modification, taping, or custom foot orthotics.

There are many causes for this type of knee pain. It is important to thoroughly evaluate the problem and develop a specific treatment plan.