



PARKER'S PLACE

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Total Fitness

KEVIN "EXCELLENT" ELLIS

*FEBRUARY IS
HEART HEALTH
AWARENESS
MONTH!*

*ARE YOU HEART
HEALTHY?*

*Visit the American
Heart Association*

Web site at:

www.americanheart.org

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CHILDS PLAY

Have you ever noticed that kids tend to get things quicker than adults when it comes to electronics: Have you ever asked yourself why that is? Take for instance the new Play Station, X-Box or the Wii. Have you noticed that after a while they become very good at playing those games, even when they have not seen them before?

This Christmas, my kids got the Wii, and I can tell you that it is great. It is very interactive and nothing is done on this system without you doing the motions. Whether it is boxing, (my wife and I like that one), bowling, tennis or throwing,

whatever, you physically have to do the motions to make the game work. I noticed one day by watching my oldest boy Corbin how he learns the games by playing them and through trial and error.

I said to him one day, "don't you think that if you were to read the directions you would understand it easier and sooner? His words to me were "Dad, there is nothing better than just playing the game and learning this way" I did notice that on the first couple of times he was always getting beat, but after awhile it became easier for him to win. Now he has reached a point where he has mastered some of the



games..
You
may
ask
yourself

where I am going with all of this? Some of you, for the first time have begun something that you have probably never done before and what is workout. Try not to make it so mundane. Keep it fun! By doing that, your workouts will become something that you will look forward to and you may even enjoy them Remember, life is short. Live it to it's fullest and stop being boring and bored! Live your dream!!

**TRUE ENJOYMENT COMES FROM ACTIVITY OF THE MIND AND EXERCISE OF THE BODY. THE
TWO ARE UNITED
ALEXANDER VON HUMBOLT**

FEBRUARY BIRTHDAY'S

- | | | |
|-----------|-------------|----------|
| Bradley B | Teresa K | Paula V |
| Diana C. | Dana M. | Todd W |
| Marcia D | Catherine M | Melvin Y |
| Wendy E | Jessica P | |
| Colette E | Sheila S | |
| Erik E. | Dennis S | |
| Ruth F. | Elroy S | |
| Tyler J. | Ardyce S | |
| Julie K. | Grace S | |



Trainer Tips

Mark Skumatz

A lot of you that worked with me know that I use the body ball quite often. Which has raised the question “what size is appropriate for me?” The following chart should give you an idea of what size to use with your body type.

It’s important to remember when using the body ball to keep a good posture and that your abdominal muscles are en-

gaged. The whole purpose of using the body ball is to strengthen the core, so if we allow our spine to slouch we are defeating the purpose try to remember to keep your legs as close together as possible to help keep your core engaged.

Here’s a great exercise you can do while using the body ball.

Bent over fly’s

Sit in the middle of the ball, legs together in front, then lean over as far as possible extending your arms down to the ground. Using your appropriate weight, lift the weights to approximately shoulder height remembering to squeeze your scapula as you are raising the weights. Remember to never use weights that are so heavy that you lose your correct form.



YOUR HEIGHT	BALL HEIGHT	BALL SIZE
Up to 4’10” (145cm)	18 inches (45cm)	Small
4’8” to 5’5” (140 – 165cm)	22 inches (55cm)	Medium
5’6” to 6’0” (165 – 185cm)	26 inches (65cm)	Large
6’0” to 6’5” (185 – 195cm)	30 inches (75cm)	Extra Large

Note: This chart is only a guide. Sizes can vary according to how you use the ball.

DID YOU KNOW?

We cannot stop Mother Nature's clock, but we can slow it down. Many signs of aging are reversible. General physical activity, not just structured exercise, can help to promote major health benefits such as:

Increased cardiovascular fitness by 20_25 percent

- Increased flexibility and muscle strength
- Decreased depression and anxiety
- Weight loss
- Lower blood pressure
- Dramatic reduction of the risk of heart disease
- Stronger immune system
- Prevention of bone loss

Another benefit, according to researchers in Salt Lake City and Philadelphia, is that physical activity appears to increase an older person's intelligence. Whether this is a result of increased circulation or adrenaline rushing throughout the body is still unknown, but one fact is clear: our minds do become more alert.

Before beginning an exercise program, first consult your doctor.

Here are some tips to get you started:

- Decide for yourself why

you want to exercise. An excellent reason is to maintain your good health, functional fitness, and independence.

- Make a commitment to exercise on a regular basis. Set aside a certain amount of time every day and stick to it! Be faithful to your commitment.
- Always start with warm-up exercises and end with cool down exercises. Do what is comfortable; stop if you feel pain.
- Remember, your comfort range changes daily, so don't get discouraged if you can't do the same amount of exercise as you did the day before.
- If, after exercising, you find that fatigue and/or discomfort last longer than one or two hours, then cut back on your session the next day but don't stop completely. Try limiting the number of repetitions for that muscle group, then move on to a different set of muscles.
- Don't overwork muscles; don't go for the burn! Use slow, controlled movements.
- Never exercise hot or inflamed joints. If

joints are stiff, use warm, moist heat before exercising.

- Concentrate on exercises that improve and maintain your range of motion, lubricate the joints and keep muscles flexible. You will find your everyday activities easier to carry out and you'll have less pain, too. Your confidence, independence and surefootedness will increase.

Accept your limitations. Instead of focusing on what you can't do, think about what you can. Positive thoughts are known to produce positive results. The most important thing to remember is don't give up! [American Senior Fitness Association](#)



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

From the Physical Therapy Desk:

Phil Slaughter

One of the purposes for my participation in this newsletter is to provide the readership with health and wellness information. Previous installments have focused on exercise and related overuse problems. IN this article I wanted to continue to increase your awareness of overuse risk factors with a discussion of thumb overuse problems. For many Americans hand held electronic devices such as Blackberries, treos and Sidekicks are a source of convenience and efficiency. They can also be a source of chronic pain and injury according to the American Physical Therapy Association (APTA online , August 29, 2006). "Blackberry Thumb", the latest techno-related overuse injury is caused by spending too much time checking and composing e-mails, instant messaging, and accessing the internet through handheld wireless personal digital assistants. "The use of PDAs is no longer limited to the eight hours spent in the work place", says Margot Miller, PT a physical therapist with Work Well Systems and president of APTAs Occupational Health Special Interest Group. "More and more, people are depending on these devices to stay in touch with friends and family

before and after the work day and on the weekends, as well as having access to work when they leave the office" Use of PDAs in and of themselves is not a health risk. The problem arises out of repetitive use of the device throughout the day and evening. Symptoms may range from swelling and hand throbbing to fully developed tendonitis. Because many PDA users are middle-aged, overuse can aggravate underlying arthritis.

In most recent published survey from the US Bureau of Labor Statistics, musculoskeletal disorders, which include repetitive strain injuries, accounted for a third of all workplace injuries reported in 2003. Miller states "There is a reason why ergonomic disorders are the fastest-growing category of work-related illnesses. We are going to continue seeing an increase in complaints resulting from repetitive strain injuries if users insist on using them for prolonged periods of time and in awkward positions."

In a related article from USA Today online, entitled "Growth of PDA injuries a concern for companies", by Stephanie Armour (Nov. 19, 2006), the following tips were offered: Take frequent breaks.

Keep emails brief. Restrict use if thumb or hand pain develops. Contact a doctor if there is severe pain. Plug Blackberry into a full-size keyboard where using it in the office.

As always, I will remind you that physical therapy exists at Parker's Place to provide you with an opportunity for PT treatment in a convenient location where treatment is delivered in a one on one setting by a highly experienced physical therapist with over 20 years of clinical experience. Your satisfaction and positive treatment outcomes are very important to me and your treatment needs will no be compressed into predetermined time slots. I encourage you to stop in or contact me at 262-560-100 for all of your physical therapy needs.

