

CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

CANYON WELLNESS PROGRAM

About Our Wellness Program

Our wellness program bridges the gap between the healthcare and fitness industries, offering affordable, semi-supervised fitness programs for people at ALL fitness levels. Are you someone who has done well with physical therapy and has reached the end of your benefits for the year? We can provide a unique solution to this ever growing problem with post- rehabilitation training. Our Wellness Coordinator will construct a personalized exercise program to bridge the gap between one-on-one physical therapy to a semi-supervised exercise routine. Our sole purpose is to enhance the health, well-being and physical performance of our members by providing high quality effective exercise, wellness, and physical therapy programs.

Who can benefit from our Wellness Program?

- People who have completed their physical therapy program and are looking to maintain their current level of health, wellness, and mobility.
- People whose insurance benefits have run out for physical therapy, but are interested in continuing their post-rehabilitation.
- Individuals whose co-pay is no longer affordable or have experienced a loss of insurance benefits.
- Someone who would like to continue to improve their fitness level.

How do you get started in our Wellness Program?

Call to make an appointment with our Wellness Coordinator who will tailor an exercise program to fit your personal needs and help you achieve your wellness goals in a safe, semi-supervised setting. Then you can follow the plan at your own speed, on your own time at our facility, no appointment necessary. Our program has no annual fees, no contracts, and no limit on your monthly visits for just \$65 a month. Sign up today and take the first step on the path to your wellness goals.

Staff Spotlight



Kelly Vredeveld PT, DPT, CSCS is the owner and lead therapist at Canyon Physical Therapy and Aquatic Rehabilitation (CPTAR). His parents moved to this area in 1979 from Phoenix to raise their two boys in a safer, smaller community. He attended school in the Humboldt Unified School District and graduated from Bradshaw Mountain High School in 1994. Kelly went on to Yavapai Community College where he received his Associates of Science degree and then transferred to Northern Arizona University in Flagstaff. Kelly completed his Bachelor of Science Degree in Exercise Science at NAU with honors in 1998. He was accepted to NAU's Physical Therapy program in 1999. Kelly graduated with his Doctoral Degree in Physical Therapy in 2002. Following graduation he received his Arizona Physical Therapy Licensure and moved back to the Quad-city area to begin working for a local outpatient physical therapy clinic. On Nov. 27, 2006 he opened Canyon Physical Therapy and Aquatic Rehabilitation allowing him to pursue his goal of providing "Uncompromising Care" in his home town.

ICE or HEAT?

By Jonathan Cluett, M.D.

Ice packs and heat pads are among the most commonly used treatments in orthopedics. So which one is the right one to use for your injury, ice or heat? And how long should the ice or heat treatments last? Read on for information about treatment of injuries with ice packs and heating pads. Ice treatment is most commonly used for acute injuries. If you have a recent injury (within the last 48 hours) where swelling is a problem, you should be using ice treatment. Ice packs can help minimize swelling around the injury. Ice packs are often used after injuries such as an ankle sprain have occurred. Applying an ice pack early and often for the first 48 hours will help minimize swelling. Decreasing swelling around an injury will help to control the pain. Ice treatments may also be used for chronic conditions, such as overuse injuries in athletes. In this case, ice the injured area after activity to help

control inflammation. Never ice a chronic injury before activity. Heat treatments should be used for chronic conditions to help relax and loosen tissues, and to stimulate blood flow to the area. Use heat treatments for chronic conditions, such as overuse injuries, before participating in activities. Do not use heat treatments after activity, and do not use heat after an acute injury. Heating tissues can be accomplished using a heating pad, or even a hot, wet towel. When using heat treatments, be very careful to use a moderate heat for a limited time to avoid burns. Never leave heating pads or towels on for extended periods of time, or while sleeping.



"Never ice a chronic injury before activity."



Sleeping Smart and the Importance of Sleep

We've been told we need eight hours a night throughout the duration of our lives. You may have even heard the term, "Slept like a baby," at one point or another. But why do people put such an emphasis on sleep, like it will cure anything that ails you? Mostly because it can cure most of what ails you.

When you sleep, your body goes into recovery mode, repairing broken down tissue, giving your brain the rest it needs to prepare itself for tomorrow, and essentially prepping you with the tools you'll need for the day to come. However, sleep often comes at a high price these days. Increasing work demands often keep people awake at night due to stress, television shows that "must" be watched, books that must be read, and so on and so forth. You name it, and I'm sure that it's a terrible reason not to have enough of this precious commodity.

Your sleep cycle consists of two "patterns": Non-REM sleep and REM sleep (REM stands for Rapid Eye Movement, which occurs during the deepest of sleeps). Within those patterns are multiple stages, each that serve their own purpose. Non-REM consists of four stages.

Stage One: -Lightest sleep

Stage Two: -Onset of sleep

Stages Three/Four:

- Deepest sleep, which means you're doing most of your repair here.
- Blood pressure drops and breathing becomes slower while muscle relaxation occurs.
- Tissue growth and repair begins here.
- Energy is restored back to normal levels.
- Growth hormone is released in order to fully repair the body to it's functional capabilities.

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REM sleep's duration lasts the final 25% of your nightly sleep, and occurs every 90 minutes or so. REM's importance is detailed below:

- Provides energy to the brain and body which allows for greater everyday function.
- Dreams happen in this stage of sleep. - Body becomes relaxed.

All of this is well and fine, however, how do you know how much sleep you really need? Well, that all depends on many factors, such as: age, activity level, and many others. Below is a graph from the CDC which outlines the hours of sleep you should be receiving on a nightly basis given your age. I'll preface this by saying, the older you get, the less sleep you'll require. Although, you should take into consideration your activity level, as this chart does not do that. More activity, more sleep.

Preschoolers	3-5 years old	11-13 hours of sleep nightly
School Age	5-10 years old	10-11 hours of sleep nightly
Teenagers	10-17 years old	8.5-9.25 hours of sleep nightly
Adults	17+ years old	7.9 hours of sleep nightly

As you can see, adults require the least amount of sleep than any other age group. However, if you're an athlete or very active, you need at least the recommended 9 hours of **quality** sleep. Quality sleep being shades drawn, a colder than room temperature room (this assists with the body temperature drop that occurs back in stage two), and a silent room of which to sleep. I, personally, like having some kind of "white noise" in the background, be it a fan, or even the sound of rain. Anything that helps you drone off seems to be of much assistance.

I also want to put an end to the sense that, if you're in bed for 8 hours, you got 8 hours of sleep. That simply is not true. I have an application on my phone that determines how much sleep I get in three stages: Awake, Light Sleep, and Deep Sleep. The application responds to my body's movements, and determines which stage I am in and at what time I enter it and end it. For example, last night I went to bed at 10 pm last night, spent 4 minutes falling asleep, and spent 11 minutes awake throughout the night. I was in bed for a total of 6 hours and 46 minutes, which gives me a grand total of 6 hours and 35 minutes of sleep. However, I spent 4% of my sleep being awake, 54% of it in a light sleep, and the remaining 42% of it in a deep sleep. When I woke up this morning, I was feeling pretty good, even though I didn't get the recommended 7-9 hours.

Quality of sleep is something you need to consider when going to bed. Turn off your television. Turn off your radio. Shut the blinds. Do everything you can to sound-proof your room. So start sleeping like a caveman. Just don't use a rock as a pillow, that's not comfortable.

JAN/FEB

**CANYON PHYSICAL
THERAPY AND AQUATIC
REHABILITATION**

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**If you are interested in receiving our bi-monthly
newsletter electronically
please e-mail us at info@canyonpt.com**

**SCHEDULE OF
EVENTS**

- January 1st- New Year's Day. We will be closed.
- January 21st- Martin Luther King Jr. Day- We are OPEN
- February 2nd- Groundhog Day
- February 13th- Ash Wednesday
- February 14th- Valentine's Day State of Arizona's 101st birthday
- February 21st- President's Day-We are OPEN

CPTAR SERVICES

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).

