

# CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

## *Newsletter*

### Physical Therapy and Alzheimer's

#### How Can a Physical Therapist Help?

- Physical activity can improve memory.
- Regular exercise may delay the onset of dementia and Alzheimer's disease.
- Regular exercise may delay the decline in ability to perform activities of daily living in people who have Alzheimer's disease.

As the movement experts, physical therapists can design exercise programs for people with a variety of health conditions, including Alzheimer's disease. In the early and middle stages of Alzheimer's disease, physical therapists focus on keeping people mobile and help them continue to perform their roles in the home and in the community. In the later stages of the disease, physical therapists can help people keep doing their daily activities for as long as possible, which reduces the burden on family members and caregivers. People with Alzheimer's disease develop other conditions related to aging, such as arthritis, falls, or broken bones. Physical therapists are trained to treat these conditions in people who have underlying Alzheimer's disease. Therapists take into account the impact of the disease on other health conditions, on general health, and on the individual's ability to understand important instructions. The therapist may use various teaching methods, techniques to simplify instructions, and unique approaches, including:

- **Visual, verbal, and tactile cueing** - The physical therapist provides "cues such as pointing to objects or gesturing. For instance, lifting up both arms can signal the person to stand up. Cues can also be given verbally with short, simple, or one-step instruction. Tactile cues holding someone's hand to have them walk with you. Sometimes, 2 or 3 cueing techniques are used simultaneously.
- **Mirroring** - With this technique, the physical therapist serves as a "mirror," standing directly in front of the person to show them how to move. To help the person raise his or her right arm, the therapist's left arm would be raised.
- **Task breakdown** - Physical therapists are trained in how to give step-by-step instruction by breaking down the task into short, simple "pieces" to be completed separately. For instance, if the therapist wants to teach a person how to safely move from lying in bed to sitting in a chair, the therapist might have the person practice rolling to the side, then pushing up to sitting, then moving to a chair in separate steps.
- **Chaining**- The physical therapist can provide step-by-step instructions by linking one step to the next step in a more complicated movement pattern. This technique usually is used once task breakdown has been successful and unites the separate steps of moving from lying in bed to sitting in a chair, to make it one fluid movement.
- **Hand over hand facilitation** - The physical therapist takes the hand or other body part of the person who needs to move or complete a task and moves that body part through the motion.

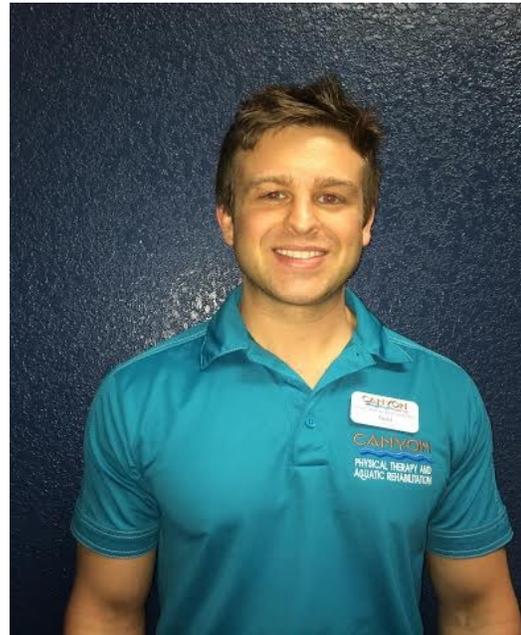
Although people with Alzheimer's disease usually maintain the ability to walk well into the late stages of the disease, balance and coordination problems often lead to walking difficulties. The physical therapist will train the muscles to "learn" to respond to changes in the environment, such as uneven or unstable surfaces.

Read More at: <http://www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=48d29ec1-3159-45d3-bf6e>

## Staff Spotlight

Trent is an Arizona native & grew up in Prescott Arizona. In his free time, he likes to stay active by lifting weights & enjoying social activities. Trent began his journey through fitness with a goal to lose weight. Trent began swimming in high-school & achieved his weight loss goal to lose 50 pounds. Trent's passion for fitness grew through self-experience which lead to a life goal to help others achieve similar results. Trent became a personal trainer for three years while finishing general education credits at Yavapai College. After finishing his Associates degree at Yavapai College, he transferred to Grand Canyon University to pursue a Bachelor's of Science degree in Athletic Training. This program focused on six topics: injury prevention, recognition & evaluation of athletic injuries, management & treatment of injuries, injury treatment rehabilitation, organization & administration, as well as education & counseling. Trent has a passion for helping others achieve goals as he once set out to achieve similar

goals. His overall goal is to help motivate & encourage people to live healthy lifestyles to the best of their ability.



## Side-Step Frailty With Exercise

By 2030, the number of Americans age 65 and older is expected to double from 35 million to 70 million. And as the ranks of older Americans expand, so will the occurrence of chronic disease among this population.

Increasing age is considered a main risk factor in the development and progression of most chronic diseases such as diabetes, heart disease, osteoporosis, and cancer. Many seniors first turn to medications to combat these problems, often overlooking an inexpensive and powerful technique to reduce and even prevent disease: Exercise.

Physical inactivity is a culprit in much of the loss of strength, stamina, and flexibility that many assume is a side effect of aging. Declines in aerobic capacity and muscle strength can increase the risk of falls and injuries, such as hip fractures, and can severely limit one's ability to perform everyday tasks and maintain independence.

Exercise combats this progression. It can help improve balance, circulation, and cardiovascular function, lowers blood pressure, and wards off weight gain. It can improve quality of life and self-esteem and reduce the risk of memory problems and dementia in older adults. Regular physical activity may also help increase life expectancy by delaying the onset or progression of chronic diseases.

All adults should aim for at least two hours and 30 minutes a week of moderate-intensity physical activity per week. If you are unable to do that amount of activity, do as much as you can.

While genetics and lifestyle factors affect how an individual will respond to an exercise program, most adults who get physical will reap some rewards. To maintain independence, it's vital to stay strong and active and it's never too late to start

Canyon's **REALfit** Program is designed to increase functional strength so you can perform your everyday activities with confidence. Read full article at <http://todaysgeriatricmedicine.com/archive/090913p16.shtml>

## Benefits of Different Types of Protein Sources

### WHEY CONCENTRATE

This is a great starting point for beginners and those looking to add protein to their diet without making your wallet lighter. Some people will find though that they have a hard time digesting the concentrates and will end up feeling a little gassy and bloated. Whey concentrate can be used both pre and post workout and can also be used as a snack in between meals. This is not a preferred source of protein to be used at night.

### CASEIN PROTEIN

If you are looking for a protein that will slowly breakdown over the course of several hours that you can use as a meal, or better yet right before you go to bed then casein protein is definitely the way to go. Before bed if you take in casein protein you will stay anabolic throughout the night and will be able to utilize the protein in your body.

Casein takes anywhere from 5-7 hours to fully breakdown which keeps your body absorbing and utilizing the nutrients even while you sleep.

### WHEY ISOLATES

Isolates are one of the quickest absorbing proteins (but not the quickest-we will get to that soon enough). These proteins are perfect for those with low carb diets. Many of the protein tubs on the market these days that are strictly whey isolates have very low if any carbs/sugars. Isolates are great pre and post workout as they are absorbed quickly and can supply the muscle the nutrients needed to help recover and grow.

### HYDROLYSATE PROTEIN

Hydrolysate protein is the most expensive source of protein you will find on the markets these days and is the highest quality of protein available. They provide highly absorbable peptides that can have a great anabolic effect (highest absorption rate of the proteins available).

### SOY PROTEIN

Soy protein (even though not a huge seller for bodybuilders) is a good source of protein for those looking for a vegetarian source of protein. This is a useful source of protein and comes with many benefits to its user. It is loaded with glutamine (to help with recovery), arginine (help dilate blood vessels to allow nutrition to get into the muscles quicker), and BCAA's (help with recovery). Soy supports a healthy cholesterol profile due to the isoflavones found in the product. It has also been found to boost thyroid hormone output. By doing so, it speeds up the metabolism which aids in fat loss. This type of protein can be used both pre and post workout or anytime throughout the day if needed to get in a meal/snack containing protein. This source is not preferred to use at night.

### MILK PROTEIN ISOLATE

Milk protein isolates contain both casein and whey proteins. This source is full of amino acids (similar to soy protein). This type of protein is mostly used in a blended protein source where multiple types of protein are used. Milk protein isolates are not a preferred choice if looking for a protein but can be used anytime during the day, but is not a preferred source to use at night.

### EGG ALBUMIN

Now we are going back old school-to a place where protein powder was nonexistent. Egg whites (whether separated from the yoke or found in a container) are an excellent source of egg albumin. The amino acid profile on these are great and has been used since back in the day to help build lean muscle mass. Egg albumin is not commonly bought in the powder form, but rather bought in a carton or container and cooked. Many blended protein sources as well as meal replacements will have egg albumin in them. This source of protein can be used anytime throughout the day, but is not a preferred source to use at night.

### CONCLUSION

As you can tell there are many different options of protein for you to choose from. My personal recommendations are to start with something simple like a whey concentrate and see what results you get with that before you start buying something like the hydrolyzed protein where you will be spending considerably more money.

Some people find concentrates give them great results and stick with that. Some people are lactose intolerant so they need something like whey isolate. Whatever you choose, give it some time to give you results. Protein isn't a "feel" type of supplement-meaning unlike a stimulant, you aren't going to see and feel results immediately. Give it at least a month and then evaluate your results and go from there.

**Read More at :** <http://www.bodybuilding.com/fun/protein-types-best-for-you.htm>

APRIL/MAY/JUNE

CANYON PHYSICAL  
THERAPY & AQUATIC  
REHABILITATION

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Fax: 928-772-9340

**Hours**

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

**Canyon Wellness Program**

Aqua Aerobics Class—Mondays at Noon  
Tuesdays & Thursdays at 1pm  
REALfit Class—Wednesdays at Noon

**SCHEDULE OF  
EVENTS**

- April 1 — April Fools Day — Open
- April 18 — Good Friday — Open
- April 20 — Easter — Closed
- May 3 — Closed
- May 11 — Mothers Day — Closed
- May 24 — Memorial Weekend — Closed
- May 26 — Memorial Day — Closed
- June 15 — Fathers Day — Closed

**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).



**Visit our website: [www.canyonpt.com](http://www.canyonpt.com)**