

SPORTCENTER

SPEECH • PHYSICAL • OCCUPATIONAL • REHABILITATION • TRAINING

THE PERSONAL TOUCH - February/March 2009

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Exercise and Cold Weather: Stay Fit, Stay Safe

Now that winter is really here and the cold and snow are ready to hang around for the next “few” months, exercising outdoors is not looking as appealing as it did in November. But, as long as your health is up, there is no reason not to get out there and get your exercise. So here are the top tips for safely exercising outdoors this winter from Whitefish Therapy and Flathead Performance Training.

1. Perform warm-up and stretching exercises indoors first. This will get your heart rate and body temperature up so that the cold will not be as much of a shock and gets your body ready for exercise. You want to get warmed up but not to the point that you have started to sweat as this will cause you to get chilled from the start.

2. Layer up. One of the biggest mistakes you can make when exercising outdoors is to dress too warmly. Exercise generates a considerable amount of heat and can make it feel up to 30° warmer than it is. Dress in layers that you can remove as soon as you start to sweat and can put back on later as needed. You first want to start with a base layer made of a synthetic material that will draw moisture away from your skin. Cotton does not make a good base layer since it absorbs moisture and keeps it against your skin and will cause you to get chilled. Your next layer should be a long sleeve shirt and then maybe a fleece sweatshirt or jacket. Top this with a wind and waterproof jacket to protect you from the wind and/or rain. If it is very cold or you have asthma, wear a face mask or scarf over your face.

3. Protect your extremities. When it is cold, your body sends more blood to your core and less to your extremities, leaving your hands and feet vulnerable to frostbite. Consider wearing a thin pair of gloves under a heavier pair of gloves or mittens to give you a layer to remove if your hands begin to sweat, keeping them dry. If you are going to wear exercise shoes, buy a pair a half to full size larger to accommodate thicker socks. It is a good idea to bring the socks you

will wear when purchasing shoes ensuring they will be large enough. And finally, don't forget a hat or headband to protect your ears.

4. Head into the wind. You will be less likely to get chilled if you finish your workout, when you are more likely to be sweaty, with the wind to your back.

5. Drink plenty of fluids. Drink water or sports drink before, during and after your workout, even if you're not thirsty. You can become just as dehydrated in the cold as you can in the heat from sweating and breathing.

6. Know the signs of frostbite and hypothermia. Frostbite is occurs most commonly on your face, fingers and toes. Early signs include paleness, numbness and loss of feeling or a stinging sensation. If you suspect frostbite, get out of the cold immediately and slowly warm the affected area without rubbing it. If the numbness continues, seek emergency care. Hypothermia is characterized by intense shivering, slurred speech, loss of coordination and fatigue. If you suspect hypothermia, get emergency help right away. These conditions come upon quicker especially as the wind picks up and wind chill values decrease, so know when to head for home.

7. Remember sunscreen. You can get as badly sunburned at this time of year as you can in summer, especially when exercising in the snow or at high altitudes. Use a lip balm that contains sunscreen and be sure to protect your eyes from the snow or ice glare with dark glasses or goggles.

8. Get a grip. We recommend that if it the route you are walking is icy, you should invest in a pair of grippers for your shoes or boots. This will help to keep you on your feet, preventing a serious injury.

Getting out in the cold weather to exercise can be a refreshing way to stay fit this winter but only if you stay safe, and following these recommendations is the first step.



Scott Ruta



Mike Carey

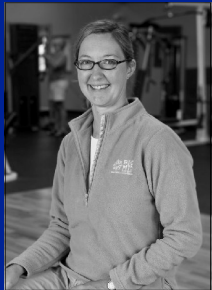


Ben Kingan

Are you having an ache or pain that is interfering with your life? Whitefish Therapy and Flathead Performance Training are offering a free orthopedic screening clinic on the first and third Thursday each month between the hours of 4 - 6 PM. No physician referral is needed to take advantage of this free service. Call us at 862-9378 to schedule your appointment.



Brooke White



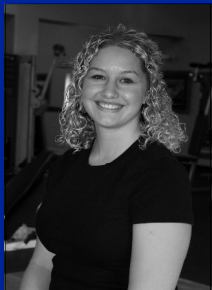
Gloria Nelson



Stacy Upton



Laurel Grady



Faith Corpron

Stretch of the Month: Standing Hamstring

Having tight Hamstrings can cause a number of ailments including; low back pain, leg pain and knee pain.

Having tight hamstrings can be the result of genetics (you were born with naturally short hamstrings), not stretching enough (it's very important to stretch before and after exercise or weight lifting) and sciatic pain (pain causes increased tightness, which in turn causes more pain).

You don't necessarily have to get onto the floor or ground to stretch your hamstrings which can make it easier to stretch more often.

The standing Hamstring stretch can be done anywhere; from the office, gym, ski slope, hiking trail, and even the dining room. All you need is a fairly level surface to stand on and a surface to put your foot on (floor, tree stump, chair, stool, etc.).

Start by putting the heel of your foot onto the surface of your choice. With your leg straight

(no bend at the knee), keep your back straight and bend over toward your toes only at the hips. It is not important to be able to touch your toes and bending over at your back decreases the quality of this stretch.

Hold this stretch for 30 seconds and repeat 3 times on each leg. Perform this stretch after warming up prior to exercise and again after exercise for optimal results.



Remember:

1. Keep your back straight
2. Bend at the hips not your back
3. Stretch everyday

Erica's Corner

If you have always wanted to try yoga, now's your chance! Yoga classes are being offered at SPORT Center, and they are popular! Currently yoga is currently being offered first thing in the morning and in the evenings after work. Yoga is beneficial for everyone for the following reasons:

Increases Flexibility – The various positions of yoga explore the range of motions in all joints in the body, especially the joints that are exercised very little.

Increases the Lubrication of Joints, Ligaments and Tendons –The unique combination of poses and movements creates a safe and healthy medium in which flexibility is attained relatively easily.

Massages Organs in the Body – Yoga is one of the only forms of activity which massages all the internal glands and organs of the body in a thorough manner.

Detoxification – By gently stretching muscles and joints as well as massaging the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in flushing out toxins and provides nourishment to our bodies.

Excellent Toning of the Muscles – Muscles that have become weak are stimulated repeatedly which helps shed excess weight.

Emotional Balance – Yoga gives you a chance in your day to calm your mind and turn your focus inward. Changes that you will notice are a remarkable calmness and positive outlook.

Top 10 winter outdoor activities enjoyed by SPORT Center staff:

10. Ice Fishing
9. Ski Joring
8. Building Snowmen and Snowwomen
7. Cross Country Skiing
6. Snow Shoeing
5. Skate Skiing
4. Sledding
3. Snow Boarding
2. Snowmobiling
1. Alpine Skiing

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

~Edward Stanley

I am very satisfied with Brooke and the therapy my father received. Her patience with my dad was extraordinary. Very, very caring. Carol Schreiber - Kalispell

Exercise of the Month: Opposite Arm/Leg Extension

Trunk stability is important for balance, proper posture and spinal stabilization.

Many people place a premium on core exercises in their workout programs and routines, however, these core exercises typically center around abdominal exercises. Trunk stability also involves our gluteal, back, hip and scapular musculature.

While no one exercise will train the entire trunk, the exercise of the month does recruit many of these muscles when done properly.

To perform this exercise you will need to get onto the floor on all fours. It is best to do this exercise on an exercise/yoga mat or padded and/or carpeted floor.

Now that you are on the floor, start by tightening your ab's and while holding them tight, slowly lift your leg and opposite arm until they are parallel with the floor. Now this does take some balance so go slowly and keep those ab's tight. Hold this position for a count of two (2) and return to the starting position. Repeat with your opposite leg and arm.

There are some important things to focus on while performing this exercise so that you get the most out of it.

1. As you lift your leg, focus on using your gluteal (butt) muscles to lift your leg and in the end position they should be tight.
2. As you lift your arm, it should move slightly away from your body and you should be squeezing the muscles between your shoulder blade and spine.
3. Keep your abdominal muscles tight through the entire exercise and keep trunk rigid.
4. Repeat this 10 times on each side and perform 3 sets.



- Remember:
1. Keep your ab's tight and your back flat.
 2. Squeeze your glutes and shoulder blade muscles

SPORT Center Massage Therapist gets married!

Tyler and I were married on November 8, 2008. Our wedding was everything we hoped it would be. I literally felt like a princess and there was so much love surrounding us. We were married at The Red Lion Hotel in a beautiful ceremony while surrounded by family and friends. It was followed by an upbeat reception that featured a dessert bar and cocktails. It was such an amazing day, to finally marry my high school sweetheart. We feel so blessed to have each other and begin the journey of our life together.



The Newlyweds:
Tyler and Faith Corpron

Congratulations from everyone at SPORT Center!

Relief from Incontinence: Regain Control

Presented by Randy Beach, MD and Stacy Upton, PT

Thursday February 19th at 7:00PM

The Cornerstone

3004 Hospital Way, Whitefish

Join Dr. Randy Beach, Obstetrician/Gynecologist at Alpine Women's Center, whose humor will outwit the seriousness of incontinence in women. By the age of 60, seventy-five percent of women have issues with bladder control. Dr. Beach's discussion will include: What happens to the female urinary tract; prevention exercises for before and after childbirth; demonstration of effective therapy techniques for regaining control; and simple ways to surgically correct bladder control issues.

Stacy Upton, Physical Therapist at Whitefish Therapy, will discuss "Beyond Kegels," effective physical therapy solutions for prevention and regaining control.

It's never too late to get your bladder under control. This program is for women of all ages. Please join Dr. Beach and Stacy Upton so you can learn how to stay dry.

Refreshments will be served. For more information or directions, call 863-3630.

A FREE Program Sponsored By North Valley Hospital

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2006 Hospital Way, Whitefish, MT 59937
406-862-9372

Now Being Offered

Group Exercise Classes

- Yoga
- Pre-Natal Yoga
- Circuit Training
- Cardio Sculpt
- Body Sculpt
- Pilates

See the enclosed schedule for details!

Inside this edition: Outdoor exercise tips, yoga benefits, make your trunk work

Plyometrics: What are they and what do they do.

Plyometric exercises have been part of European training programs for many years and were originally known as “jump training.” Interest in this type of training started in the early 1970’s when the Eastern European athletes started to emerge as powerful athletes on the world sport scene.

These exercises were thought to be the reason for the growing superiority of the Eastern European athletes, especially in Track and Field. Plyometrics quickly became known to be the link between strength and speed of movement to develop power.

Plyometric exercises help to enable a muscle to reach maximal strength in as short of a time as possible. By shortening the time it takes for a muscle to reach this point of maximal strength through a single contraction you increase the power output of that muscle.

Early on, especially in the U.S., it was thought that “more is better,” however, over the years, through research as well as trial and error, it is now known that we have to develop realistic expectations.

These expectations must be individualized for each athlete and each sport. You must take into account each athlete’s age, skill level, injury history and many other lesser factors when developing a plyometrics program. This will allow for realistic goal development and in the prevention of injury.

When properly performed and directed, these exercises can be a safe and effective way to increase the total power output of a muscle in a sport specific manner. However it must be cautioned that these exercises can also cause injury, both acute and chronic, when done with improper strength, flexibility and form foundations.

Because of the stress that is placed not only on the muscles, but also tendons and ligaments, proper recovery and regeneration time and techniques must also be a part of any plyometric program.

To learn more about plyometrics and how they can help to improve your athletic performance give Flathead Performance Training a call at 862-8250.