

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 17

Call us at (269) 968-0888
Mon to Thurs 7am-7pm
Fridays 7am-4pm

Total Health Center is a full service physical/occupational therapy clinic where expert patient care is our first priority. We treat a full range of orthopedic and neurologic conditions. Our clinic has therapists with advanced training and specialist certifications. Our goal is to help you, the patient, reach your full potential.

Improve Your Golf Game This Winter

When the winter winds blow and snow covers the ground, it may be hard to think about your golf game. However, keeping yourself in condition during your sport's off-months helps prevent “weekend warrior” syndrome— incurring injuries when you play overzealously at the beginning of the season. And the strategies we will create can make your game more competitive when golf season rolls around.

Three of the most important physical attributes for a golfer are **strength**, **flexibility** and **balance**. With these, you can create a more consistent swing that will help you hit the ball farther, straighten out a stubborn hook or slice, and lower your score. You will also have better control of your putts.



Because the golf swing involves rotational movements of so many different joints and muscle groups, you need to **condition the entire body**. The core muscles, especially the oblique and traverse abdominals, are crucial to this conditioning. Your swing will gain more power if you **strengthen the quadriceps, gluteals and hamstrings** in your lower body, and your **posterior**

deltoids and rotator-cuff muscles in your upper body.

Developing flexibility in every area of the body is a great way to improve your game. To start, your shoulders, chest, torso and legs (and their component or adjacent joints) should be as fluid as possible.

We can evaluate your individual biomechanics to help **improve your balance**. Balance is particularly important when you are trying to make a difficult shot, say, from a bunker's edge or a rough, steep grade.

Finally, **maintaining overall cardiovascular fitness** in the off-season—and all year long—is important to maintain the stamina required to play a full 18-hole game. Whether you enjoy the treadmill or swimming, running or



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Healthy Recipe of the Month

California Burger

3 tbsp ketchup
2 tbsp mayonnaise
2 tsp sweet pickle relish
1 tsp Dijon mustard
1 lb. ground sirloin
1/8 tsp salt
1/8 tsp pepper
Cooking spray
4 (1oz) slices reduced-fat lower sodium swiss cheese
4 green leaf lettuce leaves
4 hamburger buns
4 slices red onion
8 slices tomato
1/2 ripe peeled avocado, cut into 1/8 inch slices
8 bread and butter pickle chips
Combine first 4 ingredients in a bowl.
Divide beef into 4 equal portions shaping into 1/2 inch patty. Press a nickel-sized indentation in the center of each patty; sprinkle patties evenly with salt, pepper. Heat

biking, consistent cardiovascular exercise will make you less likely to experience fatigue on the golf course when you are ready to make that crucial shot.

We will be happy to design an off-season program that challenges you and produces positive results. This way, when the golf links beckon, you will be ready with your best game to take on all competitors.

Relieving Shoulder Impingement Through Physical Therapy

Your physician has diagnosed you with shoulder impingement, but what does that mean? The classic symptom of the condition is pain when you raise your arm to shoulder height. The motion causes a narrowing of the space between the **acromion** (the bone at the top of the shoulder), the tendons of the **rotator cuff** that keep the arm in the shoulder socket, and the **bursa** between the acromion and the tendons. Although such narrowing is normal, impingement occurs when the acromion literally strikes, or impinges on, the tendons or the bursa, resulting in pain.



Studies have shown that in many cases physical therapy can be just as successful to treat shoulder impingement as is surgery. In any event, conservative options, including physical therapy, should almost always be considered before resorting to surgery. These options may include **rest** (but not immobilization), **job and activity modification**, **oral nonsteroidal anti-inflammatory drugs** (if your physician approves) and **ice applications**.

You can begin a physical therapy program once acute pain is no longer present. **Light weights** used in isometric exercises and isotonic exercises can strengthen the arm and

shoulder muscles, especially the rotator cuff, and enhance control and positioning of the shoulder. This includes exercises designed to enable you to **better control and position your shoulder blade (scapula)**.

When the rotator cuff is stronger, it can better stabilize the entire shoulder joint, making impingement—and the associated pain—less likely. These strategies can help prevent future injuries, as well.

If none of these techniques works to significantly relieve your pain, corticosteroid injections may be a viable option. As a last resort, your physician may recommend surgery followed by postoperative physical therapy.

We can design an individual exercise program to help relieve the pain of shoulder impingement. By following this plan, you may be able to avoid shoulder surgery and feel less pain.

large skillet or grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 3 min on each side. Top each patty with 1 cheese slice; cook 2 minutes or until desired degree of doneness. Place 1 leaf lettuce on bottom half of each bun; top with 1 patty, 1 onion slice, 2 tomato slices, 2 avocado slices, 2 pickle chips, 1 ½ tbsp. sauce and top ½ of bun
389 calories, 38 g protein

Patient Testimonials

Great people made it a fun learning experience on how to take care of myself with adjustments.
A Shaver

I feel the staff really care about their patients. They are very kind and very good.
A Reed

I looked forward to coming. I feel I gave my best and they gave me their professionalism and best. They really cared about me and my future.
E Garthwaite