

Spring Into Motion...Newsletter



A Quarterly Newsletter

Spring 2011

Dear Patients and Friends:

It's hard to believe it's already been six months since the launch of Back 2 Motion Physical Therapy-- your Physical Therapy Solution! We are so proud of the incredible growth we've experienced, thanks in part to the referrals we continue receive from our loyal patients. Our "talent roster" continues to grow as well -- Kelly Conley joins our staff at One on One Physical Therapy. She has a decade of Orthopaedic Physical Therapy experience, most recently as the Coordinator of Physical Therapy at Emory University Hospital.

We are dedicating this issue to the amazing mothers among our patients! In this newsletter, you will find helpful information (especially for busy Moms!) about Mother's Day road races, a stroller workout, and expert tips for gardening safely.

As always, if you have any questions or concerns you want to bring to our attention, please feel free to contact us at the One on One and Back 2 Motion Physical Therapy offices. We look forward to continuing our journey toward total body wellness with you...

In Good Health,

Karen Davis Warren and Blair Green
Partners, One on One Physical Therapy and Back 2 Motion Physical Therapy

Introducing... Kelly Conley PT, DPT, OCS



"I love practicing Physical Therapy because I can affect the lives of so many people in a positive way. I truly value what each of my patients add to my life by simply getting to know them."

Kelly Conley holds a Doctor of Physical Therapy Degree from A.T. Still University, a Certificate of Physical Therapy from Cleveland State University and a Bachelor of Science in Biology from the University of Akron. She has a decade of Orthopaedic Physical

Therapy experience and is board certified by the American Board of Physical Therapy Specialties.

Prior to working at One on One Physical Therapy, Kelly was the Coordinator of Physical Therapy at Emory University Hospital and gained a reputation throughout the Emory Healthcare system for her quality care and success of her treatment methods. Kelly is a member of the American Physical Therapy Association Orthopaedic, Education and Research sections.

Kelly Conley, continued on page 2

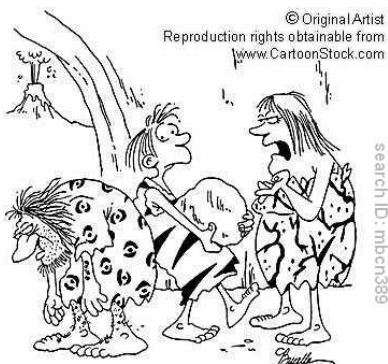
Kelly Conley, cont.

She is a guest lecturer for Emory University and Georgia State University's Doctor of Physical Therapy programs. She is also involved in research with the Emory University Doctor of Physical Therapy Program.

Kelly's clinical practice focuses on mechanical pain in any region of the body. She specializes in Women's Health PT, specifically treatment of pelvic pain and incontinence. Kelly has successfully helped patients with lumbar and cervical spine issues, sacroiliac joint disorders, and pelvic floor and incontinence dysfunctions.

Her advanced training in osteopathic manual therapy, chronic pain theory and management was through the Neuro Orthopedic Institute. She received manual therapy and neuromuscular re-education training at the Institute of Physical Art. Kelly is also certified in Redcord Neurac.

Kelly joined One on One in order to practice with talented colleagues in an environment that supports the latest evidence-based techniques for treatment. She looks forward to being able to spend one hour with her patients in order to provide the best possible care in a healthcare system that often makes it difficult to do so.



"Look at your father. See what happens when you lift with your back instead of your legs?"

Preventing Injuries While Gardening

by Kelly Conley



The spring season is upon us and people are spending more and more time working in the yard.

Unfortunately, green thumbs can't protect your lower back, wrists and knees from injuries while you are gardening and doing yard work. There are many simple modifications you can use to prevent many musculoskeletal injuries from occurring.

- **Don't bend it like Beckham.**

Bending over can cause even the healthiest person to injure his or her back. With any task you are performing you want to be sure to maintain a neutral spine, or natural curve, in your low back. Any forward bending during shoveling or hoeing should occur at the hips and knees. Along the same lines, you want to avoid twisting with your back and, instead, shift your weight and pivot to turn using your hips and knees.

- **Plant yourself--- on a garden stool or bench.**

If you are going to be performing a task where your hands need to be close to ground, such as weeding or planting flowers, use a garden stool or bench. It will alleviate stress on your knees by preventing prolonged squatting and will help you maintain that arch in your low back as well.

- **Get a grip--- on a garden tool with a good handle.**

Repetitive pulling of weeds is one of the activities that could lead to wrist strain. Instead of pulling weeds with

your hands, use a garden tool with a good grip on the handle. This will decrease the stress you put on the small muscles in the fingers and hand and prevent overuse injury.

- **Leave the heavy lifting to Green Giants.**

Heavy lifting in the garden must be done carefully and properly-- and if you think it may be too heavy, it probably is. Ask for help! Keep that forward arch in your low back. Also remember to tighten your abdominal muscles to activate your core and to exhale as you lift.

- **Stretch before you seed....Stretch after you sow.**

Stretching will help warm up your muscles before you get going in the garden; it's also important to cool down with stretches after any kind of physical activity-- from planting to pruning! Simple wrist bending stretches, hamstring stretches, and gentle low back stretches are a good start. Stretch gently and hold your stretches for about 30 seconds.

- **Water your garden...Hydrate yourself.**

Stay hydrated and rotate tasks every 30 minutes to avoid staying in one position for too long. It will also help to pace your gardening out over several days and for shorter periods of time. Following these simple steps will help you stay healthy so that you can stay out in the garden and keep your yard as beautiful and healthy as you keep yourself!



7 Healthy Foods for Runners



One of the most important factors in distance training is what you put in your body. Healthy foods for runners aren't too hard to come by. Don't have time to make a five-course meal? Sick of the usual pasta dinners or bagels with peanut butter and banana? Check out some of these foods below that will help keep you energized.

• Black Rice

This whole grain is loaded with iron and carbs. It gets its color from anthocyanins (antioxidants also found in blueberries and pomegranates) that may help reduce post-workout soreness. You can sweeten a bowl of black rice with honey for a carb-packed breakfast.

• Brussels Sprouts

Out of all cruciferous vegetables, Brussels have the highest levels of glucosinolates, compounds that rid the body of cancer-causing agents. They are also rich in Vitamin C and K.

• Greek Yogurt

As opposed to regular yogurt, it is higher in protein and lower in sodium and sugar. You can use it to replace things such as sour cream, buttermilk and mayo.

• Eggs

Every runner needs eggs, aside from being an excellent source of protein they are rich in choline, a nutrient not found in many foods but vital for healthy brain cells and memory. Two eggs alone supply half your recommended intake.

Trail Mix

Dried fruit is loaded with carbs while nuts and seeds provide protein and vitamins and minerals such as zinc, copper and vitamin E.

Maple Syrup

Real maple syrup contains a good dose of manganese and zinc. Both minerals protect your muscles and support your immune system.

Broccoli

This nutritional powerhouse has vitamin C, potassium, fiber and phytochemicals, all key for peak performance.

*By Jill Bures
examiner.com*



Breakfast on the Run

Need a healthy breakfast that's grab and go?

Stock your fridge with individual containers of Greek yogurt and portion out single servings of fresh berries or any fruit of your choice (3/4 to 1 cup) and a handful of granola.

Just fold the fruit into the Greek yogurt and top with Granola. Drizzle a little honey on top and *Voilà!*

Greek Yogurt Parfait loaded with protein and probiotics.



Congratulations Melissa Buado...New Net News Columnist and Contributor

Big Congrats are in order for the talented Melissa Baudo, who will be contributing a regular column for ALTA's magazine, Net News.

Her first article in July's edition will detail the extreme pressures of working on the celebrated WTA Tour.

Pictured (Left): Melissa treats Caroline Wozniacki courtside.

Stroller Workout

By Lisa Druxman



70% of moms are still unsatisfied with their bodies nine months after giving birth. Even those lucky few who take off their pregnancy weight don't necessarily regain their same body composition. Most new moms who take off the weight lose muscle, so they have more fat, less muscle, and less tone than they desire. This stroller workout can be done in just 30 minutes and combines intervals of power walking and body toning stations using your stroller.

Warm Up (3 minutes) - Start with an easy walk, gradually warming up your body and your muscles. The most common postural dysfunction when pushing a stroller is to hunch forward. Make sure to keep shoulders down and back throughout your walk.

Single Arm Chest Press (2 minutes) - This exercise is best done pushing up hill. A sloped driveway will work fine. Start with stroller just in front of you, with one hand on the handlebar and arm bent. Use that arm to push stroller up hill, with upper body slightly opening through range of motion. Focus on chest muscles for the push. Return and repeat about 12 times. Switch and repeat on other side.

Power Walk (3 minutes) - Get back on your walk. Use full, powerful strides. Feet and knees face forward and body stands tall. Many moms experience

carpal tunnel syndrome during or after pregnancy due to swelling in the wrist. Pushing a stroller incorrectly can exacerbate this problem so be sure to keep wrists in neutral alignment on handlebars.

Stroller Row (2 minutes) - Walk back to your driveway or another small hill. This time you will have the stroller face down hill. Legs are about hips width apart, hands spaced about shoulder width apart. Let stroller roll forward so that arms are extended and then use upper back muscles to pull stroller back in to you. Focus on a strong back to pull stroller in towards your body.

Power Walk (3 minutes) - By now you should really be working. Walk at an intensity that you are a little out of breath, but not so much that you can't sing to your baby.

Isometric Bicep Lift (1 minute) - Find flat ground for this station. With arms shoulder width apart, have palms facing up as you hold your handlebars. Very carefully lift back wheels of stroller an inch or two above the ground. Front wheel stays on the ground. Use your biceps to "hover" the stroller. Safety is first. If you feel your stroller cannot be lifted safely, please omit this exercise.

Bent Over Shoulder Press (3 minutes) - Ideally you will use an incline for this station but it will still work if you only have level ground. Bend forward at hips, keeping spine in neutral alignment. Keep abs and back strong. Grip handles with arms shoulder width apart. Start with arms bent and stroller close to your body, and push stroller forward (or up hill) until arms are extended. Focus on your shoulders to create this movement. Repeat for time of station.

Core Section - Because 80 percent of new moms complain about back pain and virtually all complain about the shape of their tummies, we put together a series of core exercises that should keep your back in good health, and start to shape and strengthen your abdominal muscles.

Basic Crunch (1 minute) - Start basic crunch with feet resting on baby's foot rest or on either side of tire. Legs are bent and torso is on ground. Let head rest lightly in your finger tips. Focus on quality instead of quantity. Focus on bringing ribs to hips rather than the height. Keep space between chin and chest as if you had an orange there.

Side Crunch (1 minutes) - This one is for your waste line (your obliques). Instead of bringing your crunch straight ahead, angle it side to side. Focus on bringing your shoulder towards your opposite knee.

Stretch (3 minutes) - Take time to stretch all body parts we worked today. This is a great time to pull baby out of stroller and stretch beside her and with her.

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Find Us!

