

# CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

## Newsletter

### Drink to your health

**Quick Quiz:** What nutrient is in every organ, tissue, and cell in your body?

**Answer:** WATER!

You could call water the universal nutrient. After all, more than half of your body is made up of it. Water assists in all nutrient digestion and absorption that takes place in your body. That is not all it does for you...

- It helps regulate your body temperature
- It lubricates and cushions your joints
- It protects your spinal cord and other sensitive tissues
- Helps muscles work well without fatigue
- Helps skin function normally
- Gets rid of waste

Replace the water your body loses. You're constantly losing water-when you sweat, go to the bathroom, and even when you breathe. If you're in a hot, dry climate (like Arizona), you're losing water even faster. Same goes if you are more physically active.



If you don't replace the water, your body dehydrates quickly. You'll feel it-through symptoms like thirst, muscle fatigue, headaches, dizziness, and lower back pain. If you're experiencing these drink more fluids.

How much H<sub>2</sub>O should you drink each day? The Food and Nutrition Board recommends that women drink 90 fl. oz. a day, and that men drink 120 fl. oz. Remember, if you're exercising you need even more. Particularly in hot weather.

#### 5 Ways to Get the Water You Need

1. Have a glass or two with every meal.
2. Keep a water bottle with you wherever you go.
3. Drink fluids first thing in the morning.
4. Drink water before and after exercise, and every 15 minutes during.
5. If you don't like plain water, choose a healthy beverage that tastes good.

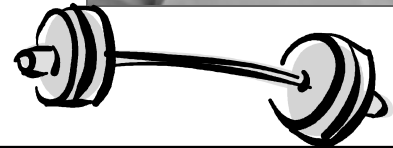
While milk, coffee, and soft drinks do provide water, none will help you stay hydrated. Don't rely on them as your sole source of fluids.

*Article from Melaleuca's Vitality for Life.*

## Staff Spotlight

Tim Tillich is the Wellness Program member of the ship's Visit, Board, Coordinator at Canyon Physical Search, and Seizure team Therapy and Aquatic conducting anti-piracy and Rehabilitation. He was born in maritime interdiction operations in Honolulu, Hawaii in 1987. He lived such places as the Red Sea, Gulf of in both Hawaii and Maine before Aden, the South China Sea, and moving to Prescott Valley in 1994. the Philippine Sea. While serving aboard the Mitscher, Tim also He graduated from Tri-City Prep became an Assistant Command High School in 2004. Tim enlisted Fitness Leader (ACFL), often in the US Navy on September 19, leading the entire crew in physical 2004, the day after he turned seventeen. After attending basic fitness training. After serving six training in Great Lakes, Ill. he years with the Navy, Tim decided served aboard the USS Theodore to expand on what he learned as Roosevelt (CVN-71) for eighteen an ACFL and went to work for months before receiving orders to Camp Shane, a weight loss camp Basic Underwater Demolition for kids and teens. After an (BUD/s) training. After his time at exciting and educational summer BUD/s Tim was then transferred to with the camp Tim became a Level the USS Mitscher (DDG-57) where 1 Crossfit Coach and started he became a Search and Rescue training classes and personal Swimmer. Tim then served as a clients at Captain Crossfit in

Prescott, Arizona. While training classes at "The Captain", Tim got to know many of the staff from CPTAR including its owner Kelly Vredeveld. Tim still coaches at Captain Crossfit 5-6 days a week, in addition to his duties as the Wellness Program Coordinator.



## Why Don't We Walk Anymore?

By Mark Sisson

How many steps do you walk every day? Do you hit 10,000 steps, which experts recommend and is about 5 miles' worth? If you're anything like the average American, you're doing 5,117 steps a day, well shy of the 10,000 step mark and flirting dangerously with a formal sedentary classification. But we're not alone (though we're the worst). Of the four industrialized countries studied, not a single one found the mark. So why aren't we hitting it? Why are between 25-35% of American adults completely inactive, meaning they work sitting down, drive everywhere sitting down, and sit down at home? The main problem is that modern life isn't made for walking. We drive to work. We drive to the grocery store. We drive our kids to school. We drive to a fitness center to go walk around a track or on a treadmill. Walking - real walking, for more than twenty or thirty minutes at a time - has become an elective activity. And we rarely elect it anymore. That's really too bad, because walking is good for our general wellbeing. But it's also good for your brain, your fitness, your memory, your longevity, your blood pressure, and your general health. See this short snippet of potential health benefits associated with

regular walking to get an idea: Kids who walk to school are fitter than peers who do not. Regular walking improves working memory in older adults. Older healthy adults who walk briskly live longer than those who don't. Walking programs improve cognitive ability in people with Alzheimer's. So, obviously, walking more is a good thing. That brings me to a challenge. I want you to spend at least one dedicated hour every day engaging in low-level aerobic activity - walking, cycling, hiking, rowing, swimming, or a mix of all of them, every single day. Walking around the mall or grocery store or to and from the bathroom, do not count toward your total. This has to be a solid hour of slow moving, preferably unbroken. It'd be ideal to walk outside, what we're ultimately after is the basic mechanics of bipedal movement. Lift foot, fall forward, catch your descent with lead foot, lift back foot, repeat. That is the premier Primal human movement pattern for which all of us are well-suited (injuries and preexisting conditions excluded, of course), and which many of us have forsaken - to our detriment.

## Beating Back Pain

Rapid and early return to exercise and physical activity is one of the most important aspects in the self-management of simple mechanical low back pain, which about 80% of individuals experience sometime throughout their life. Unfortunately, conventional medicine and conventional wisdom perpetuate the belief that when someone is experiencing pain, they must rest and thus avoid all of the activities that cause their pain or discomfort.

In a sense, that statement is true. That is, of course, if the pain is arising from the viscera (i.e. stomach, kidneys, colon, gallbladder, etc), if there are any red flags upon a doctors initial history or examination, or if there is a pathology that requires medical or surgical intervention. The assessment of “red flags” will identify the small number of patients who need referral to a specialist, special testing/imaging (MRI, X-ray, CT, etc.) or for an urgent medical procedure. In the event of moderate-severe trauma, which isn't too common in the gym as it pertains to back pain, imaging is most certainly warranted before advising to return to exercise. For the common complaint of back pain [or neck pain] in the absence of red flags and trauma, the best advice I can give you is to get up, move around and get back to being active. You certainly might have to be a bit more mindful but stay active.

Rapidly returning to physical activity decreases the likelihood of developing long-term or chronic issues. In many cases, getting back to physical activity is the wisest decision one can make since bed rest and avoidance of activities quite often perpetuates the pain experience.

When someone is experiencing low back pain in the absence of trauma, and no red-flags have been established, there are typically four (4) tissues to where the pain is arising from. These tissues, also known as pain generators, are the disc, nerve, muscle, or joint. Most people always assume their low back pain is muscular in origin. Primary muscle pain is not as common as we all like to think. Throughout the body, our joints- including the facet joints in the vertebrae- contain a high number of pain receptors and often times are the contributing factor behind low back pain.

Among the most important factors in returning to physical activity are fear of re-injury, catastrophizing (Oh my, I have back pain and I can't pick anything up ever again), general psychological distress due to current lack of exercise or taking time off (Oh my, I haven't worked out in days I'm going to get weak), and peoples' low expectations of recovery or hindrance of improvement. Pain-related fear is associated with increased bodily awareness and hypersensitivity to pain, which can lead to an increase in time needed to return back to the physical activity. As a result, this causes the injured person to lose confidence and self-efficacy in his or her ability to recover and return to normal activities. The simple remedy for this would be returning to physical activity.

Back pain does not have to be a serious disease; in fact it is quite common. Almost all of us will experience back pain throughout our life and it is often recurring. It should not cripple you nor really interfere with your ability to perform unless you let it. The important thing is for you to get on with your life. How your backache affects you depends on how you react to the pain and what you do about it yourself. Acute low back pain is best treated with minimal rest and rapid return to exercise and normal activities. There are no instant answers. You will have your ups and downs for a while—that is normal.

Read the remainder of this article at... [LiftBigEatBig.com](http://LiftBigEatBig.com) By: *Dr. Wayne J. Broth*

Often times physical therapy allows you to return to function faster while under the care of a Physical Therapist. Physical therapy (PT) helps to relieve pain, promote healing, restore function and movement. PT can help you recover from an injury and avoid future injury by reducing pain in the soft tissues (muscles, tendons, and ligaments), improving flexibility and function, and building muscle strength. Your physical therapist can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

MARCH/APRIL

**CANYON PHYSICAL  
THERAPY AND AQUATIC  
REHABILITATION**

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**Hours**

Monday, Wednesday, Friday - 7am-6pm  
Tuesday, Thursday - 8am-7pm  
Saturday - 8am-5pm

**If you are interested in receiving our bi-monthly  
newsletter electronically  
please e-mail us at [info@canyonpt.com](mailto:info@canyonpt.com)**

**SCHEDULE OF  
EVENTS**

- March 17th—Saint Patrick's Day
- March 25th—Passover
- March 29th—Good Friday
- March 31st—Easter Sunday
- April 1st—April Fool's Day
- April 22nd—Earth Day

**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).

