

A Note from the CEO: Powering Health and Wellness

Over the last few weeks, I have heard many people comment that the 2021 Fall colors were the most vibrant we have seen in many years. Based on my travels, I agree with the assessment. You may ask "What do Fall colors have to do with Health and Wellness"? One take on the intentional act of stopping to smell the roses, or taking time to notice and enjoy beautiful Fall colors, is that doing so is an intentional action designed to recognize the daily moments that bring us joy and understanding what brings joy in our lives. Joy is an important ingredient to Health and Wellness. We all need joy in our lives. Another old adage is that intentionally doing things to bring joy to others, whether friends, loved ones, acquaintances or strangers, has a beneficial effect of bringing joy to ourselves.

Late Fall slowly fading into Winter is traditionally seen as a time of slowing our pace and having time to spend in self-reflection. Often times, that means reflecting about closing the year behind and planning for engaging the year ahead. Sometimes, that means deeper reflections on our lives and the world around us. Slowing down for a little bit, doing some deep reflecting, planning and preparing are also ingredients for Health and Wellness.

Many of us welcome the Winter months as a time for engaging in seasonal recreational activities and having fun with activities we can engage in for a limited time each year. We need to have fun to completely experience Health and Wellness.

We dedicate this Winter issue of the RPM Newsletter to planning and preparing ourselves to fully embrace the Winter ahead in a way that allows us to experience fun and joy. We hope you will find these articles to be useful and practical. Take good care of yourselves over the next few months. Through the course of Winter, take time to enjoy the simple pleasures of the world around us, be intentional about bringing joy to others and being joyful yourself. Savor the moments that are sure to come along for self-reflection.

Have fun, Be Well and Power On!

John Hawes
President and CEO
Rehab Practice Management



The Future of Physical Therapy

Episode 2 - November 22, 2021

In this episode: Physical therapist Chuck Martin shares observations he's made during his forty years in the field and offers a glimpse into where the industry is headed next.

Listen to the Podcast



rpmrehab.com/podcast



Healthy Over the Holidays by Dr. Chris Temple, PT and Dr. Darby O'Rourke, PT

The holidays are a time for family, festivities and food- a lot of food! Often times, during the holidays, our healthy decisions falter and we find ourselves falling out of a routine. The million-dollar question is how do we stay healthy around the holidays? The answer to this question is different for everyone but certainly important to explore.

As the temperatures drop so does our desire to be outside. This doesn't have to be the case! Layering clothing correctly is essential for maintaining outdoor exercise through these colder months. Here are a few simple steps to follow:

- The base layer, or layer closest to your skin, should be moisture wicking material like light polyester or polypropylene. This allows the moisture to travel away from the skin for evaporation.
- The second layer is the insulating layer which should be wool or fleece and acts to keep our body heat in.
- The third layer is a shell and should be wind and rain repellent. Be advised, this layer can trap in sweat and deter proper evaporation so it is advised this layer is worn only if it is raining, snowing or very windy.

This method is sure to maintain your body's core temperature for safe and comfortable exercise. Now let's all get dressed and take a walk with Jack Frost!

When it's too cold for the car to start, we need an alternative to exercising outdoors. There are plenty of ways to get your heart rate up in the house without an expensive home gym. Tech has entered the fitness space and introduced a number of products that are inexpensive, compact and fun to interact with. A few examples are the Nintendo Wii, Oculus Quest virtual reality goggles and the Tonal mirror. These devices offer a variety of games catered toward exercising without you even knowing it. Talk about fun for the whole family! These games allow you to simulate (through bodyweight exercises) running, rowing, skiing or biking through virtual reality worlds while working at your own exercise tolerance level. These products offer a fun spin on fitness and certainly make a better gift than another holiday sweater.

Lastly, get the family involved. A recent study by researchers at the University of Aberdeen reported that finding an exercise companion increased the amount of exercise people took.

Whatever it is you choose to do, forming an exercise plan is a great first step. We recommend structuring your goals using the **S.M.A.R.T.** method. That is, the goal should be **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime-bound. Make your list and check it twice!

If you need help forming or refining an existing fitness plan, our team of musculoskeletal specialists are more than happy to help you. We invite you to reach out to one of our many locations to schedule a time with one of our clinicians.

Happy Holidays From Our Family to Yours,

RPM Rehab



The World Health Organization (WHO) has recently published new guidelines on physical Activity and sedentary behavior, recommending that adults should do at least 150 – 300 minutes of moderate intensity aerobic physical activity throughout each week in order to obtain substantial health benefits.



A Prepared Skier is a Happy Skier by Randy Bauer, PT, ATC

Is your body ready for the upcoming ski season?

Snow is beginning to fall which means ski season is just around the corner. This is a signal to take inventory of your body's readiness for the demands of being on the slopes. Preparing for the ski season in advance will add to your performance, lessen sore muscles and help prevent injury. Below I will discuss a **beginning checklist of pre-ski conditioning activities** to get you ready for the season. You will be able to access a video that explains each exercise and a checklist of exercises for your reference. physical therapist. An individualized ski conditioning program may be your ticket to a healthy and enjoyable ski season.

Flexibility

Perform stretches that include the lower extremities and back. Daily flexibility exercises provide relief of chronic postural positions (sitting, standing) and mobility joints and muscles.

Begin with Wall Sits

- Back against the wall and squat down until thighs are just above parallel position
- Hold this position 10-15 secs
- Stand up for 10 secs
- Return to wall squat position Repeat this for 5 to 10 repetitions
- When this is tolerated increase hold time 20-30 secs

Core Stabilization

Exercise the primary core muscles of the belly, butt and back. Core exercises are a major foundation to total body fitness and spine stability.

Lower Extremity Strengthening

- Chair squat hold
- Chair squat hold with band
- Squat with alternate foot lifts
- Squat with alternate leg reach
- Single Leg Squat

Leg Strengthening

Focus strength training on the primary muscles of the hips, thighs and lower legs. Strong legs are the skiers' best friend.

Dynamic Skier

- Slalom Skier
- BOSU Ball Skier

* all exercises can be performed with dumbbells in hands for added resistance.

** ensure that you can perform these exercises 2-3 sets of 10 reps before adding dumbbells.

*** if you experience pain with any exercise consult you physician/physical therapist.



Aerobic Exercise

Aerobic activities such as walking, stationary bike, elliptical and running promote cardiovascular health and endurance for sustained tolerance to activity. Performing exercise at a submaximal intensity can be tracked by monitoring your heart rate response to a given workload. Performing exercise on a stationary bike is a recommended mode of exercise for increasing lower extremity strength and endurance while minimizing stress to lower extremity joints.

Stationary Bike

Warm-up

pedal at level 2 for 5 minutes. Maintain a comfortable RPM (revolutions per minute) of 70 - 75

Workout

increase resistance to a level that you can maintain 70-75 RPMs for 15-minutes. To begin up the resistance to level 4-5. The intensity level should allow you to maintain a conversation

with minimal discomfort for the duration of the workout. If you are unable to maintain the 70-75 RPM level, reduce the intensity to a comfortable level.

Cool-down

after 15-minutes in the training zone, reduce intensity to level 2 (warm-up level) and continue pedaling at lower intensity for 5-minutes.



Watch the Video



<https://youtu.be/m0UdC5pWLpI>

If you have questions regarding physical preparation for the upcoming Ski Season, contact your physical therapist. An individualized ski conditioning program may be your ticket to a healthy and enjoyable ski season.

Pre-Season Snowboard Training by Charles Martin, PT, DPT, CMP

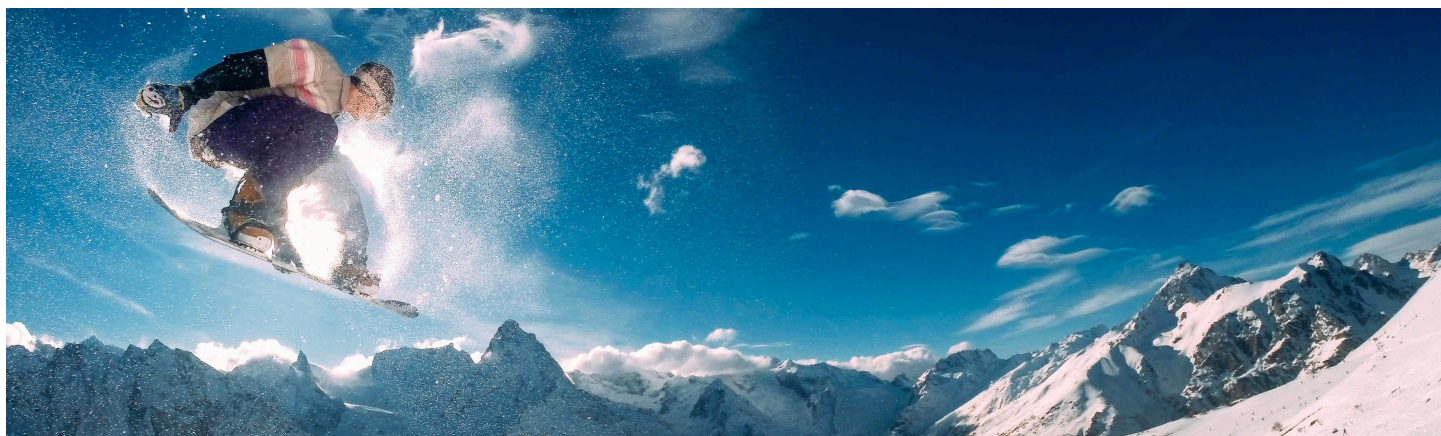
It is easy to think of snowboarding as just sliding on snow. Once the basics are mastered, all that is required is to hop on the lift, hit the slopes and enjoy the day.

Professional athletes in all sports have a pre-season training routine, yet many of us occasional athletes don't think about training our bodies and honing our skills prior to starting our seasons. We convince ourselves that we can "play ourselves into mid-season form" and, to a certain extent, we can, albeit with certain consequences. Boarding into shape typically means experiencing second day leg stiffness, enjoying riding the lift more than the slopes, starting the season with half-days, taking long rest periods, experiencing fatigue and ending the day (half day) on the easiest runs. When a third of the season is over, we will have played ourselves into shape.

To hit the slopes being supple, fast, and strong we need a pre-season training program. To prepare for snowboarding skip strengthening your calendar muscles, they will not help you. Snowboarding requires leg, core, some upper extremity strength, balance and flexibility. Here are some ways to prepare:

- 1. Front Plank:** The starting position is the basic push up position: hands under your shoulders, stomach and butt tight. Hold this position until failure. Alternately you may adjust the exercise by bending your elbows and resting on your forearms.
- 2. Side Plank:** The starting position is side lying, raise your hips, focus on keeping your spine in a straight line, don't let your hips sag. Alternately you may adjust the exercise by bending your elbow and resting on your forearms. Hold until failure.
- 3. Squats:** For snowboarding, Quadriceps muscle strengthening is essential. Stand with your feet shoulder width apart, keep your weight on your heels, keep your core (stomach and low back) tight, sit back and drive your knees over your toes. When your knees are at a 90 degree angle your squat is deep enough. Perform 3 sets of 10.
- 4. Jumping Squat:** Perform the standard squat. From the squat position, jump extending your knees and ankles. Perform 3 sets of 10.
- 5. Lunges:** Stand with feet shoulder width apart. Take a big step forward, keep your upper body straight. Front thigh should be parallel to the floor, drop your back knee toward the floor. Perform 3 sets of 10 alternating legs.
- 6. Hip Airplanes:** This exercise helps strengthen the hip, knees, and ankle. Start with feet shoulder width apart. Using one hip as the fulcrum, bend forward bringing the other leg up to form a straight line with the trunk. Raise and lower the hip of the free leg. For balance, if needed, you may start by holding onto a table or wall. Perform 5 reps on each side.
- 7. Standard Push Up:** Perform 3 sets of 10.
- 8. Wobble Board:** Stand on a BOSU ball or a wobble board, assume your standard snowboarding position, shift weight from heel to toes. As close as possible, simulate a run. Begin with 3 sets of 2 minutes and work up to 3 sets of 5 minutes.
- 9. Stretching:** Stretch ankle, hamstrings, hips and shoulders.

Starting the above program 3 times a week will prepare boarders for the season. It isn't necessary to perform each exercise daily, they may be spread out over several days.



Winter is Here: Winter Safety by Bruce Whiteside PT

If I made a **bet** where I could win \$5 dollars, but I had to pay \$50,000 dollars if I lose, it would be a bad bet no matter how good the odds. Unfortunately, too many people make such a bet every day, putting their health and even their life at risk. A person may successfully cross a slippery surface 50 times, but the next time they may break a bone.

Most of us have heard the tragic statistics about falling. Like this one: each year, 3 million older people are treated in emergency departments for fall injuries. Or this one: 800,000 people are hospitalized every year due to head injuries and hip injuries suffered during falls (CDC 2016). We know the risk is there, but we say to ourselves, “I **bet** I will be OK.” STOP GAMBLING WITH YOUR HEALTH AND YOUR FUTURE! Make some changes now because winter is here, the season of slips and falls. Here are some tips to help you more safely enjoy an active life.

Fix the Hazards

- Make sure your inside and outside shoes have a good fit for a sturdy foundation. In the winter, traction is KEY. Do your shoes have good, low-skid soles? Add slip-on traction like YakTrax for icy conditions.
- Snow outside can mean water on floors inside, for example in stores and office buildings. Wet flooring is as bad as icy concrete. Prepare for slippery surfaces: have towels and ice melt on the ready.
- The short days of winter mean reduced visibility. Balance is quite dependent on good vision. Don't make it worse with out-of-date prescriptions or poor lighting.

Change Your Priorities

The smart recommendations we get for driving also apply when we are out of the car. Slow down when conditions may be slippery; avoid distractions, rest when fatigued. In essence, we need to focus and be attentive. Pushing ourselves through our hurried life can result in things coming to a crashing halt!

Get Strong. Stay Strong.

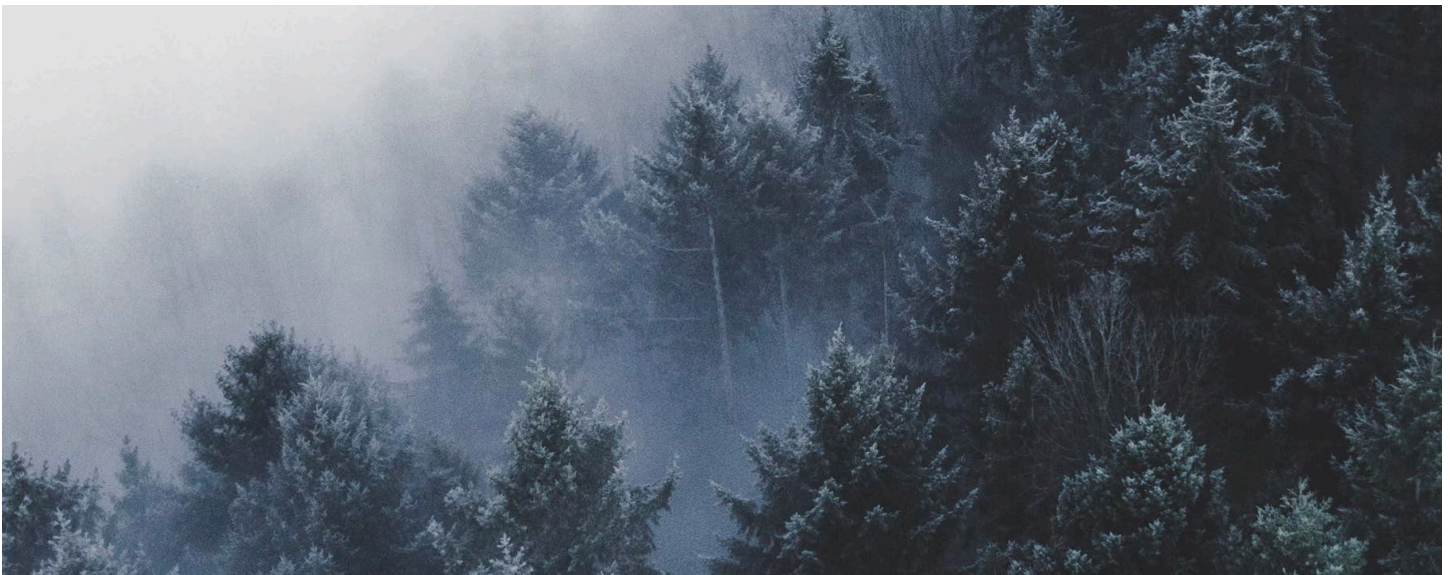
Be active. Weakness compounds any balance issues we may have. Get stronger and stay stronger with routine exercise. If you have not been exercising for a while, check with your healthcare provider first. You also may need to seek the advice of an expert to learn how to exercise safely. Start gradually and make sustainable progress over time.

Take Advantage of Resources

When you are tired, when lighting is poor, if the surface is uneven or slippery then go ahead and use more support! Take advantage of handrails, walking aides, or just a helping hand. If you feel unsteady, don't be proud, be smart. Your healthy future may depend on it.

If you need more help, tap the expertise of one our RPM Physical Therapists. We can help identify and address the specific physical issues that hamper a person's function. We would love to be of help!

I **bet** you would like your winter trips to be limited to vacations and holidays with the family. These tips can help you or someone you love to enjoy this winter season safely.



Strategies for Holiday Parties Utilizing Locus of Control by Anne Reed APRN-BC

With the holiday season upon us and many of us attending holiday dinners and parties it can be a challenging time to control our intake, resulting in new year goals of starting diets and exercise programs. Here is an idea that may help us to regain control over our eating and drinking habits that may instill behavioral change that may have lasting health benefits.

“Locus of Control” refers to the extent to which people feel they have control over the events that influence their lives. When you are dealing with a challenge in your life (e.g. holiday parties with abundance of food and drink), do you feel that you have control over the outcome (eating and drinking in moderation)? Or, do you believe that you are simply in the hands of outside forces (all this great food and drink is here so I might as well eat it and deal with the consequences tomorrow or next year)?

If you believe that you have control over what happens, then you have what psychologists refer to as an internal locus of control. If you believe you have no control over what happens and that external variables are to blame, then you have what is known as an external locus of control.

If you believe that you hold the keys to your fate, you are more likely to change your situation when needed. If on the other hand, you believe that the outcome is out of your hands you may be less likely to work toward change.

It is important to note that locus of control is a continuum. No one has a 100% external or internal locus of control. Instead, most people lie somewhere on the continuum between the two extremes. Several internal locus of control techniques may be helpful to not overindulge during the upcoming holiday parties.

- **Try limiting your alcohol intake during the party.** I know when I have several glasses of wine, my decision-making process to refrain from overeating disappears and I usually find that I am willing to eat just about anything in abundance on the table, especially the sweets. With one glass of wine, I usually can control eating and overeating.
- **Try eating healthier options with lower glycemic results.** Selecting the vegetables and proteins (i.e., meats, shrimp, fish, nuts, and salad) should help to fill you up with healthier calories and maintain your blood sugar levels so that your body does not crave more sweets later at the party.
- **Select a smaller plate for your food choices.** Selecting a smaller plate should help you to portion control your intake by simply having less space on the plate to pile on the food.
- **Sit down prior to eating.** Selecting your food and then sitting down or moving away from the table prior to eating from your plate. Try not to taste test from the buffet table as it is very easy to overindulge when standing around the table and eating all the options available.
- **Be kind to yourself if overindulging occurs.** As said earlier, locus of control is a continuum. If you overindulge, tomorrow is a new day to get back on track. Know that just because you feel like you blew it at the party and “pigged out” you have the ability to regain your internal locus of control today.

Remember that your locus of control can influence how you respond to the events that occur in your life, but also your motivation to take action that helps you to develop healthy habits and promote improved health and wellness long term.

Much of this article comes from, “The Very Well Mind” found on the internet and written by Kendra Cherry.

Anne is a family nurse practitioner with an interest in nutrition and weight management (and struggles with an “all or nothing” attitude when it comes to food and drink). Anne hopes that sharing these ideas may be helpful to others by encouraging a change in habits through using their own internal locus of control.

Physical therapists are **movement experts** who improve quality of life through prescribed exercise, hands-on care, and patient education. Physical therapists examine each person and then develop a treatment plan to improve their ability to move, reduce or manage pain, restore function, and prevent disability.

Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.