

Healthful Hints

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The Quarterly Newsletter of

Eastern Iowa Physical Therapy



Live Fully. Move Freely.

EIPT Jump Program scheduled for June 20 – a 6 week session:

At the end of the six weeks of training participants will be able to begin the fall/winter sports season with a solid foundation of strength, speed, agility and flexibility.



Jumping drills will teach the athlete to preposition the entire body safely when accelerating (jumping) or decelerating (landing).

If interested, call early to get your name on the list. We expect a large turnout this year so please call Katy at 563-732-4317 and reserve your spot!

Courtyard Health Fair



Courtyard Estates in Walcott sponsored a Health Fair on April 7th. This is the first year they have done this event which was open to the public.

Ryan Larson, DPT from Eastern Iowa Physical Therapy was on hand to answer questions regarding overall health and fitness, exercise, balance, insurance, and how physical/occupational/speech therapies benefit participants.

Athlete's Corner

In March, EIPT sponsored a 12-session Throwing Program for local athletes. Jason Feldman, coordinator of the program says, "It is designed to improve shoulder stability and strength in the throwing athlete." The ultimate goal of our program is to reduce throwing related shoulder injuries.

Shape Your Way Into Summer

by Ryan Larson, DPT

Everyone knows April showers bring May flowers, as well as warmer weather, and the opportunity to be able to get outside after another long midwestern winter. If you are like the normal American, we tend to put our exercise routines in hibernation mode until the sunny and warmer weather returns in the spring. So, for many of you out there, you are gearing up to start that work-out program to get you back in shape for the desired summer "beach-body" physique. And, like many other people, you jump right back into your regime where you left off last fall. Except, you don't get results, and may even develop nagging injuries that set you back and lead you away from your goals. Over time, many people give up their routines and become disappointed, feeling like they have failed and are no longer able to perform at a level they once could.

I am going to provide you with some tips on how to stay ahead of the springtime setbacks.

1. Set goals that are attainable for you; i.e. if you want to lose weight and tone muscles before the full swing of summer, 10 to 20 lbs is about right weight for a 5 wk program. A healthy weight loss is around 2-4 lbs/wk, so plan your program accordingly.

2. Nutrition. A well-balanced diet is key in weight loss and building or toning muscle. Fresh fruits and vegetables provide essential vitamins and minerals your body needs as well as good sugars to boost energy levels and awareness. Try to eliminate foods with high amounts of saturated fats, oils, creams, sugars, and salts. Pop, potato chips, cookies, fast foods, etc all taste great, but will require you to work longer and harder to burn the empty calories from these foods. There is more research coming out about the use of fish oil to help with weight loss, and additional nutrients, such as omega3 in fish oil, which may improve your immune system and concentration.

3. Weight lifting. Lifting weights is a great way to build and tone muscle even if you are not looking to bulk up. Lighten the load and increase reps to tone. More muscle mass equals more calories being burned. As you build muscle, your body requires more energy to use those muscles which in turn burns more calories.

4. Fad diets. They may seem like they work right away, but research is showing otherwise. Recent research determined several fad diets had high initial success rates, however within 1 yr more than 2/3 of the people gained all the weight back and then some.

5. Consistency. This is very important. All the models and body-builders we see on TV did NOT get that way in just a few weeks. It takes months and years of hard work and dedication to get your body in that shape. Do not just give up if you don't see results in a few days. At the minimum it takes your body 4-6 wks to build muscle, and can be a few days before you notice any weight loss.

6. Guidance. An analogy I like to use is with plumbing or electrical work for myself. If it looks like I'm in over my head, I better call someone who knows what they are doing to get it done right. Therefore, if you need help trying to figure out an exercise program to fit your needs, you are not alone. There are many fitness and healthcare professionals available for you to talk with. Dietitians, Nutritionists, personal trainers, physical therapists, and others are good places to start. Many times insurances will even cover costs. Contact an expert to help develop a program specifically for you.

I hope you find my tips helpful as you begin to shape your way into summer. Please remember courtesy and safety are always a must, and good luck on your quest to attain the ever-elusive "beach-body".

Staff Excellence

- In January, **Jenn Burke, DPT** and **Sarah Costello, DPT** attended a course in St. Louis presented by Shirley Sahrman, PT, PhD, FAPTA, a well known clinician and researcher who coined the philosophy of "Movement System Impairment Syndromes."

This course focused on several impairments in movement. For example issues such as alignment, muscle length, stiffness and pattern of movement were evaluated. Then, attendees learned what tests could be used to confirm a movement impairment diagnosis. After the impairment was confirmed they could better identify specific movement issues that contributes to the problem.

Course emphasis was on the low back, lower extremities, and shoulder. Jenn and Sara were instructed on exercise programs to correct these impairments so that Eastern Iowa Physical Therapy patients can return to their highest level of performance.

- Women's Health Conference**

Beth Dessner, DPT attended an intermediate Women's Health Seminar in St. Louis Feb. 25 -27. This intensive course included physical therapy evaluation and treatment protocols for overactive bladder, interstitial cystitis, vulvodynia, dyspareunia, vaginismus, interstitial cystitis and pelvic organ prolapse.

Clinic Happenings

- Ryan Larson** who currently works in the Blue Grass and Durant clinic has taken on many new assignments. Ryan is the Center Coordinator for Clinical Education and Sports Director, which means he is in charge of placement of students for internship/clinical rotations and develops programs for athletes to improve their skills. In addition to his busy schedule, Ryan got married on December 31, 2010, so he is getting used to married life with his wife Ashley.
- In addition to Sarah Costello expecting a baby in May, **Jenn Burke** and her husband Ty are expecting their first child in July. Jenn works as a physical therapist in our Wilton Clinic.
- Lindsey Putnam, daughter of office manager, **Chris Putnam** will marry Dustin Ryan in Dubuque on June 11, 2011. Both Lindsey and Dustin are studying music ministry and will graduate in May.
- Our condolences to **Calli Kahl**, St. Ambrose student and part time receptionist at EIPT's Blue Grass clinic due to the recent loss of her aunt, Jamie Soppe-Jackson. A memorial event will be held in at the Dew Drop Inn, Durant on April 30 for Jamie's two children.

Eastern Iowa Physical Therapy

400 Ovesen Drive
Wilton, IA 52778

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Wilton

400 Ovesen Drive
563-732-4317

Durant

107 W. 5th Street
563-785-6578

Blue Grass

413 S. Mississippi
563-381-8793

EIPT Sponsors Miles for Muscles Iowa

Miles for Muscles was conceived by Mike Hamlin, a cyclist on the East coast, with Myotonic Muscular Dystrophy (MMD). With the help of a non-profit agency Stone Circle of Friends, Mike and his cycling team completed the Century Seagull ride in October 2010 and raised \$14,000 for MMD research! Beth Dessner, owner of Eastern Iowa Physical Therapy, and her husband Dave Cook created "Miles for Muscles Iowa" to also raise money for MMD research. Dave was diagnosed with Myotonic Dystrophy in December of 2009. The Miles for Muscles Iowa team will be running Dam to Dam in Des Moines, Iowa on June 4th. The following runners are currently raising money and running to find a cure for this disease:



David Cook	Beth Dessner	Lynette Buesing	Taelor Bohnsack
Gabriel Boorn	Amy Hurd	Elisa Dessner	Thomas Dooley
Aaron Fagner	Tyler Hartley	Ashley Schmiege	Pat Dessner
Paul Hurd	Calli Kahl	Jenn Tyler	Grace Cook
Mackenzie Holladay	Erik Niggemeyer	Steve Cassabaum	Amy Shelangoski

If you want to help our cause, please go to our website and sponsor a runner, milesformuscles.com/damtodam.html

There will also be a **Trivia Fundraiser at Wahkonsa Country Club on Saturday, May 7.** We would love to have you participate. It is guaranteed to be a fun evening with trivia, food, raffles and silent auction! Call Beth at 563-260-1156 or email bdessner@eipttherapy.com if you can make it. \$10 fee.

Beth Volunteers in St. Lucia

Beth Dessner, DPT and two Des Moines University Doctor of Physical Therapy students (Laura Henderson and Kendall Conder) participated in a Global Health Rotation in St. Lucia, West Indies from March 12- 26, 2011. During their time in St. Lucia they volunteered at St. Judes Hospital in the physical therapy department, treated children with disabilities at a Special Education School, and visited and treated elderly at a Senior Citizen's Home. According to Beth, "It was a very rewarding and eye-opening experience."

