

MOVEMENT FOR LIFE® NEWSLETTER



WHAT DOES HEALTH AND WELLNESS REALLY MEAN?

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The World Health Organization (WHO) in 1948 defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." A component of health is wellness. Wellness has multiple dimensions including social, spiritual, emotional, occupational, intellectual, environmental and physical. These dimensions interact to promote an individual who is healthy and well, therefore the importance of assessing each dimension is essential to overall health and wellness.

"Health and Wellness" have become very trendy terms. If you look around, "health and wellness" are everywhere in grocery stores, pharmacies, medical and health club facilities, and even in fast food chains. Try a general search on the web for "health and wellness"; you will find all types of tests, diets, pills, and activities claiming they will make you (and even your pets) healthy and well. Yet with "health and wellness" surrounding us, the world has 1.6 billion overweight adults (age 15 years and older) with a projection to increase by 40% over the next 10 years. The overweight population is

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MOVEMENT FOR LIFE MONKEY

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We realize, as a whole, people do not choose to come to physical therapy. For the most part, people are coming to see us as a result of a negative event such as an injury, pain, surgery, or the results of aging. As physical therapists we are well trained to treat any musculoskeletal ailment you might have. More than just alleviating your pain or restoring your function, we would like to get to know you and discover how to best get you back to those activities that are **most important to you**.

That is why we have introduced our mascot, the "Movement for Life Monkey". You, as a patient come in and see us and see our world and we would like some way to see and get to know yours. We hear about the vacations, sporting events, and kids/grandkids that you are working to get back to, but we rarely get to see them. The Movement for Life Monkey affords us this opportunity. He can go where we may not be able. He travels the globe with our clients and joins them on whatever endeavor they undertake. Through him we get to be a part of those experiences and thanks to our clients, we get to see the pictures.

So let me take this opportunity, if you have not already made his



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not isolated to adults; the occurrence of children being overweight is also on the rise. Being overweight, no matter your age, places you at higher risk for various ailments including osteoarthritis, type 2 diabetes, high blood pressure, high cholesterol, coronary heart disease, stroke, cancer, and metabolic syndrome to mention a few. Please realize weight is only one component of *"health and wellness,"* weight just happens to be a more personal, researched and publicized topic. After giving you a few definitions and dimensions of health and wellness, let's ask the question... Have you ever truly thought what being *"healthy and well"* means to you?

The process of becoming *"healthy and well"* is an active process beginning with you defining what *"health and wellness"* means to you. We all know you can be told by your family, friends, and even a health care professional if you are unhealthy or not well. However, if being healthy is not important or a priority to you, you are not going to be committed to proceeding toward the changes needed for you to achieve a healthy state.

As a health care professional and a mother of young children, these statistics frighten me and they have inspired me to become even more passionate about encouraging individuals to achieve healthier lifestyles, through education and physical activity or referring to an appropriate affiliate. If you are ready to commit (or need a little encouragement to commit) to health and wellness, but just are not sure how to get started please contact one of our offices.

Visit www.slsportstherapy.com for a complete listing of each office location along with directions and contact information.

SOME COMPLAIN, OTHERS GET TO WORK

by Ryan Joiner, MS, CSCS
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My daughter and I were watching a reality show the other night and the participants had to sing. I'm not a big fan of reality shows, but I have to admit that I sometimes get hooked into their performances. To hear an amazing voice sing a well-written song is a great pleasure.

If you had been watching, you would have seen a very weird guy that was basically crying. Yeah, I know that describes about ¾ of them, but this guy was really crying. He said something like, *"how can they take my dream away from me?"*

I growled when I saw the scene and my daughter rolled her eyes, knowing she was in for another one of my *"lectures"* on bad attitudes and life lessons. You've probably heard one before too.

What immediately went through my head is that no one *"takes"* our dreams away from us, but us.

Then I thought of the economy, and all the complaining and moaning that I hear about it. Especially in the media, which made me think of this:

Some complain, others get to work!

And I bet you know who were the successful ones in this story – the ones who didn't let anyone *"take their dreams from them."* I see this attitude in health and fitness all the time.

In regards to the economy, no doubt there are people struggling right now, but nothing good will happen for them by complaining. While so many are cowering, I'm growing a business.

And at the same time many are complaining about their weight, their energy levels, their looks, their sleeping patterns, etc. We saw 78 people last month go to work and successfully change these things!

How is your mindset currently? How do you handle the negative thoughts that enter your head each day? How does that affect your fitness? Do you let your fears, anger, and

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complaining run wild? Or do you shut down the "head trash" and get to work?

Take control of your life. The future favors the bold!

When many are struggling and looking to others for solutions, I can promise that there are people thriving right now and they are the people taking action, rather than waiting for others to take action. They are not letting anyone take their dreams from them! Be one of these people.



MOVEMENT FOR LIFE MONKEY

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acquaintance, to introduce your local physical therapy monkey. He is a special part of our family. He creates a bridge from the reports about our clients' goals to the actual hikes, pain free days, work, gardening, vacations, and so much more.

Once you are here you are like family, and it is important to us that you feel that way. We want to get to know you and your unique

needs and goals. We also want you to know that you don't have to have an injury or be in pain to come see us. The Movement for Life Monkey would like to share in your injury prevention or see you enhance your performance through our wellness programs. Everyone is here to not only get you well, but help you stay that way.

So if you are willing, we would love to send a local physical therapy monkey with you to give us a peek into your real life goals and the things that make you, you. We look forward to seeing his future endeavors as well as working together with you to reach those goals.

WHAT IS SCIATICA?

by Amanda Tvedt, PT, DPT, OCS
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Most of us have heard of the term "sciatica," but what exactly is it? Sciatica is not a condition, but rather a symptom.

The cause of this symptom is due to inflammation of the sciatic nerve. The sciatic nerve begins in the low back and is formed from segments of the lower spinal cord, including the lumbar and sacral nerve roots. As the thickest peripheral nerve in the body, it runs through the back of the pelvis, and down the back of the thigh and leg. It functions to supply movement and sensation to parts of the leg.

Sciatica is most commonly caused by a herniated disc or spinal stenosis, and less commonly by peripheral nerve entrapment. It may present with symptoms such as pain in one leg which is greater than pain in the low back, pain radiating into the foot or toes, numbness and paraesthesia in areas of the leg.

Conservative treatment of sciatica focuses on pain and inflammation control, and your physical therapist will direct you with specific exercises, correction or movement impairment, and education. In general, if conservative treatment is appropriate the clinical course of acute sciatica is positive, with 80% recovering within 8 weeks, and 95% within 1 year.

Prevention may not always be possible, but protecting your back may reduce your risk. Always practice proper lifting techniques, lift with your legs and hold objects close to your chest.



Exercise regularly to maintain and increase the strength of the main muscular stabilizers in your back and abdomen. Use correct and effective posture when sitting and standing, and take breaks to change positions if you sit while working.



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**Keep in touch with our team,
we want to hear from you!**

FACTS YOU MUST KNOW ABOUT HEADACHES

by Gage Permar, PT, DPT
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70-90% of adults report having one or more headaches annually. Up to 15% of headaches are of cervicogenic origin. This simply means the headache is caused by dysfunction of the cervical spine, particularly the C1 to C2 or C2 to C3 facet joints. To determine if you have a headache with a cervicogenic component, pay attention to areas of pain and what brings the headache on. Cervicogenic headache pain can be felt along the neck, area right below the skull, behind or around the eye region, and along the temples or ears. The onset of headache is usually precipitated by specific neck movements or sustained postures. Headache is on one side most of the time. Symptoms last 4 to 72 hours, but can last weeks. A number of other symptoms such as dizziness, nausea, vomiting, blurred vision, sensitivity to light and sound, and trouble swallowing may be present. Arm or shoulder pain on the same side of the headache has been reported.

It's important to remember that any acute onset dizziness, blurred vision, trouble swallowing, or shoulder and arm pain that is not part of your headache presentation should be addressed by a physician. If you or a family member has symptoms that may be attributable to a cervicogenic headache, contact a physical therapist. There are several tests a physical therapist can perform to determine if your headache has a cervicogenic component. If it does, the headache can be treated using a combination of manual therapy directed to the upper cervical joints and specific exercise targeting the deep neck flexors. This treatment regimen has been shown to reduce

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