

# Three Rivers Therapy News

*Movement is Meant for a Lifetime!*

## EMPLOYEE Spotlight



Left to Right

**David Wickham, PT, C.S.S.T**

**Jennifer Pendola, PTA, C.W.T**

Recently, David Wickham received his certification as a **Certified Senior Strength Trainer** (C.S.S.T). His certification has equipped him with the skills necessary to work with both the health and injured senior while having the ability to educate the patient regarding physiological changes that occur with the natural aging process. He is also qualified to develop training protocols for specific conditions such as arthritis, diabetes, osteoporosis and cardiovascular disease.

Jennifer Pendola has received her **Certified Weight Trainer** (C.W.T.) credentials! Jen gained exceptional knowledge and expertise regarding the proper lifting techniques for both free weights and machines. Her certification involved literature research review on weight training, principles and philosophies, therapy application of weightlifting exercises, patient case studies and advanced exercise analysis.

At Three Rivers Therapy, we are always striving to improve our knowledge and skills so we may better serve the needs of our patients!

## We are now **IN-NETWORK** providers for **ANTHEM** members!

### Mind Over Muscle - Get Your Control Back!

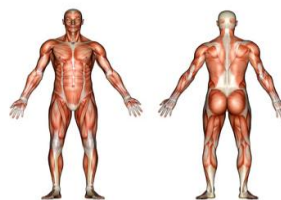
The nervous system controls all the muscles of the body. Unfortunately, the mind-muscle link tends to weaken over a period of time unless you challenge your muscles on a consistent basis.

**Here are 5 solutions to regain control of your muscles:**

- **Nurture the right mindset for exercise.** Don't set yourself up for failure. The right amount of concentration helps optimize the results from your exercise routine. If you want positive results you have to believe in yourself and your ability. You can recreate your reality simply by believing that you can do it. Learning how to give yourself a positive attitude with something as simple as an audio training system can put you in the mindset you need to create the body you want. Once you begin to see success your mind will follow. You have to learn to recognize, acknowledge, and commend yourself for even the smallest of accomplishments

towards your goals.

- **Move in functional directions.** This means multi-dimensional or 3-D movements. Remember to mix it up! This means that each of your exercises should encompass all motion; side to side, backwards and forwards, and rotational. If you train with true to life movements and motions your muscles and nervous system are stimulated in a real, true to life manner.



- **Improve coordination by challenging yourself with new exercises.** Every new exercise or movement pattern demands new pathways of "communication" between

nerves and muscles. The greater the variety, the better it is for your muscles.

- **Challenge your balance with core stabilization techniques.** Ask your physical therapist to teach you the best exercises to improve your core stability.

- **Optimize your rest period between exercises.** The right amount of rest between exercises can help optimize muscle recovery. This process actually stimulates your body so that more of your energy can be directed to the actual exercising itself rather than using the energy to process your body's circulation. The results of this better circulation throughout your body are less pain, less swelling, and in the end **loss of fat faster and seemingly easier.**

To determine the correct amount of rest in your therapeutic exercise regimen, give us a call.

# Getting Caught Up In The 100 Calorie Snack Attack

The top reason why most people don't exercise is the lack of time. Everyone is busy and we all want ways to squeeze our workouts into an already full day. This reason won't work anymore. Here are 5 exercises that you can do that will only take you 5 minutes!

## Lat Pulldown

The lat pull-down works on the major muscles of your back (the latissimus dorsi), which helps you burn calories and, of course, strengthen your back.

**Instructions:** Sit on the lat pull-down machine and hold the bar with palms out and wider than shoulders. Pull your abs in and lean back slightly. Bend your elbows and pull the bar down towards your chin, contracting the outer muscles of your back. Do this exercise 2-3 times a week using enough weight to complete 12-16 repetitions.

## Push Ups.

Push ups, like squats, are compound movements using almost all the muscles of your body. You'll work your chest, shoulders, triceps, back and abs.

**Instructions:** Position yourself face down on the floor, balancing on your toes/knees and hands. Your hands should be wider than shoulders, body in a straight line from head to toe. Don't sag in the middle and don't stick your butt up in the air. Slowly bend your arms and lower your body to the floor, stopping when your elbows are at 90 degrees. Exhale and push back up. Variations include incline, decline, wall pushups or, for masochists, one-armed pushups. Do this move 2-3 non-consecutive days a week and add a rep each time you do the exercise.



## The Plank.

The plank (or hover) is an isolation move used in Pilates and Yoga and works the abs, back, arms and legs. The plank also targets your internal abdominal muscles.

**Instructions:** Lie face down on mat with elbows resting on floor next to chest. Push your body off the floor in a pushup position with body resting on elbows or hands. Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds and repeat as many times as you can. For beginners, do this move on your knees and gradually work your way up to balancing on your toes.

## Squats.

Most trainers agree that squats are one of the best exercises you can

do. Squats work your glutes, quads, hamstrings and calves all at once.

**Instructions:** Stand with feet hip-width apart, toes facing straight ahead or angled slightly outward. Slowly bend the knees and lower hips towards the floor, keeping your torso straight and abs pulled in tight. Keep your knees behind your toes; make sure everything's pointing in the same direction. Do not go lower than 90 degrees. Do this move 2-3 non-consecutive days a week for 12-16 reps.

## Lunges.

Like squats, lunges work most of the muscles in your legs including your quads, hamstrings, glutes and calves.

**Instructions:** Stand in a split-stance (one leg forward, one leg back). Bend knees and lower body into a lunge position, keeping the front knee and back knee at 90 degree angles. Keeping the weight in your heels, push back up (slowly!) to starting position. Never lock your knees at the top and don't let your knee bend past your toes. Variations: front lunges, back lunges and side lunges. Do this exercise 2-3 times per week for 12 to 16 reps.

Even if have a fully packed schedule, incorporating these five moves 2 or 3 times a week will help strengthen your muscles and bones, as well as burn more calories. Always remember to do some cardio exercises too.

## Interval Training Can Boost Muscle Activation

### What is interval training?

Interval training is a type of exercise training in which you alternate between various intensities of exercise in a single session; switching back and forth between a high intensity phase and a low intensity phase.

An example of this is an exercise session in which a slightly intense phase of exercise is alternated with a period of walking on the treadmill.

The idea is to challenge muscles in an unpredictable manner and keep the body "guessing" about what's coming next.

Mixing up different components of your exercise routine (intensity, duration, frequency and type of muscles recruited) boosts the mind-muscle connection.

To find out more about how physical therapy can help you reach your goals, increase strength and reduce pain, get in touch with one of our highly qualified physical therapists.

Get the most out of your therapeutic exercise program. We're here to help you become stronger. Schedule an appointment by calling our office today. We look forward to helping you enhance the mind-muscle connection.

**CONTACT INFORMATION**  
**740-295-7080**  
 If you would like to begin receiving this newsletter via USPS or email call or email:  
 Stacey@threeriverstherapy.com

## How to solve Sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9

The difficulty rating on this puzzle is easy.

8	2	5	4	6	2	9	1	8
8	2	4	4	1	9	6	5	7
9	9	1	8	7	3	5	2	4
1	3	4	7	8	2	7	1	6
9	5	8	2	1	2	1	7	4
5	7	2	1	9	6	8	3	4
4	6	9	5	4	3	8	6	9
7	2	6	9	1	5	8	3	4
3	4	1	6	3	7	8	4	5
8	5	4	2	6	7	3	1	9

9	5							
6	1	9						
3		8				9		
	8	4	2	1				
5	2	1	9	3		4		
	3	4	8	9				
	2		8			9		
			3	4	2			
			5		3			

