

Tips, Strategies and News You Can Use To Achieve Optimum Health...For Life!

May 2006 Issue

Arthritis - What Causes It? Plus: Five Tips To Keep Your Joints Pain-Free!

Did you know arthritis doesn't just strike seniors? It's true. Arthritis is an extremely debilitating condition that can affect people of *all* ages. Although many people are familiar with the *symptoms* of arthritis - pain, stiffness and limited range of motion - most people don't know exactly what *causes* arthritis. In a nutshell, here's what happens:

Normally, joint cartilage is **smooth, shiny and moist**. In healthy joints, the cartilage-covered surfaces move against each other with a minimal amount of friction. Think of two smooth surfaces - such as glass or whiteboards - rubbing together. In healthy joints, cartilage absorbs nutrients and fluid just like a sponge. This absorption keeps the cartilage healthy, flexible and smooth. And like a sponge, when you compress cartilage, fluid is pushed out. When you let the cartilage relax, it draws fluid - and nutrients - back in. **Your joints go through that same process every time you use them: fluid in / fluid out.** This keeps

your joints healthy, lubricated and full of nutrients.

Arthritis is a process of degeneration of the **cartilage in your joints**. And because the cartilage is weakened, it dries and cracks. In this state, cartilage is not able to properly absorb shock and cushion your bones. When that happens, the joint becomes painful and stiff. This causes pain, which limits movement which further aggravates the condition and starts a vicious cycle. That's arthritis.

The root cause of this cycle can be many reasons. Repetitive stress and injuries such as falls and car accidents are common causes. Also, some professional athletes such as football players can have an earlier onset of arthritis than many people due to the amount of impact their joints absorb. Whatever the underlying cause, the result is almost always the same: **pain**.

When your joints are in pain, you are not able to go through your full range of motion for that key fluid in/fluid out process to occur. What



Robert Inglis, PT, CSCS

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happens is the cartilage then dries out and develops cracks. So, instead of moving smoothly like glass surfaces, the rough edges of the cartilage start behaving like sandpaper against sandpaper. Heat, friction and...pain!

In some extreme cases, as the cartilage degenerates, it may decay until it exposes the bone itself. Then there is no cushion at all: bone rubs against bone. In our office, I typically see these extreme cases in knees and shoulders - joints that get a lot of use and carry the twin stressors of weight and force. In these extreme cases, sometimes the only remedy is joint replacement surgery. However, the good news is that there are things you *can* do to minimize the effects of arthritis before it reaches that level. Follow these key secrets and you'll keep your arthritis - and the pain associated with arthritis - in check:

Arthritis Tip #1: Get A Professional Evaluation.

First, if you're experiencing symptoms of arthritis, you want to be evaluated by a physical therapist. You do NOT want to take information you read on the internet or hear from a friend and start acting. Every body is different. A physical therapist will evaluate you and determine your range of motion, degree of flexibility, and the acuteness of your condition. And then they will recommend a particular therapy based on those baselines. Your treatment options depend to a large extent on the personalized nature of your condition.

Arthritis Tip #2: Don't Be Afraid To Move The Joints

A common misperception with people who have arthritis is that they should not move the arthritic joint. The reality is that successful treatment requires that you **do** move your joints. Not moving your joints actually aggravates the problem *because less nutrients and fluid will be reaching the arthritic joint creating the vicious cycle we talked*



about earlier: pain causes inactivity. Inactivity causes deconditioning of the muscles around the joint and a decrease in the nutrients reaching the joint. And so on. Physical therapy, exercise and movement are the cornerstones of successful arthritis management.

Arthritis Tip #3: -- Educate Yourself About What Arthritis Really Is.

Keeping yourself educated is always a good idea when it comes to any disease or health condition you're experiencing. You can talk to your doctor and ask him or her questions, you can look up "arthritis" on reputable internet sites such as Web M.D. or MayoClinic.com and you can ask friends or family with arthritis how they deal with the condition. You should research what types of medications are best for arthritis. And you could research the types of alternative treat-

ments that exist for arthritis. Many people feel acupuncture is a highly effective way to limit the discomfort of arthritis. Patient education is a big key in successful arthritis management.

Arthritis Tip #4: Avoid Extremely Repetitive Activities

Try to avoid repetitive activities that place stress on your joints. And take frequent breaks. If you simply must undergo repetitive motions, you may want to use the right support or splints for your wrist. Also, some arthritis sufferers notice that certain motions in their hands - such as making a tight fist - also aggravate their symptoms. Above all, use neutral, natural positions for your wrists.

Arthritis Tip #5: Use Proper Body Mechanics

Your entire body is a “kinetic chain”. Body mechanics determine how much force and strain go through your body. Most people think of good posture as good body mechanics, but there is a lot more to it than that. You should see your Physical Therapist for an evaluation of the right body mechanics for you, in your individual situation. He or she can also help you find out what your range of motion limits are.

Follow these simple tips for managing your arthritis and it will help you reduce the pain and discomfort associated with arthritis. - Robert Inglis, PT, CSCS

Achieving Optimum Health: The Importance Of Dietary Supplements



Dietary supplements are fast becoming one of the most important elements of a healthy lifestyle. More people take supplements than ever before, and for good reason. Food has changed **dramatically** over the last twenty years - and modern foods are more processed and more refined than ever. With these modern processed foods, your body simply cannot get the nutrients it requires from food alone. In fact, unless you are eating a completely organic diet (which very few do) chances are, you **need** supplements for proper cellular and metabolic function. In other words, it's not an option for most people - it's downright necessary.

One particular example is of nutrients which must be supplied through supplementation are the essential fatty

acids (or “EFA” for short). The most common of the essential fatty acids is Omega-3. Discovered in the 1970's, Omega-3 occurs naturally in cold-water fatty fish such as tuna, salmon and mackerel. It's as close as you'll ever get to a “magic pill”. **Omega-3 has the following amazing properties:**

- Reduces heart disease risk
- Anti-inflammatory (good for arthritis)
- Anti-thrombotic (reduces clotting)
- Lowers blood pressure
- Prevents some types of cancers
- Reduces the effects of asthma
- Reduces stress
- Helps combat depression
- Is beneficial for Psoriasis, a skin condition
- Helps inflammatory bowel dis-

ease

- Helps prevent strokes
- And many, many more.

Now, since Omega-3 is **not** produced naturally by the body, we **must ingest it** in some form. The very best way to get Omega-3 into your diet is by eating cold water fatty fish (like tuna, salmon and mackerel) at least *two times* a week. But since most Americans don't eat fish on a regular basis, this is easier said than done. Not only that, but much of the salmon you see in supermarkets is farm-raised. As a result, some salmon can be **abnormally high in pesticides and heavy metals and abnormally low in Omega-3**, which can do more harm than good. So be sure the fish you're eating is low in mercury and heavy metals.

Next to healthy cold water fish, the next best way to get your weekly dose of Omega-3 is via **supplements**.

SUPPLEMENTS: THEY ARE NOT CREATED EQUAL

Just in case you're thinking to yourself, "Great! I already take Omega-3 supplements every day", know this: Not all supplements are the same. Not even slightly. In fact, many people consider the supplement industry the modern "snake oil industry" because it's not regulated in the same way drugs and pharmaceuticals are. So you have to be careful. You can't simply grab the first supplement you see on the shelf and assume it's safe and effective.

The reason why is because supplements vary *dramatically* from one manufacturer to the next. This is one area where the time-honored dictum "you get what you pay for" definitely applies. And as shocking as it may seem, many of the supplements, vitamins and minerals sold in grocery and drug stores (such as multivitamins) are actually **very poor quality** and do **not** provide the levels of nutrients promised on the labels (this is the "dirty little secret" of the supplement industry). You see, many cheap store-bought supplements - even those bought in "health food" stores - *have molecules so large, they cannot be readily absorbed by your body*. Even worse, **many also contain impure chemical by-products** which can jeopardize your health.

So, if you're really serious about your health, you should buy only *high-quality* supplements. Here's a quick checklist of what you should look for. Be sure your supplements are:

___ **1.) Pharmaceutical Grade** - First, you want to choose a pharmaceutical grade supplement. This means the supplement has been manufactured according to strict FDA regulations and guidelines. This ensures safety and consistency from capsule to capsule.

___ **2.) Bioavailable** - Second, you want to make sure the supplement is "bioavailable". This means it's easy for your body to absorb and digest.

___ **3.) Pure** - Next, you want to make sure the supplement is pure. This means it does not contain harmful chemical by-products.

___ **4.) Potent** - The supplement must also contain a *high percentage* of the active ingredient for which you're purchasing it; whether that's a vitamin, mineral or other supplement. *Tip: Lowering potency is one way cheap manufacturers boost their profit margins at your expense.*

___ **5.) Palatable** - If you can't stand the taste of the capsules, you won't take it. So, you also need to make sure the supplement is palatable and does not have a bad aftertaste.

___ **6.) Backed By Clinical Research** - What good is a supplement if the manufacturer's claims aren't backed up by hard science? You should make sure the particular brand of supplement (not just the type of supplement) is actually backed by solid documented research into its benefits. Again, most inferior brands of supplements cannot back up their claims with research.

___ **7.) Manufactured By A Reputable Company** - Finally, you want to purchase from a **reliable, ethical company**. If you're on a regular regimen of supplementation and feel great, it doesn't do you much good if the company disappears overnight - *even if they have*

the best supplements on earth.

Whew! That's a lot to consider, isn't it? No wonder so many people simply give up and grab the first thing they see on the grocery store shelf. It could take *months* to evaluate all the supplements on the market!

Fortunately for you, you don't have to spend all that time and energy. Why?

Because I've done your homework for you.

That's right: I've spent a great deal of time shopping, comparing and evaluating supplements from various manufacturers. And based on my extensive research, I've discovered a couple of companies I'm proud to recommend to patients like you. For Omega-3, my recommendation is a company called *Wellness International Network*. Their Omega-3 supplements meet and/or surpass all the criteria I discussed earlier: they're pharmaceutical-grade, bioavailable, pure, potent, palatable, backed by cold, hard science and manufactured by a highly reputable company. However, these supplements are NOT available in any "store". They **must** be ordered in a clinical setting like my office or directly over the internet. They're extremely high quality and the only Omega-3 supplements I trust to put in *my own body*. I highly recommend them.

(On the next page, I have arranged for you to receive a special offer on these very supplements).

And whether or not you decide to take advantage of my special offer on the next page - or do your own research - be sure to follow my guidelines on supplements and only ingest high-quality supplements.

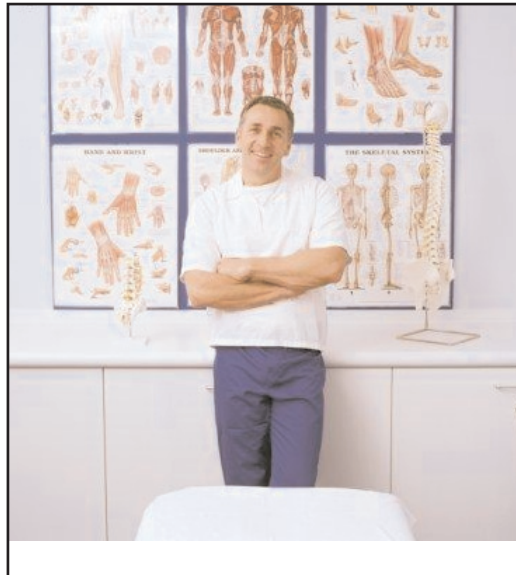
Your health depends on it!

Ask-An-Expert Section

Your Questions And Answers

Q: Does cracking your knuckles cause damage or arthritis?

The idea that knuckle cracking promotes arthritis is part of the same old wives tales that warned about eyes staying crossed and palms that grow hair. There is no evidence that cracking your knuckles causes arthritis. When you pull or bend your fingers, you stretch the synovial capsules between your joints. In a process called “cavitation”, bubbles form in the fluid and then burst. There is some relief and increased mobility when the bubbles make that pop, which explains the compulsion to do it again. Creating further damage is possible but not confirmed. You could hyperextend the ligaments or may lose some grip strength. Other than that, the biggest threat is from the people you are drive insane!



Q: What causes a hamstring strain?

A: The most likely causes of hamstring strains include:

- 1) muscle tightness and/or strength imbalances between opposing muscle groups
- 2) Improper technique
- 3) Lack of warm- up
- 4) Overuse
- 5) Fatigue or lack of neuromuscular control.

Previous injuries may also affect your chances of injuring hamstrings. The mechanism of injury is a combination of forced hip flexion with knee extension, maximal stretch of the hamstring, and a “pull” or muscle tear at the musculotendinous junction.

Q: How do I keep my metabolism boosted throughout the day?

First, of all, you need to **eat**. Avoid large meals and instead focus on smaller meals. Research shows that four to five small meals throughout the day is more effective at keeping your metabolism elevated than two or three *larger* meals. Next, make low-glycemic index food choices: brown rice instead of white rice. Sweet potatoes instead of

potatoes. In other words, something that takes **longer for your stomach to digest**. Also, make sure you get enough protein each day - equivalent to the size of a deck of cards. This also slows the absorption of sugar into your bloodstream and keeps your blood sugar level. Next, incorporate four to five short bouts of activity or exercise per day. For example, you can take the stairs instead of using the elevator, you take a brisk walk around the block at lunch or do upper extremity work. Other tips to keep your metabolism elevated include: avoid unnecessary TV watching, drink lots of water - a minimum of 64 oz each day, avoid stress, drink green tea instead of coffee, build your lean muscle mass by strength training with weights and... *just keep moving!* Oh, and don't forget: eat a healthy breakfast. It's no myth: Research shows eating breakfast kicks your metabolism into high gear and preps it for the day.

Got a Question? *About health, fitness, nutrition, rehabilitation or any other sports medicine topic? Drop us a line and we'll give your question to our panel of specialists. Contact us via email at mycorept@yahoo.com and we may feature it in the next newsletter. If your question is featured, you'll win a gift certificate worth \$25 to your favorite restaurant! - Robert*

From Our Healthy Kitchen:

Grilled Halibut With Black Bean Salsa



If you're looking for quick, nutritious supper for a busy weeknight nothing cooks faster than fish. But first, here's a quick tip: grill the halibut directly from the freezer. Increase cooking time to 20 minutes per inch -- 2.5 cm -- of thickness. Turn only once.

HALIBUT STEAKS WITH BLACK BEAN SALSA

Barbecue, grill or broiler, preheated

2 tbsp. Freshly squeezed lemon juice
1 tbsp. Extra-virgin olive oil
4 Halibut steaks -- six ounces each
Black bean salsa - See recipe, below

First, in a shallow glass dish, whisk together lemon juice and olive oil. Add fish and turn to coat. Next, place fish on preheated barbecue, close lid and grill -- or broiler on a broiler pan -- for about 10 minutes per inch of thickness, turning once, until fish is opaque and flakes easily when tested with a fork. Finally, spoon black bean salsa over the halibut and serve.

BLACK BEAN SALSA

(Makes three cups. Tip: if canned black beans are not available, cook 1 cup dried black beans. Substitute a canned bean salad mix for the black beans. And 1 cup well-drained whole corn kernels, either canned or frozen.

1 Can -- 19 ounces -- black beans, rinsed and drained
2 Green onions, thinly sliced
1 Large red bell pepper, finely chopped
1 Large tomato, seeded and finely chopped
1/4 cup Fresh cilantro
2 tbsp Extra-virgin olive oil
2 tbsp Red wine vinegar
1 tbsp Chili powder
Salt and freshly ground black pepper

First, in a large bowl combine black beans, green onion bell pepper, tomato, cilantro, olive oil, vinegar and chili powder. Season to taste with salt and pepper. Next, cover and refrigerate for a minimum of six hours or overnight to allow flavors to develop and bland. Refrigerate for up to two weeks.

MONTHLY ANNOUNCEMENTS AND UPCOMING EVENTS

May 2nd - Brea Rotary Club Meeting

Robert Inglis, physical therapist and owner, will be speaking on May 2nd at the Brea Rotary Club meeting. Topics will include the obesity epidemic, why people have a difficulty losing weight and keeping it off, and providing scientific solutions that work. Don't miss this eye-opening presentation!

Non-Profit Event for the

School District - Sat. May 6th from 9 AM - 5 PM

Join Robert and staff for resting metabolic tests sponsored by the **Brea Education Foundation** and the **Rotary Club of Brea** at this fundraiser event. Robert will be joining Dr. Bradford Fisher and Dr. Warren Schlott to raise money for charity. All proceeds will go to the children's education fund. Please call for more information.

Announcing The Newest Member of the Team - Brian Sutton!

- We're proud to have Brian on our staff - he's our Wellness Director and a bonafide weight-loss expert. Stay tuned for next month's issue to hear Brian's background and how he'll be able to help YOU get in the shape you want!

Coming Soon...

A board certified dermatologist, Dr. Renee Cobos, will be joining us and offering her services 1-2 times a month. Services include botox, laser hair removal, microderm abrasion, and other dermatological care.

- New Programs -

Fit and Liv'n It Nutrition Class

Linda Buzby, our clinical dietitian, has started her 3rd installment of her behavioral modification class! The curriculum was specifically designed to educate people about making **healthy food choices, identifying problem areas** and barriers preventing success, and **provide useful tools and strategies to lose weight** and get off the "diet merry-go-round." . Classes are held every Thursday night at Brea community church from 7pm- 9pm. Classes will begin again at the beginning of June. Spaces are limited so please call and reserve your spot in the next class.

T'ai Chi

T'ai Chi is a slow motion, moving, meditative exercise for relaxation, health and balance. Originally from China, T'ai Chi is now practiced regularly by millions of people throughout the United States and the rest of the world. Specific slow moving forms are taught by **Mark Talle**, a licensed acupuncturist and **certified T'ai Chi instructor**. It is a one-hour, 8 week course held on **Tuesdays at 6:30 pm**. Each week, the progression is advanced, until a series of movements are learned. The quality of movement is critical, including shifting of the weight, trunk rotation and taking steps. Benefits include enhanced circulation, development of strength and improved balance and flexibility. Daily practice is an excellent way to balance modern life with our internal awareness, and allows cleansing of daily stress from our body, mind and spirit.

Acupuncture

Acupuncture is a traditional Eastern

therapy now used widely in the US to treat a variety of conditions that involve acute or chronic pain. It uses the application of hair-fine needles, energy and pressure to specific points on the body. Each point corresponds to specific functions in the body. Treatment is also aimed at regulating the free flow of vital energy or 'chi' to improve health the well being. Acupuncturists may also use electrical stimulation (through needles), acupressure, oriental herbs, nutrition programs and exercises such as Qi Gong to facilitate healing and pain relief. After a careful evaluation by a licensed acupuncturist, treatment is determined based on clinical symptoms. Patients are usually treated lying down, but can be treated in other positions if required. Insertion of the needles is generally painless and even unnoticeable by the patient. After insertion, the patients rest comfortably for 20-40 minutes, sometimes with the addition of infrared heat.

Most insurance companies will cover a portion of acupuncture treatments and do **not** require a physicians referral.

Health Trivia - Test Your Health And Fitness Knowledge!

QUESTION #1: About how much of the body is made up of muscle mass on average?

- a.) 30%
- b.) 50%
- c.) 35%
- d.) 40%

QUESTION #2: When reading blood pressure at 120/60, what is the name of the pressure that reads 120?

QUESTION #3: Which muscle fibers are used mostly with aerobic exercise (the utilisation of oxygen during exercise)?

- a.) Slow Oxidative Glycolytic
- b.) Fast Glycolytic
- c.) Slow Oxidative
- d.) Fast Oxidative Glycolytic

QUESTION #4: True or false? Free fatty acids consumed by nutrition can only be utilised by the body during aerobic exercise.

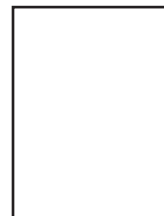
True False

QUESTION #5: The knee extension exercise works which muscle group primarily?

- a.) Hamstrings
- b.) Gluteus Maximus
- c.) Tibialis Anteria
- d.) Quadriceps

Answers will appear in next month's issue of Your Health Today Monthly Newsletter!

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Referral Reward Program

I'd like to thank those of you who have participated in the **Patient Referral Program!** Marketing for new clients costs us tons of time, money and energy. Like any company, we need new patients to stay in business. Over the years we have found that looking for new patients takes away from the time we would rather be spending *with you and for you* and treating other patients!

If I've already helped you with physical therapy, nutrition advice, metabolic testing, etc., then you know how well I serve my patients. When you refer your friends and relatives to us, everybody benefits. We can serve you better. We send you a nice gift. And we assure that we'll take the very best care of any friends or family that you refer

our way! For more information about our referral reward program, just give us a call at: **714-528-9400**. It's a great program where, as our way of saying "thanks", we send you a token of our appreciation for recommending our services!

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