

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 21

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.

Treating a Sports Hernia

Athletic pubalgia is the technical term for the **severe groin pain** often called a sports hernia—although unlike a true hernia, no abdominal-cavity organs protrude where they should not. Because the cause of the pain is often missed or misidentified, an accurate diagnosis of athletic pubalgia is the first step in treating the condition and often comes only after other conditions have been ruled out and nonsurgical treatment has been ineffective for a long period of time.



Pubalgia most often affects highlevel male athletes. The pain results from a stretching and weakening of the internal inguinal ring, a triangular anatomical structure in the groin area through which the ilioinguinal nerve and spermatic cord pass. Tears or strains in the lower abdominal muscles, in tendons or ligaments in the groin area, or in the pelvic

lining may also contribute to the pain.

The surgery to repair the inguinal canal wall is performed either through a small traditional incision or through several very tiny incisions. Because lower abdominal muscles are shifted during traditional surgery and need to heal first, some time must pass before you can engage in physical therapy.

However, if your physician wants to manage your sports hernia conservatively to avoid surgery, we can design a program that fosters core stability and carefully balances the interactions between the muscles of the hips, thighs and pelvis. Strengthening the inner thigh and abdominal muscles, and balancing the way they are used in sports can minimize the chance of future injury. In addition, we will teach you the best way to heat and/or ice the affected area and offer deep-tissue massage if appropriate. Similarly, a postsurgical physical therapy program that focuses on increasing your endurance and strength will enhance your recovery.

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



THC Physical Therapy

thcincbc@sbcglobal.net

www.thcinc.biz

Facebook: [Clinical Specialists](#)

Healthy Recipe of the Month

Asian Tuna Bites with Dijon Dipping Sauce

- 3 tbsp Dijon mustard
- 2 tbsp red wine vinegar
- 2 tbsp reduced sodium soy Sauce
- 1 tbsp sesame oil
- 1 tsp hot pepper sauce
- 1 lb tuna steaks cut into 30 1-in cubes
- Cooking spray
- ¼ cup sesame seeds
- ½ tsp salt
- ¼ tsp pepper
- 2 green onions, finely Chopped

In a small bowl, whisk the first 5 ingredients, set aside. Spritz tuna with cooking spray. Sprinkle with sesame seeds, salt and pepper. In a large non-stick skillet, brown tuna on all sides in batches until medium rare or slightly pink in center; remove from skillet

Whether or not you undergo surgery for athletic pubalgia, we can design a program of physical therapy to alleviate pain and strengthen the muscles, making you more comfortable and preventing re-injury. By following our program, you once again should be able to participate in the sports you love—pain-free.

Add Strength Training to Your Stretching

Let's face it: Stretching feels good. It is relaxing, and getting all the kinks out of scrunched-up muscles can be liberating. Unfortunately, improving your flexibility through a stretching class is simply not enough, either as a therapeutic approach, or to protect your body from future damage. **Strength training is a necessary companion to your stretching class.**

As we age, the natural loss of muscle makes it harder for our bodies to handle daily activities, such as bending, walking and picking up heavy objects. This loss of muscle tone contributes to back problems, knee injuries and a myriad of other body ailments. No matter how limber you may be, the cardinal rule for muscle is "use it or lose it." Strength training not only helps maintain muscle but it can also



reduce the risk of osteoporosis by increasing bone density

help you maintain a healthy weight—lean muscle mass burns more calories than fat

protect your joints and ligaments, helping you to avoid future injuries

improve balance and overall well-being

It is important to engage in the right kind of stretching, as well. Some studies have suggested that the traditional **static stretching** (stretching a muscle or muscle group to its farthest point and then holding that position)—often a part of stretch and tone classes—is not ideal when used alone before exercise. Instead, the **dynamic stretching** (slow, controlled leg and arm swings or torso twists) often used by athletic teams to warm-up or a **combination of the two** (gentle general exercise to warm up and gentle dynamic stretching after exercise) may be more helpful. A 2008 study by the U.S. Centers for Disease Control and Prevention found that engaging in both static and dynamic workouts reduced the risk of knee injury in female soccer players by half.

To truly improve your physical health, heal from injury and prevent future chronic ailments, a good overall fitness plan is needed. We can design an individualized plan that incorporates the right kind of stretching, strength training and aerobic exercise to turn your body into a well-oiled machine.

On each of 30 wooden appetizer skewers, thread one tuna cube. Arrange on a serving platter. Garnish with onions and serve with sauce.

Nutrition Analysis per serving :

1 appetizer with $\frac{3}{4}$ tsp sauce

Calories: 29

Carbohydrate: 16.1 grams

Protein: 19-.2 grams

Fat: 1 grams

Sodium: 123 mg

Patient Testimonials

I was involved in a massive auto accident in 2005, therefore over the years I have been to every therapy clinic in the surrounding area. I have been treated the absolute best and received the most knowledge from Total Health Center. I will always recommend here and come back as needed.

P. Clute

I have been beyond happy with the staff and Therapists here. I trust that the information I am given & the Therapists have my best interest in mind. Thank you!!

K. Grinnell

Very helpful, kind and friendly for the second time. Thank you for the help.

M. Kucharek

I was seen on the same day I was referred. It has been easy to schedule appointments around my work schedule. All of the staff has been pleasant and professional. They listen to any concerns I have.

Very friendly & knowledgeable staff. Kristy is the best! Will and have recommend this clinic to others.

B. Starring

Really liked everything about the clinic – friendly people, clean clinic, great atmosphere, nice music & knowledgeable therapists.

J. Carl