DID YOU KNOW?

PHYSICAL ACTIVITY LOWERS THE RISK OF

- High Blood Pressure
- Heart Attack/Disease
- Obesity
- Inflammation from Arthritis
- Stroke & Diabetes
- Some Cancers
- Depression

RECOMMENDED PHYSICAL ACTIVITY BY
WORLD HEALTH ORGANIZATION

CHILDREN

- 60 minutes or more of physical activity 7 days a week
- Include bone and muscle strengthening activities 3 or more days per week.

ADULTS

- 30 minutes or more of moderate intensity aerobic activity 5 days a week
- Include bone and muscle strengthening activities 2 or more days a week

GET STARTED TODAY!

- SIT LESS!
- KEEP IT SIMPLE - EVEN 10 MINUTE INCREMENTS COUNT!

- Walking
- Running
- Biking
- Swimming
- Hiking
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American Heart Association www.heart.org
Exercise is Medicine www.exerciseismedicine.org
CDC www.cdc.gov

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We live in an increasingly high-tech world. Most of us carry smart phones in our pockets with thousands of times more computing power than all of NASA combined during the Apollo missions. People complain when the high speed internet connection on the airplane isn’t working while moving at 600 mph, 36,000 feet above the earth. In the near future, autonomous cars will enable us to travel safely to the store while we are watching the latest viral video on our mobile device.

As our lives become more affected and enhanced by technology, most of us have come to expect that high-tech approaches will provide immediate gratification when it comes to health care as well. You don’t have to watch much television or read many magazines to see ads for prescription medications or other medical devices promising to solve all of your ailments.

Unfortunately, the long list of side effects can be scarier than the problem the medication or device is trying to solve. There are so many of these medication ads out there that if there are aliens intercepting our broadcasts, they are probably convinced we all constantly ride
tandem bikes around while discussing toenail fungus issues with each other.

We live in an age of amazing advancements in medications and high-tech procedures, but in some respects we have more health care problems now than ever before. For example, despite all of the advances in medication, diagnostic imaging, and surgery, 25% of the population suffers from chronic pain. Unfortunately, that number keeps growing and chronic pain is becoming an epidemic. Americans now consume 80% of the world's prescription painkillers.

Interestingly enough, and perhaps counterintuitively, some of the most powerful ways to improve our health involve decidedly low-tech solutions. One of the most negative side effects of our current high-tech world is that we've stopped moving and are more sedentary than previous generations.

Our bodies are meant for motion, and there is no medication or other high-tech substitute that can match the power of exercise. Unfortunately, 53% of us don't get the recommended amount of aerobic exercise per week. In this issue, you will see several examples of fun summer outdoor activities that fit the bill to get you moving, improve your health, and help you maintain a great quality of life.

What's really amazing is that you can achieve health benefits with even modest changes. We often tend to approach things from an “all or nothing” perspective and become frustrated or discouraged if we can't somehow erase 20 years of bad habits during an extra intense workout session one fateful Saturday morning.

Gym membership sales and attendance skyrocket in January, only to drop significantly a few weeks later because too many of us try to make drastic changes without the long-term approach in mind. It is important to pick a reasonable starting point and choose an activity that you actually enjoy.

You don't have to be the next ironman triathlete to lower your risk of heart disease and stroke! A brisk thirty-minute walk with the family dog three times a week can be powerful medicine and is a great place to start. Even moderate exercise has been proven to help in the prevention of over 40 chronic diseases, such as type II diabetes, multiple types of cancer, congestive heart failure, stroke, depression, and osteoarthritis; and offers a preventative solution to long-term health issues.

Exercise has positive benefits far beyond weight loss or aesthetics. For instance, did you know that your nervous system accounts for 2–3% of your body weight, but requires 25% of your total blood flow to be healthy? Because of that, getting your blood pumping has enormous positive effects on your brain and reduces pain throughout your body, calming sensitive nerves. Exercise also triggers the release of the most powerful pain relievers on earth, the kind produced by your own body in the form of endorphins.

More great news: your physical therapist is here to help. Your PT wants to be your musculoskeletal care provider for life, so who better to help you set up an appropriate exercise routine to get you started, or to progress you to the next level? They will take the time to understand your issues and where you are coming from. Even if you have been treated by your physical therapist for more than one problem over the years, you may not realize the full scope of services and level of expertise your PT can provide. If you have symptoms that are keeping you from your favorite activities or from trying new ones, we can help you find and address the issue to get you moving again.

So get out there, start moving, and enjoy the great weather this summer! If you do have pain or problems before or after beginning a new activity, just remember that early evaluation and treatment from your physical therapist greatly improves recovery time and saves you time and money in the long run. It has been shown that injuries that receive early attention and physical therapy treatment improve quicker and require less care overall. Laws in your state allow you to directly access your physical therapist without seeing your doctor first. You will want to double-check with your insurance provider to ensure coverage without a doctor’s order first.
Simple Wellness Changes Provide Big Impact

Stephen E Anderson PT, DPT, CEO, Therapeutic Associates

There is nothing more valuable in life than your health. We have been brought into this world with these amazing bodies which, when taken care of, can do remarkable things and bring us great joy in life. Wellness is the global term that encompasses what we do to train, nurture, and embrace all the potential this amazing machine—the human body—can have. If we abuse it, we lose it. If we build it, our world is full of activities that add meaning and pleasure to all we do.

At TAI, we strive to walk our talk. Not only is it our business to improve the lives of those we work with every day, it is equally important to provide an environment where our employees have opportunities to be healthy and optimize their state of wellness. We have provided all those who work in our administrative offices with electronically adjustable desks, so they can go from standing to sitting as often as they like. It is well documented in research that long periods of sitting are not conducive to optimizing healthy habits.

We also provide all our employees access to a wellness program and educate ourselves on simple ways to make impactful changes to our daily lives. It has been well received, and some are really taking this opportunity to set high goals and design programs to reach them. This focus on becoming more active has also spurred on some friendly but competitive challenges between our two regional administration offices in Portland and Seattle.

TAI also sponsors and supports many local community events, from competitive marathons to family-friendly activity days. In the Seattle area, we have been one of the main sponsors of Cycle the WAVE for nine years. WAVE stands for “women against violence everywhere.” It is a women's cycle event that is supported by men on and off the course to raise money in support of domestic violence programs. It is the main event of the WAVE Foundation, and it has raised over $1,000,000 since its inception. It has riders from 8 to 88 years old. Doing something active to benefit your health while improving our communities is a double bonus! Our individual clinics also support events and activities in their local neighborhoods.

Finding your own wellness strategy is the key to success. You don’t have to join a gym or hire a coach. You can begin simple and progress at your own speed. Walking more often and increasing your distance is a great way to start. TAI’s tagline is “Get Moving,” and finding ways to do that every day is important.

Choosing healthy foods and eating with nutritional knowledge is another great way to stay fit and active. We are all busy and stress can often get in the way, yet finding time to keep moving and eating healthy improves our efficiency in our work environments and provides energy we didn’t know we had. So, whether you have a company wellness program or a personal wellness plan, just keep moving forward! And if you need help, Therapeutic Associates is ready to assist you in reaching your goals.

Steve Anderson Cycling on the Olympic Peninsula
Running and Walking Your Way to Wellness

Mark Z. Jamantoc PT, Director, TAI Sutherlin Physical Therapy (pictured below with Laddy)

Working with running-related injuries has fascinated me for a long time. Runners, whether they are seasoned athletes or recreational weekend warriors, are some of the most self-motivated and resilient people I know. For years, I have gradually seen an increase of injuries among runners in the clinic.

Back in 2008, I suffered from an Achilles tendon (calf) strain with some affectation along the plantar fascia (bottom of the foot) while training for a run. It caused me to stop running for a few weeks to gradually heal myself and retrain back into shape. This led me to further seek out experts in the physical therapy realm and to understand the concept of injury prevention with running. I found I was able to apply this not only in my practice but in my personal life as well. I now run recreationally as a means to enjoy the outdoors.

Running outdoors allows me to vary my workouts and take me beyond the four walls of a gym. It’s a more scenic workout, depending on where you go. I like doing a jog/walk interval, as it allows me to rest...
in between and enjoy the trails of the Pacific Northwest. I was born and raised in Iloilo, the third fastest growing city in the Philippines, and coming to this part of America is a treat. Having lived in both Washington and Oregon, I feel that Southern Oregon has a good pace, more inclination for outdoor activities, moderate winters, and the people are definitely warm.

I really love trail running and walking more than anything. Cooper Creek Trail in Sutherlin, Oregon, is one of my favorites, as well as some of the trails along Highway 38, where you get to visit about 10 waterfalls on the way to Crater Lake. Each waterfall has its own trail too. I especially love the trails of Susan Creek Falls and Toketee Falls in southern Oregon. Both are perfect for more moderate hikes.

**WALK TO START GETTING HEALTHIER**

If you are starting to become more active outdoors, start with a simple walking routine. Start with walking at a comfortable pace for 10–15 minutes on level ground, and do it every morning and afternoon to slowly improve your endurance. Doing this routine for 30 minutes a day helps you slowly progress toward jogging or running, if that is your goal.

You can progress by either increasing your time to 20–30 minutes in the morning and afternoon or by slowly incorporating inclines or slightly hilly ground. Make sure to maintain a good pace to further improve your cardiovascular capacity. Ensuring the proper progression helps you prevent injuries and opens up more opportunities for transitioning to jogging or running.

Walking has more benefits than you think. In a meta-analysis study, walking reduced cardiovascular events by 31%, and it cut the risk of dying during the study period by 32%. These numbers were equal in both men and women.

When transitioning from walking to jogging, it is important to slowly progress your routine so that your cardiovascular system adapts as you increase your speed. Try doing a walk/jog pattern at a 2:1 ratio of walking to jogging. That means walk two minutes followed by jogging for one minute. Do this for 20 minutes and slowly progress toward 1:1 ratio of walking to jogging. Try this out for at least two weeks and then progress to adding more time to jogging as you feel better.

**RUNNING INJURY PREVENTION**

**5 TIPS FOR SUCCESS**

1. **Dynamic Warmups:** Maintaining good flexibility aids in the prevention of musculoskeletal injuries and improves sports performance. A study conducted in New Zealand and published in the *Sports Medicine Journal* in August 1985, noted that stretching as a form of warmup prevents sports-related injuries.

When it comes to stretching, dynamic warmups proved to be superior compared to static stretching. According to a 2006 study published in the August Journal of Strength and Conditioning Research, dynamic stretching improved performance in three different sports tests versus static stretching and no warmups.

Per a study on warmup and stretching in the prevention of muscular injury published in *Sports Medicine Journal* (2007), a stretching routine should allow for 15 minutes and immediately be followed by the actual sport or physical activity.

Furthermore, not only does it help in overall flexibility before engaging in a sport, but a study done in 2012, and published in the April edition of *The Sports Journal*, showed that dynamic warmups may increase flexibility of the hamstring (back of thigh) and the quadriceps (front of thigh) muscle groups more than static stretching.

Here are three of my favorite dynamic warm-ups.

**a. Walking knee tucks:** Standing on one leg, grab the knee of the opposite leg and pull toward your chest until a stretch is felt in the glutes (buttock). Keep head and chest upright. Hold stretch for 1–2 seconds. Step forward and pull knee to chest with other leg. Alternate legs as you walk forward.

**b. Walking quadriceps pull with overhead reach:** Standing on one leg, bend the opposite knee and bring your heel toward your bottom. Grab the ankle and pull until a gentle stretch is felt in the front of the thigh. Next, reach the opposite arm overhead. Hold stretch for 1–2 seconds. Alternate legs as you walk forward.

**c. Spiderman with trunk rotation (Advanced):** Get down in a push-up position and step forward with your left foot so that the knee forms a right angle. Push your hips back and come up on your heel and toes (heel in the front and toes in the back). Drop your hips...
back down and raise your left arm up while twisting back until you feel a slight stretch. Hold the position for 1–2 seconds. Perform the same on the other side and continue to alternate for about 2–4 repetitions.

2. **Conditioning:** Perform strengthening and conditioning exercises at least twice a week to prepare for running. Studies published in the July 2009 Orthopedic Sports Physical Therapy publication show that wall squats, forward step-ups, and lateral step-ups produce significant activation of the buttocks muscles (Gluteus medius and Gluteus maximus).

   **a. Wall squats — Single leg:**
   Stand with your back and head flat against the wall, with both feet about 1–2 feet away from the wall. Lift your left leg up as shown in the picture and slowly lower your body until your right knee is at a right angle, like you are sitting on a chair. Hold the position for 2 seconds. Repeat this movement about 8–10 times then switch to the other side. If this is too difficult, you can partially squat the knee that is weight bearing (before you reach a right angle). If this causes symptoms like pain or cramping, discontinue the exercise.

   **b. Lateral lunges:** This is a good basic drill for beginner’s conditioning and as a warm-up for more advanced athletes. Stand with both feet aligned with your shoulders. With feet parallel to each other and facing forward, step the right foot to the side and lunge over on that leg with the weight on the right heel (with foot flat on the floor). This will force the weight to be transmitted to the gluteal muscles on that side. Hold this position for 1–2 seconds and repeat on the other side. Perform alternating side lunges for 8–10 repetitions.

   **c. Lateral step-ups:** Find a step that is between 6–12 inches in height. With both feet facing forward and parallel to each other, step the right foot up and shift your weight onto the right leg, lifting your entire body weight with that leg. You may step the left leg up or keep it off the step for a more challenging exercise. Step the right leg down. Repeat 8–10 times and then perform on the other leg as well. Increase the challenge by increasing the height of the step.

3. **Cool down:** Foam rolling. Foam rolling allows your body to prevent tightening after a run or walk and improves the circulation after activity. Some people use this as a warm-up. I prefer using this method as a way to cool down and improve muscle flexibility, thus preventing future injuries. See our website for short videos on how to do foam rolling.

4. **Running shoes:** If you are a new runner, look for a shoe that is comfortable for you. Do not believe in the latest hype. Having 2–3 shoes in rotation is important, because each shoe can vary in cushioning, thus creating different types of support for your joints, tendons, and ligaments. Rotating through different shoes throughout the week alters the different forces applied to your body and allows different tendons and ligaments to handle the load. This may help prevent overuse injuries. I encourage patients to bring their running shoes to their physical therapy appointment so the physical therapist can evaluate them and give advice on choosing the right shoes.

5. **Persistently recurring injuries:** If you continue to experience discomfort, pain, or difficulty in your run, it may be time to consult with someone who understands movement patterns, body mechanics, and training habits. People vary in their body types, nutrition, and fitness levels. I may recommend coming in for an evaluation with a specialist and have some testing done. Call and ask your local physical therapy office to see if they have a running injury specialist.

   In the last decade, I have really enjoyed working with runners of all levels, and I encourage you to get out there and experience the joy of running. Be sure to follow the 5 tips for success to train safely!
Hiking to Well-being — One Step at a Time

My childhood was split between the plains of North Dakota and the swamps of Louisiana. Needless to say, one doesn’t find much in the way of mountains in those two states. However, many summer trips were spent traveling back to Colorado, visiting grandparents and extended family while getting in the family camping trip up in the mountains. I suppose somewhere in all those trips I found my love for the mountains.

When it came time for college, I headed to Colorado. It wasn’t long before I was spending weekends camping in the mountains along the Front Range and bagging 14’ers with friends. 14’ers are peaks over 14,000 feet, of which there are 52 (or more depending on your source) in the state of Colorado.

After graduate school, I moved to Oregon and began exploring the mountains of the Pacific Northwest. The allure of backpacking became stronger, and I decided this was the next challenge to conquer. My first backpacking trip was in Utah’s Arches National Park. With a few good friends in tow, we spent three days and two nights trekking through the park. Several other trips would follow in destinations like Broken Top in Central Oregon, the Wallowa’s of Eastern Oregon, and Jefferson Park outside of Salem, Oregon.

Each trip had its own memories and uniqueness. However, the Wallowa’s offered me an entirely new experience in the outdoors. We spent five days and four nights in the back country, covering over 35 miles with 7,500 feet of elevation change. There wasn’t another soul in sight for 48 hours, and the views were spectacular. Needless to say, it was a great chance to unplug and unwind.

A successful hike or backpacking trip starts with a willingness to explore the outdoors. The physical
conditioning and gear necessary will vary widely depending on the distance, terrain, elevation, and weather one might encounter.

Shoe wear, clothing, and other gear can be overwhelming when new to the activity. I would recommend visiting a local shop that has experts to assist you in selecting the right gear for your level of experience and desired progression. REI and other local shops often host classes for beginners to advanced participants.

Some simple advice is to start small and build from there. Before heading out the door for your first hike or backpacking trip of your life, or season, remember to spend some time getting into hiking/backpacking shape. To the right are a few exercises that will lay a foundation for strengthening and balance to make your hikes more successful.

Once you feel like you are ready to tackle the trail, peak, or backpacking trip, make sure you do your homework. Hiking books that outline local hikes often rate the level of difficulty for the hike or backpacking trip. Pick something that matches your level of fitness and experience. Then, get your feet wet. (Not literally! That can lead to some blisters, ouch!)

Speaking of injuries, there are some common ones out there for hiking and backpacking. Proper shoe wear and socks are a must. Without them, blisters ensue, which makes for an uncomfortable finish. Not surprisingly, joint injuries are common. Sprained ankles and knee injuries can result from a fall on uneven terrain or misstep. Limping back or having to be carried a few miles to civilization isn’t fun for anyone. Make sure you have the necessary footwear to provide support and spend some time working on your balance before hitting the trail.

Another common complaint of backpackers is back pain. Ensure you have the proper sized pack. Don’t overload your pack, and load your gear by placing the heavier items near the base and close to your body. Trekking poles can be helpful in keeping an upright posture and give you some extra points of contact when encountering challenging terrain.

Hydration and nutrition are essential to a successful hike or backpacking trip. Intake levels will vary based on the individual. Consistent and regular water intake is the most important. Monitor your urine for the best indicator of hydration levels. Ideally, urine should be pale yellow to clear. If it appears darker in color, you need to increase your hydration.

Remember, you will be sweating while on the trail, so your normal water intake won’t cut it. 60–80 ounces per day for adults is the recommended normal water consumption. It is better to carry extra water than not bring enough. Foods high in protein and carbohydrates will keep you fueled along the trail. More advanced planning will be required for longer distance hikes or backpacking trips. Again, seek the advice of professionals at your local hiking shop for tips.

**Leg Swing Single Leg Balance**
Begin in a standing upright position. Lift your arms directly to your sides. Raise one leg off the ground and begin swinging it forward and backward. Make sure to maintain your balance and keep your back straight as you swing your leg. Perform 1–2 sets of 20 repetitions each side.

**Lower Quarter Anterior Reach**
Begin in a standing upright position in the middle of a Y shape on the floor. Balance on one leg and reach your other leg forward along the line, then bring your leg back to the starting position and repeat. Make sure to maintain your balance. Perform 1–2 sets of 15 repetitions on each side.

**Lower Quarter Posteriolateral Reach**
Begin in a standing upright position in the middle of a Y shape on the floor. Balance on one leg and reach your other leg backward to your side along the line, then bring your leg back to the starting position and repeat. Make sure to maintain your balance. Perform 1–2 sets of 15 repetitions on each side.

**Lunge Matrix**
Begin in a standing upright position. Take a large step forward and lower yourself into a lunge position, then carefully return to the starting position. Repeat this motion stepping sideways, and then backward. Make sure to keep your trunk steady and do not let your knee collapse inward. Perform 1–2 sets of 15 repetitions on each side.
One misstep on a soccer field on Mexico’s Isla San Marcos was all it took. I couldn’t believe I was sidelined from skiing for an entire season! After my ACL tear and subsequent reconstruction surgery, it would be at least July before I was back in rock climbing shape.

I dove headlong into my rehab and, under the advice of my physical therapist, took up cycling as a form of rehab and training. By the time summer rolled around I was hooked and had purchased a new mountain bike. Toiling up those hills took effort, but that view was worth it. The Boise foothills, the Snake River plain, the Owyhee Mountains in the distance—how beautiful to be on two wheels in the mountains!

After so many years of climbing on my feet instead of two wheels, I understood that “summit moment” to be the figurative and literal apex of the climb. But I learned that all was different with mountain biking. The training and prep work leading up to that moment finished, not with a downhill slog, but with a sweet reward—the fast, flowing downhill!

As any person getting into a new sport will attest, there are certainly ups and downs. Soon, my love for biking turned into a sore neck and knee pain after every ride. After consulting with my physical therapist again, it became clear that my new bike fit me, but only just barely. After customizing the position of the saddle, the reach of the handlebars, and the position of my bike cleats, I practically had a new bike all over again. No more pain while riding!

Partly due to these experiences
with my physical therapist and my own rehab, I decided to become a physical therapist and help other cyclists get out on our amazing roads and trails. From beginners to experts, there are a few things to focus on that will help keep away those dreaded injuries and post-ride pains.

The core is of primary importance to any athlete, especially cyclists. This doesn’t mean that every rider needs rippling abdominals, but for good support in the saddle and improved biking handling, being able to lean forward without placing too much weight on the handlebars is essential. Patients that come in with hand, shoulder, and neck pain often need to work on core support. Plank exercises, dead lifts, and crunches can all contribute to better cycling.

Often overlooked are the hips—the cyclist’s powerhouse. Just grinding up hills on the bike will not usually be enough to build up the strength and endurance required to get the ride done in style and still be able to walk the next day. Any exercise that emphasizes powerful hip extension will be beneficial for cyclists.

Good examples include step ups, jump squats, and lunges. Probably the least noticed but most important hip muscles are the abductors, crucial stabilizers of knee motion. Purchase a Theraband loop from one of our clinics and start walking sideways all around the house with that band around the ankles. You may also try side planks, side lunges, and single-leg dead lifts.

In many instances, the best way to stay injury free on a bike is to start working out off the bike. Cross training can be any activity that isn’t cycling. Running, weightlifting, dance classes, kettlebell workouts, or circuit workouts will all help improve cycling performance and help decrease cycling pain and injury.

Unfortunately, sometimes our best efforts fail and injuries happen. As my personal experience demonstrates, one of a cyclist’s best friends is a physical therapist. Working with a physical therapist will help determine the extent of the problem, with a customized rehabilitation program being the foundation of the treatment plan.

Along with improving the strength of weak muscles, physical therapists also use manual (hands-on) treatments to help the joints or soft tissues work better. A custom bike fit is also common and ensures that the bike and rider work most efficiently.

The activities mentioned above will certainly prolong bicycling enjoyment, but don’t forget to also get out there on the bike! Eat well, drink plenty of fluids, feel the wind and sun, and enjoy the life on two wheels. Then let us know about those adventures and how Therapeutic Associates can help. Ride on!

**Side Plank on Elbow with Hip Abduction**

Lie on your side, resting on your elbow. Raise into side plank position by raising up your hips. Hold this position and lift your upper leg. Lower the leg and repeat. Perform 2–3 sets of 10 leg lifts per side.

**Side Lunge / Lateral Lunge**

From a standing upright position with feet shoulder width apart, step to the side with one leg, lowering your body into a lunge position, then return. Do not let your knees collapse inward during the exercise. Perform 2–3 sets of 10 lunges to each side.

**Reverse Crunch**

Lie on your back then lift your legs straight upward and cross your ankles. Tighten your abdominals, then push your feet to the ceiling, lifting your lower back off the floor. Do not swing your legs back and forth. Perform 2–3 sets of 8 lifts.

**Squat Jumps**

Standing with your feet slightly wider than shoulder width apart. Lower with a squat then jump up, moving your arms back as you do. Land in a squat and repeat the movement. Do not let knees collapse inward or move forward past your toes. Perform 2–3 sets of 10 repetitions.

**Single Leg Dead Lift**

Begin in standing position, then lift one leg off the ground and bend forward at your hips, lowering the kettlebell toward the ground. Then return to an upright position and repeat. Keep your back straight during the exercise and do not let your knee move forward as you lower the weight. Perform 2–3 sets of 12 repetitions.
Compared to other golfers, I probably got a much later start than most. Throughout my adult life, I have enjoyed many sports, including flag football, softball, and running, but I never had much of an interest in golf until about seven years ago. When the golf bug bit, however, it bit hard. There’s no question…I’m hooked!

Hitting a golf ball is not easy and I like the challenge of trying to get better at it. When I first started playing, I was terrible, but I have seen my game improve steadily over time. I took lessons from pros who helped me get on the right track, and I enjoy practicing my swing at the driving range. Particularly in the last two years, I have practiced and played a lot more often and have noticed my scores improving as a result. They will probably never be low enough for my liking, but I think that is the beauty of golf…perfection can never be achieved, but we can always strive to improve.

Golf is a very social sport, which is a big reason why I decided to learn to play. Many of my friends are golfers, so playing a round gives us a great opportunity to get together. The pleasant, outdoor setting of a golf course provides a relaxing environment for easy conversation. I have had great talks on the golf course with friends, colleagues, business associates, my dad, my sons, and even total strangers. No matter who I am golfing with, the opportunity to connect with others is part of the appeal.

I love to travel and enjoy the chance to golf in new places. My family vacations in Sunriver in Central Oregon every year and I have only scratched the surface of the many fantastic golf courses that region has to offer.

I’ve also had amazing golf trips to Palm Desert and Bandon Dunes. Last September, I got to take the trip of a lifetime and golf for a week in Scotland. Among others, we played the Old Course at St. Andrews, which was an experience that exceeded all my expectations.

Training for Golf

I am a strong believer in physical conditioning. Most of us may never have the flawless swings that the pros do, but we can improve our strength and flexibility through exercise.

Strength

Power comes primarily from the core and hips. Improving strength can add yards to your drive and make you less susceptible to injury. Here are the three strength exercises that I feel are most important for golfers:

**Resisted Trunk Rotation**—While sitting, rotate against the resistance of the band as far as possible and return. Perform three sets of 10 on each side. (fig. 1)

**Squats**—Stand with feet at shoulder width. Lower your trunk by bending your knees over your toes. Perform three sets of 10. Add weights or resistance band as needed. (fig. 2)

**Prone Arm/Leg Reach**—Lie over a ball. Move right arm and left leg to shoulder height. Hold for three seconds, then alternate. Perform 10 on each side. (fig. 3)

Flexibility

Improved flexibility can increase swing speed and reduce the chance of injury. Free movement of the spine is critical, and hip and shoulder range is also important. These are my favorite golf stretches.

**Sidelying Twist**—Lie on your right side, keeping your knees together. Look and reach
your left arm to the left as far as you can. Hold for three seconds and return. Repeat 10 times on each side. (fig. 4)

**Hip Rotator Stretch**—Lie on your back with knees bent. Grab your right knee with your hands and pull toward your left shoulder. Hold for 30 seconds. Perform two on each side. (fig. 5)

**Upper Thoracic & Shoulder Stretch**—Lie on a foam roll. With palms facing each other at shoulder width, reach backward as far as you can. Perform 10 holds of five seconds. (fig. 6)

**Endurance**

Muscle fatigue can sap your performance and increase your risk of an injury on the course. Endurance can be improved through cardiovascular exercise. I’m a runner, but walking, biking, and swimming are also excellent. Try for at least 30 minutes, five times a week. Regular exercise will help you finish strong.

**Before Your Round**

Warming up before you play will help you perform better and reduces your chance of injury. Driving range practice can help you get loose, but hitting balls BEFORE your body is ready to perform can lead to swing faults that carry over into your round. I recommend 5 – 7 minutes of dynamic warmup before you hit the range. Static stretching doesn’t cut it here...you need to perform active movements to elevate your body temperature and get your muscles ready to work.

**On the Course**

Walking the course will probably keep you feeling loose. If you are riding a cart or the pace of play is slow, consider repeating some of your dynamic warm-up exercises periodically to avoid getting stiff.

Stay hydrated and eat a light snack or two during the round. I always carry protein bars in my golf bag. Muscles perform best when they are neither hot nor cold, so dress for the weather. Layering gives you flexibility in changing weather conditions, and don’t forget to use sunscreen.

**After Your Round**

Time to hit the clubhouse for a beer with your foursome, right? Absolutely! Right after golf, however, is for static stretching. Spend a few minutes stretching your spine, hips, and shoulders, then go enjoy!

**Injuries**

Injuries happen to the best of us. Even Tiger Woods, who ruled golf for years, has been sidelined frequently over the past few years. Our best efforts to condition for golf and warm up properly will reduce, but does not eliminate the risk of injury. The important thing to do when injury strikes is to take action to keep it from getting worse and start the road to recovery.

Low back pain is the most common musculoskeletal problem in the general population. Golfers are even more susceptible due to the potential stress of repeated bending to address the ball and spinal rotation to swing. Golfers who experience low back pain should seek physical therapy right away. Physical therapy yields excellent results for most who sustain a low back injury. Find out more about our Low Back Pain Revolution at [www.therapeuticassociates.com/lowbackpain](http://www.therapeuticassociates.com/lowbackpain).

Golfers are also at risk for elbow injuries. Strains to the muscles and tendons of the forearm are common and can develop from overuse. These may resolve with rest and ice, but for pain that lingers, physical therapy is recommended. These type of injuries often respond well to ASTYM treatment. To learn more about ASTYM visit [www.therapeuticassociates.com/astym](http://www.therapeuticassociates.com/astym).

The golf swing can place a lot of torque on the knees, especially with any muscle imbalances present. Weakness in the hips can increase knee strain during the swing. Ice and rest may help alleviate the symptoms, but seeing a physical therapist is recommended to address any strength, flexibility, or balance issues that may be the underlying cause.

**Direct Access**

You can see a physical therapist without a doctor’s referral. This means you can seek immediate help for your golf injury. It also allows you to consult a physical therapist for injury prevention or a Golf Performance Evaluation (including video analysis). For more information about direct access, go to [www.therapeuticassociates.com/why-pt](http://www.therapeuticassociates.com/why-pt).
It was important for my parents to have “water-ready” young kids. Even in Wisconsin, it is generally frowned upon to lose your children off the side of a ski boat. Our favorite family summer activity was water skiing and cooking out on Lake Wisconsin sandbars. Learning to swim meant you didn’t have to run around wearing a life-jacket all day. In addition to being crazy uncomfortable, those things would seriously mess up your tan (sunburn).

I started official swim lessons at age 5, which was too late as far as I was concerned. My older sister started the year before, and I had been eyeing the diving board at Madison East High school pool. I needed a shot at that thing. I mean heck, there was a life guard next to it. What could go wrong?

As it would turn out, my swim instructor’s use of the term “free-time” at the end of my first swim session was not meant to include an inaugural launch off the one-meter diving board. Somehow that explicit rule was left out during the initial “safety” orientation. I would not say my first journey off the board and back to the edge was graceful, but it was successful.

My memory of the event includes an in-flight vision of the swim instructor, and one of my swim friend’s moms, running toward the deep end. Note: my mother remained calm and unmoved by the unfolding event. The last thing I remember before plunging into the 10-foot deep water for the first time was, “Oh, apparently it’s OK for adults to run on the deck.”
I started competitive swimming at age eight in DeForest, Wisconsin, a small town just outside of Madison. Years later, I would return to swim for the University of Wisconsin. Go Badgers!

At this point, I swim for fitness and try not to take it too seriously. That said, there are a few things you might consider if you're thinking of swimming for fitness.

**Pre-swim considerations**

**Eating before you swim**

Most kids grow up hearing horror stories of swimming too close to meal time, getting a cramp, and drowning. Maybe some kid, somewhere, did that. But really, the real risk is probably more like, “If you eat too close to swim time, you might throw up in front of your friends.” They won’t forget it either. So, I recommend you wait a bit. Thirty minutes seems safe. In general, eating a small amount of simple carbs before you swim may help your energy level during your swim.

**Equipment**

Feel free to start with the minimum—a good pair of goggles (and a swim suit). Goggles vary significantly in price. Just know that most competitive swimmers wear $5-10 goggles. The trick is to find a pair that fit your face correctly and don’t leak. Feel free to get tinted or mirrored goggles if you’re swimming outside. They do help.

The next step in useful equipment could include a kick board and pull buoy. A good swim workout will include some time kicking only (holding on to the board), as well as some time just pulling (using only your arms).

**Equipment for the swim ninja**

If you’re really feeling crazy, you might consider purchasing a pair of hand paddles to get more out of your pull; a snorkel to work on keeping your head still (looking down at the bottom of the pool); and fins (flippers) to work your legs even more. These ninja items are generally used for small portions of a swim workout.

**A little dynamic**

Lastly, before you jump in, consider doing a dynamic warm up to activate the useful muscle groups for your swim. Make these motions dynamic by not holding the position. Keep breathing steady during the motions: Thoracic rotation, forward fold, latissimus (lat) activation, and knee to chest motions.

* Make sure your physician has approved you for physical activity.

**The Swim Itself**

Most people swim further, faster, and have more fun when swimming with others. Consider joining in on a master’s swim workout. These groups typically have a large variety of skill levels, from the novice swimmer to the post-college competitive swimmer still burning up the water.

Swimming a pre-determined, well-written swim workout is the best way to go. A good swim workout usually includes a warm-up, transition set, sprint or fast swimming (the hard part), a kick set, and a cool down. While it might be tempting to have a contemplative solo, steady swim, swimming an actual workout with fast and slow parts is much better for you. More and more science is pointing to the importance of interval training for heart, brain, and muscle health. You can find sample workouts online.

Swim ninja tips: Lap swimming is generally done by swimming circles—which means swimming on the right side of the lane unless otherwise specified. This will allow more than one or two people in a lane. That’s just good manners.

**Post-swim Smartness**

**Stretching**

After swimming, your muscles are warm. This is your opportunity to get that last bit of goodness from your time in the water. Take a few minutes to stretch your latissimus, shoulders, chest, hamstrings, and trunk rotators. Hold each position for five breath cycles and repeat twice.

**Hydration**

You will most likely lose more water than you imagine. Plan to hydrate with your favorite (smart-hydration) beverage after a swim. The sooner the better.

**Eating**

Feel free to eat something solid as soon as you’re ready. This is a good time to get some protein in your system. Your body will know what do with it (think muscles). Enjoy!
Team TAI at Cycle the Wave: (l to r): Tammy Cihak (back), Seattle Administration office; Teri Kato PT, Seattle Administration Office; Noelle Marchesini, TAI Seattle PT, Julianne Courtanay, PT, DPT, PJSMC In-Patient/Acute; Lori Dillon, Seattle Administration Office, and Wendy Rineman PT, DPT, TAI Seattle PT. Photo by John Hendow.

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**Credential Key:**

- ATC - Athletic Training Certification
- CMPT - Certified Manual Therapist (NAIOMT Level III), Certified Orthopedic Manual Therapist (NAIOMT Level IV+)
- CPI - Certified Pilates Instructor
- CPT - Certified Personal Trainer
- CSAC - Certified Strength & Conditioning Specialist
- FAAOMPT - Fellow of the American Academy of Orthopaedic Manual Physical Therapy
- LAT - Licensed Athletic Trainer
- OCS - Orthopaedic Certified Specialist
- SCS - Sports Certified Specialist

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Director, TAI
Newberg PT
and Nick Wilkins
PT, DPT, CMPT,
Staff Therapist,
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demonstrating
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**CREDENTIAL KEY:**


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The TAI Southern Oregon Team participating in the Southern Oregon Military Appreciation Golf Tournament. Left to right: Dave Bellamy; Dave Standifer PT, Director, TAI Central Point PT; Eric Hodnett and Rod Hanlin.

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