

SPORT CENTER

Speech • Physical • Occupational • Rehabilitation • Training

THE PERSONAL TOUCH - April / May 2009

Inside This Issue

Stretch of the Month	2
More Medicare News	3
Exercise of the Month	3
Website News	4



Scott Ruta



Mike Carey



Ben Kingan

Aphasia Support Group Formed

Most people know what it's like to try to grasp for the right word but draw a blank. For people with brain injury from stroke or other causes, it can happen all the time with almost every word. It's a communication disorder called "Aphasia."

Aphasia is an acquired communication deficit that impairs the ability to speak and/or understand others. Most people with aphasia experience difficulty reading and writing, as well. The most common cause of aphasia is stroke, where about 25-40% of stroke survivors acquire this deficit. It can also result from head injury, brain tumor or other neurological causes. Aphasia affects about one million Americans-or 1 in 250 people each year; however, most people have never heard of it.

Aphasia is a disorder that can "mask intellectual competence" and cut an individual off from social and community life. When someone cannot talk, it is often presumed that they cannot think. Often times, a person may understand exactly what you are saying, but are unable to get their words out correctly. This often leaves others thinking they are confused or possibly intoxicated, when in fact; they are unable to express their thoughts or feelings.

Brooke White, CCC- SL, Speech-Language Pathologist, has established an aphasia support group that meets every week at SPORT Center in Whitefish. The group has given these individuals with aphasia the opportunity to practice their conversation skills in a supportive environment, where others are willing to take the time to listen without being critical. There is a special magic of camaraderie and realistic communication practice that happens within the group. Individuals in the group communicate with each other, share stories utilizing strategies of writing, drawing and gesture, and laugh

while giving encouragement and support to each other.

As a clinician, Brooke facilitates social and functional language for daily activities. Strategies and techniques for language expansion are practiced during role playing and in real life situations. Participants learn from each other. Hypothetical communication settings, such as the grocery store or a restaurant, to situations as abstract as current events or politics are discussed. This allows individuals to implement learned therapeutic strategies within a functional group context into real life situations.



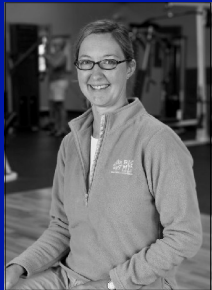
The "Aphasia Group" meets once each week at SPORT Center, 2006 Hospital Way in Whitefish. We encourage participation from others in our community. If you have questions please contact Brooke White, CCC-SLP at 862-9372.



I have missed more than 9000 shots. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game-winning shot, and I missed. I have failed over and over again in my life. And that is precisely why I succeed.
- Michael Jordan



Brooke White



Gloria Nelson



Stacy Upton



Laurel Grady



Faith Corpron

Stretch of the Month: Tennis/Golfer's Elbow

This is the time of year to hit the links and the tennis courts, and with that can come a sore elbow. This elbow pain can come from overuse or misuse of the muscles that flex and extend our wrist.

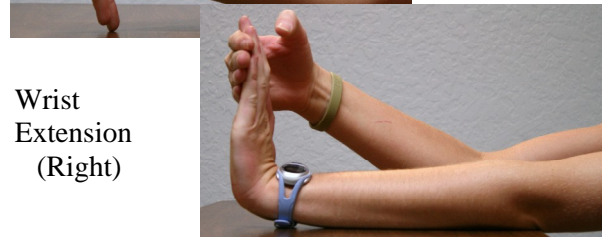
Tennis elbow is most often due to chronic overuse of our wrist extensors since they tend to be weaker than our flexor muscles, and with a backhand, a large amount of stress is placed on them at ball contact. This injury can also be caused by a single acute event that increases this stress, like if you hit the net on a backhand shot.

Golfer's elbow is most often due to an acute event, like taking a beaver pelt sized divot on a fairway shot. This can increase the stress on the wrist flexors of your bottom hand as they contract to pull your wrist and club through the shot. This can also be due to a more chronic overuse of these muscles like taking many smaller divots over a round or two.

These stretches should be done before and after a match or round. First with your elbow straight, grasp your involved hand and slowly bend wrist down until a stretch is felt and hold. Then slowly bend wrist back until a stretch is felt and hold. Repeat these stretches with you elbow bent (45—90 degrees) and perform all stretches 3 times, holding each for 30 seconds.



Wrist Flexion (Left)



Wrist Extension (Right)

Arthritis and Your Hands

Arthritis can cause painful changes in your hands that many people find limit their daily activities because of pain or loss of strength. Arthritis is a chronic disease that is life long, however it does not have to be debilitating.

There are steps that you can take to protect your joints so that you can best live with the arthritis. The goal is to manage the disease in such a way that minimizes inflammation and protects your joints from further damage.

The following are some things you can do to help protect your joints:

- Reduce joint irritation through the use of heat or cold compresses.
- Compressive gloves can be worn to reduce and control swelling.
- Use splints such as figure eights or silver ring splints to support joints and prevent further deformation.
- Gentle Range of Motion exercises to maintain mobility of your hand and fingers.
- Relaxation methods such as deep breathing to manage stress so that your immune

system is not further stressed.

- Avoid strong grasps, especially sustained grasps or pinches.
- Avoid prolonged hand positions, such as in handwriting. Take frequent “mini-breaks” when doing an activity by stretching hands out fully for 5-10 seconds.
- Use environmental supports to avoid prolonged hand positions such as propping a book or newspaper up on a pillow, book holder or laying flat on the table.
- Use hands in a flat position, palm up whenever possible (i.e. carry a plate with both hands flat underneath the plate rather than pinching the side of the plate).
- Reduce forces on joints by using large handled objects such as a large handled spoon for mixing, a large handled vegetable peeler or a large handled knife for cutting.
- Hold onto objects with a “light touch” Holding onto a pen lightly instead of gripping tightly will enable you to write while reducing the strain on your joints and ligaments.

It wasn't just your usual and expected physical therapy experience. With their help it became an experience that transformed my life. -Sheila Bowen, Whitefish

Exercise of the Month: Supine Lat Pull/Deltoid Raise

This edition's exercise of the month focuses on training your latissimus dorsi, posterior deltoid, glutes and abdominal muscles, all in one exercise.

To perform this exercise, start by sitting on a swiss ball with a dumbbell in each hand and roll out so that your upper back is centered on the ball, feet flat on the floor, glutes tight so that you are in a table top position. Press the weights up so that your arms are straight and thumbs facing in the direction of your head.

While keeping your glute and abdominal muscles activated to maintain a stable base for movement and keeping arms straight, slowly lower one weight down toward your waist while in unison lowering the opposite weight back over your head. Next, alternate ending position of your arms, moving them in unison and repeat so that each arm moves through the full range 10—15 times. Complete 3 total sets of this exercise, 2—3 times per week.

This exercise can be progressed in two ways. First, to increase activation of your lat's, turn thumbs so that they face inward, toward each other, while performing this exercise. Second, to increase activation of the glutes and abdominals, you can place weight (weight vest, sand bag, ankle weight, etc.) over the abdominals.



Starting Position



Ending Position

What is Massage Therapy

Massage Therapy involves the manipulation of soft tissue structures of the body to prevent and alleviate pain and stress, and to promote health and wellness.

Massage has been a major part of medicine for at least 5000 years. It has been known as one of the oldest forms of medical treatment in the world.

Some of the benefits include: Increased circulation, decreased muscle tension, lessen depression and anxiety, helps relieve stress and aids muscle relaxation, helps reduce muscle spasms, improves skin tone, improves posture, improves breathing, increases metabolism, increase joint flexibility, relieve tension headaches, enhance immunity and relaxed overused muscles.

A few different types of Massage Therapy are:

- **Swedish** - a gentle relaxing massage.
- **Deep Tissue**—focuses on realigning deeper layers of muscles and connective tissue
- **Neuromuscular Therapy**—concentrated pressure on areas of muscle spasm.

- **Aromatherapy**—Massage therapy using one or more scented oils to address specific needs.
- **Shiatsu**—Japanese type of massage using finger pressure on acupuncture meridians.
- **Reflexology**—applying finger pressure to pressure points on the foot that correspond to organs and systems in the body.
- **Thai Massage**—laying on the floor Thai massage focuses on stretching and loosening the body.
- **Ayurvedic**—focusing mainly on Marmas or Indian pressure points.
- **Lomi -Lomi**—combination of prayer, breath and energy and a variety of massage strokes.
- **Balinese Massage**—combines acupressure, reflexology, stretching and aromatherapy.

Any type of massage is beneficial, and at SPORT Center, Faith Corpron, mainly performs Deep Tissue, Neuromuscular Therapy and Swedish Massage.

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

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Because you don't have to drive a hybrid to go green!



Inside this edition: Arthritis Tips, Group Support and "Elbow Pain"

Summer Agility and Conditioning Camps

Camp Description

These agility and conditioning camps will work to improve the basics of muscle movement, flexibility and agility. Each camp session will start with a team warm up to teach proper warm up techniques and flexibility exercises to reduce the risk of injury, improve performance and prepare athletes for the demands of activity.

Athletes will also learn concepts of basic nutrition and proper hydration to again help improve performance and reduce risk of injury.

The camps will include basic cone drills to improve foot speed, coordination and agility. This will progress to more advanced cone and obstacle drills to improve their overall athleticism.

Many young athletes have "faults" in their mechanics of running and jumping that if not corrected at an early age can lead to overuse injuries as they get older. To help reduce this, athletes will be introduced to the fundamentals of running and jumping mechanics.

Camp will be run in a team atmosphere and an emphasis will be placed on team above self promotion. Athletes will be taught and encouraged to push and encourage each other in a positive manner. This will help to foster and build the important skills of leadership and sportsmanship.

Camp Goals

- Improve conditioning levels
- Improve age appropriate agility
- Improved age appropriate coordination
- Improved flexibility
- Increased lateral speed
- Improved running and jumping mechanics
- Improved leadership and sportsmanship

Camp Dates, Cost and Location

Football Dates: Every Monday and Wednesday evening from July 20 - August 19, 2009

Times: Grade K - 6 5:30 PM - 6:45 PM
Grade 7 - 12 7:00 PM - 8:15 PM

Soccer Dates: Every Tuesday and Thursday evening from July 28 - August 27, 2009

Times: Grade K - 6 5:30 PM - 6:45 PM
Grade 7 - 12 7:00 PM - 8:15 PM

Cost: \$85 if registration received by July 15
\$25 late fee if received after July 15

Location: Kalispell KidSport Complex

Each athlete should bring sport shoes, water and be ready to work hard, rain or shine.