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HOURS

Monday - Friday

7:45 - 5:30

Lunch

12 - 1

Times may vary, please call.

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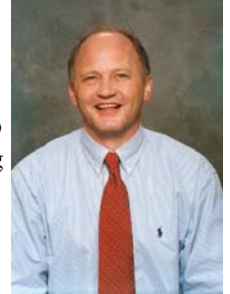
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PHYSICAL THERAPY CONNECTIONS

A Quarterly Publication of the Arizona Center for Physical Therapy & Rehab

Personal Service with an Emphasis on Quality

I am passionate about my profession! My **mission** as a Physical Therapist is to carefully guide you the patient through the entire rehabilitation program, so that you feel confident to return to the level of activity that you desire. We are committed to maintaining a **therapist-to-client ratio** that will allow the therapist to provide optimal care to every client during each treatment session. We establish a therapeutic program for each client based on the most current evidence-based practice. Treatment may include interventions of manual therapy (joint mobilization and manipulation, passive range of motion, soft tissue mobilization), therapeutic exercise, injury prevention and wellness, education and therapeutic modalities such as neuromuscular electrical stimulation, ultrasound or heat and cold therapy. Our **goal** is to involve the patient in the development and implementation of their personalized treatment plan, to make it the most beneficial therapeutic rehabilitation program possible. **It is my profession and my passion. The professional staff at the Arizona Center for Physical Therapy and Rehab are ready to work for your best interest.**



M. Gregor Rauscher, PT

PREPARATION FOR AMERICA'S PASTIME - YOUTH BASEBALL

This month we are talking about community. In almost all communities, there are child and teen baseball leagues. Unfortunately, with participation in sports there are injuries.

Medical literature is a good source of guidance when developing recommendations and guidelines for child and teen pitchers. In one research report of 467 child and adolescent baseball pitchers, they examined the types of pitches these kids throw. Curveballs, sliders, and change ups were studied in this population and they came up with some interesting recommendations:

1. Breaking pitches such as the curveball and slider, place more stress on the pitcher's shoulder and therefore, caused more pain in

the elbow and shoulder. The curveball was associated with a 52% increased risk of shoulder pain, and the slider was associated with an 86% increased risk of elbow pain.

2. A change-up is a safe pitch because it does not require rapid twisting of the hand and forearm which torques the elbow and shoulder.

3. Because shoulder and elbow injuries are the result of overuse (throwing too many pitches), the number of pitches is important. The authors recommend limiting the number of pitches to 75 in a game and 600 in a season. These are some good guidelines to start from. If you need more information regarding throwing programs, child, or teen fitness, please give us a call.

Now that we have some recommendations, we need some good programs to help condition the throwing athlete. We are going to suggest a couple ways that you can better prepare your child for the baseball season.

First, it is important to get the arm in shape for baseball season. Like most other sports, a progressive return to a sporting activity is recommended. A marathon runner wouldn't go out and run 26.2 miles on day one of training, rather, he or she would work their way up to the competitive distance. So to, a baseball player should work his or her way up to a reasonable number of tosses. Over the course of a few weeks, a progressive throwing program varying distance, intensity, and toss count can help prepare your child for the season. The other way to prepare your child for the season is with an endurance training program.



Stretching: A Good Deal More Than Just Warming Up



Physical fitness is accomplished through workouts that focus on three major elements: cardiovascular exercise, strength training, and flexibility. Of these three, flexibility is the most neglected. True flexibility is achieved through a regular focused stretching program. For many stretching is something to do before exercise or a workout; it is frequently viewed as just a warm-up for the “real thing.”

Let’s consider two major misconceptions about stretching. First, stretching is **not** a warm-up exercise, and second, stretching is an absolute necessity before and **after** any form of exercise.

If you go to any place where people step onto the playing field, gym, arena, or weight room, and they do a few fundamental stretches, and begin a game or workout, you can witness the minimal amount of stretching people do. Beginning physical

exercise this way is at least improper and at worst dangerous. Warm-up for exercise with a five to ten minute walk, run, stationary bike ride, or other aerobic activity.

Remember – prepare your body for stretching by warming up first – not the other way around.

Stretching is not warming up – it is exercise!

Stretching can be a general workout, or it can be sport or activity specific. If you are stretching in preparation for a specific activity, it is suggested you check with your doctor, therapist, or trainer for stretching specifics that prepare you for the activity. For example, if you are a serious weight lifter, it is advisable to stretch each muscle group before and after you engage in specific lifts. A golfer can/should employ stretching throughout a round of golf.

There are even specific stretching exercises recommended before working in the garden. It is worthwhile to know what to stretch, when to stretch, and how to stretch. If you prefer researching your own stretching techniques, there are books available and the internet offers sites dedicated to stretching. There are three basic types of stretching: static, dynamic, and PNF. Static stretching consists of slow movement to a specific point and holding that position for 10 – 20 seconds before returning to a re-

laxed position. Dynamic stretching involves moving parts of your body and gradually increasing extension, speed of movement, or both. PNF (proprioceptive neuromuscular facilitation) is a more sophisticated method and requires proper training or the assistance of a professional. Three factors to keep in mind as you develop a stretching routine: **1)** Do not bounce or over stretch. Using ballistic movement (bouncing) can cause injury to the muscle. **2)** Stretching should not be painful. You may stretch to a point of discomfort; that is your body reaching new heights. Pain however is your body’s way of warning you of danger. **3)** If you stretch with or around others, do not compare your accomplishments with another. Know your goals and your limitations. General stretching programs and exercises are available through many fitness books and manuals. For specific questions regarding the exercises best for you, check with your doctor, therapist, or trainer. As you incorporate more stretching into your workout program, keep in mind that the increased flexibility that results from stretching programs reduces the risk of injuries, helps in recovering from demanding workouts, increases general range of motion, improves form in activities, and lessens fatigue at the end of the day.

Summary of the Benefits of Stretching

- Reduces the risk of injury
- Reduces muscular tension
- Helps improve balance and stability
- Eases joint stress
- Increases joint range of motion
- Corrects muscle imbalances
- Improves movement patterns
- Promotes circulation
- Enhances posture
- Improves overall functional ability and freedom of movement
- Develops better body awareness
- Decreases delayed onset muscle soreness (DOMS)
- Allows you to feel and perform better
- Maintains the normal functional length of all muscles



PHYSICAL THERAPISTS TREAT A VARIETY OF PROBLEMS- CAN WE HELP YOU?

Physical therapists are able to help many people with a variety of ailments. Do you know someone who is suffering from:

- Low Back Pain
- Neck Pain
- Knee Pain
- Shoulder Pain
- A Recent Orthopedic Surgery
- Movement & Balance Disorder

- Tension Headaches
- Difficulty with Walking
- Arthritis
- Pain Sustained in an Accident
- Poor Physical Fitness
- Poor Strength
- Joint Pain

We may be able to help. We will perform a thorough examination/evaluation and develop a treat-

ment plan to help you get back to the things you love doing most. Our individualized programs are designed to educate you in the proper exercises so you can carry them out on your own and therefore, you do not become dependent on your therapist for long-term care.

If you or someone you know needs some help, just give us a call **928-537-0248**

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WWW.AZPT.COM