



Our Mission

"To provide outstanding, progressive care in a nurturing environment that prioritizes individual treatment, with accountability to standard of care; where rehabilitation, fitness, performance and an overall healthy lifestyle contributes to best serving our patients and the community."

Calendar of Events

Included in this issue is a calendar of upcoming events. See Page 3.

Ask the Physical Therapist:

Is there a question that you would like to ask a Physical Therapist?

Here is your chance for an answer. Send your questions to ppt@frii.com, and your question will be answered and possibly printed in the next newsletter.

Going Green! Please email us if you would like to receive this newsletter via email. Contact: ppt@frii.com

Performance Physical Therapy (970) 493-8727 www.performance-physicaltherapy.com

Olympic Training Impressive Experience

By Paula Nickel, MSPT

It's been seven weeks since I returned from my two-week volunteer opportunity at the Olympic Training Center (OTC) Colorado Springs. When I first arrived, looking only from the outside, I didn't think the facilities were all that impressive. However, once I was given a tour of the inside of the facilities, it was easy to be impressed!

My initial thoughts on applying as a Physical Therapist (PT) at the OTC were mostly that it would be a great experience and it would be fun. I was there with another PT, Chiropractor and Sports Medicine physician. It was a little intimidating at first, but I quickly settled in and tried to help. The first week I was assigned to the free-style wrestling team (male). I was covering practices, evaluating injuries, patching cut eyes and bloody noses – you name it. When I wasn't there, I was in the clinic seeing whoever walked in the door.

The Colorado Springs facility houses male/female wrestling, male/female weight lifting, male/female swimmers, male/female shooters, male gymnastics, and triathletes. The OTC also hosts other countries' athletes. When I was there, there were wrestlers from Sweden, Slovakia, Argentina, and Serbia. There are a lot of camps, tryouts and tournaments as well. My first patient was a 6 foot 4 inch, 260-pound Greco-Roman wrestler named Jalmar. He was huge! He had been experiencing shoulder pain for at least a couple of months. I asked him what made it hurt and he

said "the Gut Wrench." "Oh," was my response, not knowing what a Gut Wrench was! I was to learn a lot about all of the sports, how they are performed and scored. Jalmar had never experienced Muscle Activation Techniques (MAT) and was amazed at how well it worked. Over the two weeks I was there and treating him, he improved significantly and was pain-free by the time he was headed back to Sweden.

I went on to meet and treat numerous athletes. All of them were very appreciative and grateful for any help they received. The athletes are very well cared for with a team of physicians, nutritionists, physiologists, psychologists, chiropractors, strength coaches and trainers. I was amazed at how dedicated everyone at the OTC was. Everyone literally puts their lives on hold to work towards attaining their dream – or helping others achieve theirs. They will work on a one-minute piece of a gymnastic routine, or a specific wrestling move, or the first part of a lifting technique for hours!

The facility also has a multi-million dollar video playback system that enables athletes to review their last performances with an eye towards continual improvement. Again, the athletes are all extremely dedicated!

The big news when I was there was hearing Michael Phelps was coming. He did! He never came into the clinic, but I did see him in the dining room. It was a great experience and I did have fun ☺!

Tips to Avoid Pain When Lifting and Carrying a Child



“Avoid holding your child in one arm and balanced on your hip.”



Lifting and carrying a child, picking up toys off the floor, and pushing a stroller are normal daily tasks for a mother. The American Physical Therapy Association (APTA) offers these tips to help moms and other care givers accomplish these daily feats without aches and pains.

Lifting Your Child From the Floor

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee.

Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

Carrying/Holding Your Child

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier, be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

Picking up Toys From the Floor

As a mother, you will find yourself cleaning up after your child often.

When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you.

Lifting Your Child Out of the Crib

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

Pushing a Stroller

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

APTA Recommends 'Tummy Time'

APTA is urging parents and caregivers to ensure that babies get enough "tummy time" throughout the day while they are awake and supervised, in light of a recent survey of therapists who say they've noticed an increase in motor delays in infants who spend too much time on their backs while awake.

In the national survey of 400 pediatric physical and occupational therapists, conducted on behalf of Pathways Awareness, a nonprofit group dedicated to early detection of motor delays in children, two-thirds of those surveyed say they've seen an increase in early motor delays in infants over the

past six years. The survey was conducted with the assistance of the Section on Pediatrics and the Neuro-Development Treatment Association.

Physical therapists who saw an increase in motor delays said that the lack of "tummy time," or the amount of time infants spend lying on their stomachs while awake, is the number one contributor to the escalation in cases. Visit www.apta.org for more information and to read comments by Colleen Coulter-O'Berry, PT, MS, PCS, Karen Karmel-Ross, PT, PCS, LMT, and Judy Towne Jennings, PT, MA.



Upcoming Events to Mark on Your Calendar

Pedal to the Point Bike Tour

When: Sunday, Aug 9, 2009

Description: Pedal to the Point Bike Tour is a fundraiser for Turning Point.

Turning Point is a 40-year young non-profit organization serving local troubled youth and their families.

Registration: www.turningpnt.org

Parents Guide to Getting Outdoors

Free

When: Tuesday, August 18; 3 p.m - 5 p.m.

Location: Butterfly Woods

Learn new skills to enhance your natural area experience. These free programs require registration. Call (970)416-2815 or email: naturalareas@fcgov.com to

register. Join us for one or all of these fun play dates outside! Bring your kids of all ages and plenty of water and we'll do the rest!

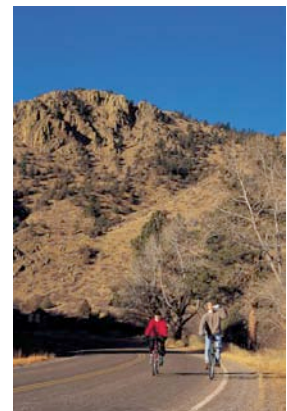
Bobcat Tails

When: Wednesday, August 12, 10 - 11 a.m.

Location: Bobcat Ridge

Bring your kids and enjoy specially designed programs geared to their ages. Reservations required. Join puppet Clever Clyde the fox and his friends to find out about wildlife secrets on August 26, and Clyde's insight on animal homes on Sept. 23. Become an insect on Aug. 12 and drink with your feet like a plant on Sept. 9. For ages 3-7 and parents/guardians.

www.fcgov.com/naturalareas/finder/bobcat



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Suggested Websites

www.theprrt.com

www.vestibular.org

www.muscleactivation.com

www.totalmotionrelease.com

View video of MAT and PRRT
techniques on our website!

We're on the Web!

See us at:

www.performance-physicaltherapy.com