



# PT TALK

## OCTOBER 2007

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### OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH!

So celebrate your health and get active! Now's the perfect time to start a walking club, purchase a gym membership with a friend, or simply spend a few minutes a day outside!

## TOUGH AS TENDON: GET A "LOAD" OF THIS!

In the summer issues of *PT Talk*, we introduced you to the rotator cuff and some of the causes of rotator cuff damage. Let's now take a look at how exercise can make a difference in the healing process of the rotator cuff.



it at shoulder level (as if pointing at the ceiling) while lying on their back. Although this position and movement was once painful, it is no longer painful because the load from gravity has been reduced. "This change in position allows for a variety of different exercises for the shoulder that are high in repetition and not painful," Janna says.

According to PTC's Janna Ogle-Geiger, a rotator cuff will respond best to a specific exercise designed to stimulate tendon. "A tear in the rotator cuff is basically a tendon tear," she says. "Tendon has less vascular input than muscle, so it requires more stimulus for healing."

According to Janna, your load tolerance describes where you are in the healing process. This tolerance needs to be challenged until you are at full use of your shoulder. In other words, the key to a proper tendon training program is to apply just the right amount of load on the tendon to offer a sufficient stimulus for healing. You must also avoid too much load, which will cause further breakdown.

To get this stimulus, you need a high number of repetitions and a low load to avoid causing pain or further injury. "One way to achieve this is to decrease the weight of the arm and/or move through a smaller range of motion while performing the exercise," Janna explains. For instance, people who experience pain while raising their arm to shoulder level in standing are typically able to hold

"With a proper plan," Janna says, "you can eliminate the frustration of tendon injuries or tendinitis because you'll *know* you're getting better." Now that's something to celebrate!

## SQUASHING YOUR HUNGER!

Warm up to this hearty helping!

While hearty winter squashes are available year-round, we tend to think about them more often in the fall and winter when people are more likely to incorporate them into their menus.

sound, it's never good to soak cubes of squash in butter. Squash is a wonderful food bursting with nutrients, and adding high calorie condiments like butter and syrup is like taking a step backwards.



But with all of the nutrients packed inside that knobby exterior, the succulent squash definitely deserves a spot on your tabletop all year. For instance, just one cup of baked butternut squash contains 5.7 grams of fiber, a whopping 179% of your daily value of Vitamin A, 22% folic acid, and 52% Vitamin C. And there's only a measly 82 calories, so you can enjoy it as a guilt-free side item.

Instead, try just a teaspoon of brown sugar in the cavity of the squash while you bake it or just a sprinkle of cinnamon. This won't overwhelm the squash's natural flavor and taste. Even healthier, try a little applesauce instead of syrup. And if you're feeling a bit adventurous, serve "strings" of spaghetti squash with your favorite pasta sauce for a low-carb luxury. Now that's a decadent fall feast!

The trick is to not spoil this treat before the nutrients hit your dinner plate. As tempting as it may

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PATIENTS KNOW THEY  
HAVE BEEN HELPED AT  
PTC!

TRICK OR TREAT!

The first two goblins in costume to come by our office on Halloween (or the first two people to bring their little goblins in costume) will receive a gift certificate to the *Sweet Tooth Candy & Gift Company!*



## MEETING AMANDA

The next time you drop by the PTC office, be sure to say a friendly “hello” to our newest staff member: Amanda Hale. As our new receptionist, she’ll be one of the first smiling faces you’ll see when you walk through the door.



Amanda’s been working at PTC since mid-June and loves the atmosphere in the office. “I like knowing that we are able to help people,” she says. “I also like working with the staff. Everyone here is great to work with and be around.”

Amanda also likes to stay busy outside of the office environment. She especially enjoys spending time with her family and cooking up new recipes in the kitchen. Plus, she’s a devoted mom. Amanda has

an 8-year-old son named Warren who is in the 3rd grade.

When asked what she likes most about living in the Tulsa area, Amanda’s response was pure and simple. “I enjoy the convenience of everything,” she said. “And also because I grew up here.”

With autumn in full swing, Amanda’s now enjoying the changes taking place in the city. She explains, “What I like most about the fall season is that it makes you thankful for the cooler weather, and it starts the fun of holiday seasons.”

Amanda looks forward to meeting you and making you feel at home at PTC!

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