

evolve

The Body Dynamics Quarterly Newsletter

Bridging the Gap Between Rehab and Performance Functional Retraining Maximizes Your Potential for Work, Play, or Sports

So your pain has resolved, your joints are gliding smoothly, your muscle balance is improving, and you are ready to return to your pre-injury activities. But something isn't clicking.

Maybe your timing is off, your sport-specific endurance is low, or you just can't coordinate all the lessons you learned in physical therapy with what you need to do in your activity of

choice—whether running, biking, playing tennis, gardening all day, walking the dog, building tree houses...



Functional retraining is often the critical element necessary for return to sport, work, and recreation.

It is relatively easy to perform certain exercises and movements correctly in a controlled rehab environment where we are consciously focused on the task. It is much more difficult to incorporate these lessons at an unconscious level into movement in our daily lives. This is where functional rehabilitation or retraining fills the gap.

In general, functional rehabilitation shifts intervention from focal treatment of an injury to full-body movement patterns necessary for your sport,

activity, or chore. Specifically, it involves the seamless integration of motor control, core stability, strength, range of motion, speed, and endurance training into higher levels of activities that move at the “speed of life.”

It is relatively easy to perform certain exercises correctly in a controlled rehabilitation environment.

All those crunches will be converted into activity-specific trunk patterns demanding stability, agility, and endurance. Strength training shifts to plyometrics, where speed and explosiveness are emphasized. Cardio training becomes more specific, matching target heart rates and length of training to activity-specific cardiovascular demands. Whether you need short

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Question & Answer:

Q: Can acupuncture help improve a weak immune system—allergies, frequent colds, and chronic sinus infections?

A: Yes, it can. It is critical to treat a weak immune system, especially at the change of seasons, when we are more vulnerable. If you have a chronic condition, it is recommended that you begin acupuncture one season before your worst time of the year. Other times when you should consider strengthening your immune system and health overall with acupuncture are: Before and after surgery, after childbirth, before getting pregnant or during pregnancy, when recovering from illness, during chemotherapy and radiotherapy, when taking antibiotics and hormones, and a month before your birthday if you have any chronic condition.

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From the Director



Seasons greetings from your BDI team. May your holiday season be festive and jolly, and please sign up early for your classes, by golly!

But don't drink the water while you are here—there are babies abounding at BDI this year. Ashley is due quite soon so she says—we think she's taking an extended vacation instead. Steph is also expecting a wee one—lots of baby showers, lots of baby fun! While your family might not be expanding next year—we hope that it's filled with peace and good cheer.

We at BDI are happy to say—no dramatic changes for 2008. Each and every one of us continue to be committed to helping you on your journey. From rehab to fitness to healthy lifestyles and more—we have the experts to help you restore: Your Body. Your Health. Your Team.

Best wishes for the New Year!

Jennifer M. Gamboa, DPT, OCS, MTC

Body Dynamics, Inc.

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Body Dynamics, Inc. (BDI)

is a comprehensive center for orthopaedic and manual physical therapy and a leader in training elite athletes and performing artists. BDI's highly evolved programs address musculoskeletal needs through a multidisciplinary approach that integrates rehabilitation with Pilates-evolved fitness programs and massage therapy.

Director

Jennifer Gamboa, DPT, OCS, MTC

Body Dynamics, Inc.

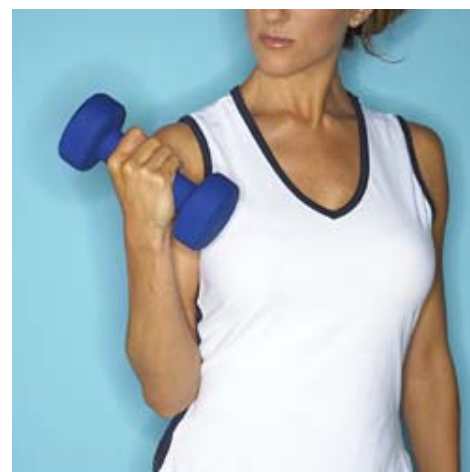
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Beginning 2008 Fitness With Suzanne

Starting in January

Suzanne has additional hours available for
PILATES AND PRIVATE FITNESS TRAINING:

Tuesdays 8:30 am–1:30 pm

Thursdays 2–6 pm

Saturday mornings

Call 703.527.9557
to book an appointment

Functional Retraining

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bursts of speed or the ability to maintain movement skill over a long period of time will dictate whether you do interval or endurance training.

Functional retraining is often the critical element necessary for a successful return to sport, work, recreation, or higher level activities of daily living. Without this element, old habits and old injuries often return.

The therapists and trainers at BDI are committed to helping everyone achieve their highest functional goals. If you are not performing at your optimal level, give us a call. Functional retraining may be the missing link. ■

PAR-Q! (Bless You!)

If you've been listening closely, you may have heard a curious sound around Body Dynamics: PAR-Q! And, no, it's not the sound of an autumn-mold-inspired allergic response. Instead, PAR-Q is shorthand for "Physical Activity Readiness Questionnaire."

To ensure that you are exercising with maximal safety, we have implemented two new screening questionnaires, which we refer to as PAR-Qs. These questionnaires will tell us if you have health risk factors that may impact your participation in fitness sessions or classes.

You'll be asked to fill out PAR-Qs before exercising, and you may be contacted by a physical therapist to discuss any issues that become apparent through the use of the questionnaires. Also, your physician may be contacted to obtain a release to exercise. Our purpose is simply to make certain we are aware of any special needs you may have and to include your physician in your fitness plan.

Thanks for your understanding, and have a great workout! ■

Acupuncture and Back Pain

There is growing evidence that the ancient Chinese practice of acupuncture is a promising and effective treatment option for low back pain.

GERMAN ACUPUNCTURE TRIALS

In a recent study, verum acupuncture—consisting of needling points chosen on the basis of traditional Chinese medicine—has never been directly compared with sham acupuncture and guideline-based conventional therapy in patients with chronic low back pain. This blinded, randomized controlled trial conducted in Germany included more than 1,000 patients aged 18 to 86 years with a history of chronic low back pain for a mean of 8 years.

STUDY METHODS

Patients underwent ten 30-minute sessions, generally two sessions per week, of one of the following: Verum acupuncture, sham acupunc-

ture consisting of superficial needling at non-acupuncture points, or conventional therapy.

Primary outcome was response after 6 months, defined as 33-percent improvement or better on three pain-related items on a chronic pain questionnaire or 12-percent improvement or better on a back-specific questionnaire.



Acupuncture is an effective treatment for low back pain.

STUDY CONCLUSIONS

The study found that low back pain improved after acupuncture treatment for at least 6 months. Acupuncture was almost twice as effective as conventional therapy. The findings of this study drove the decision to make acupuncture for chronic low back pain an insured benefit in Germany, for the first time putting acupuncture on an equal

footing with conventional therapy.

Thus acupuncture is an effective treatment option for chronic low back pain, with few adverse effects or contraindications. ■

Healthy Resolutions for the New Year

Start 2008 out right by resolving to make healthier choices. You don't have to run a marathon or give up the foods you love. Set small goals and be realistic. Change takes time. Each small goal you achieve will add up to big success in the coming new year.

Here are some ideas for Healthy Resolutions for 2008:

- ▶ Drink eight glasses of water a day.
- ▶ Eat more fish.
- ▶ Add fruits or vegetables to every meal.
- ▶ Smile more.
- ▶ Take the stairs.
- ▶ Keep a food journal.
- ▶ Set aside 30 minutes every day to take a walk or do yoga.
- ▶ Respect your body and fuel it with whole, unprocessed foods.
- ▶ Meet with a Registered Dietitian, the best source of reliable and up-to-date nutrition information, to help you improve and maintain good health. ■

Movement for Change The Missing Link in Your Fitness Program

Ever feel like the more you exercise, the more you hurt? Recovering from a specific injury but still feel too vulnerable to exercise strenuously? Have a chronic condition that makes working out at the gym unrealistic? It's time to consider Movement for Change (formerly called Mindful Movement).

Movement for Change is a mindful approach to moving with comfort, competence, and confidence. This program is unique to BDI, was initiated by our physical therapists, and was more fully developed by Andrea Watkins. It is based on the principles of The Institute of

Physical Art, Feldenkrais, Eric Franklin, Pilates, and PNF.

Each class is designed to develop fundamental body awareness and coordination patterns that can lead to more complex tasks and strenuous exercise. The goal is to develop confident, competent movement without pain. Students are taught to work within their personal safety zone while still having fun. Movement for Change mat classes begin with floor patterns that later progress to sitting and standing exercises, while upright classes challenge the mind/body to use correct principles of movement and alignment while standing, balancing, and moving to music.

Come renew your faith in exercise and rejuvenate your spirit with a community of friends to support you and experts to guide you. Movement for Change can increase your body awareness, improve your movement efficiency, increase your core strength, improve your range of motion, and provide you with an increased sense of mental and physical well-being.

Learning new movement patterns is a journey. Learning to move without pain is a joy. Come join us for your joyful journey.

For more information or to register, call the front desk at 703.527.9557.

Body Dynamics News and Announcements

- ▶ Jen Gamboa and Nancy White will be teaching throughout the country on how to successfully integrate fitness and health promotion into a physical therapy practice.
- ▶ A paper by Jen Gamboa et al. titled "Injury Patterns in Elite Preprofessional Ballet Dancers and the Utility of Screening Programs To Identify Risk Characteristics" was accepted for publication in the *Journal of Orthopaedic and Sports Physical Therapy*. It will be out in March 2008.
- ▶ This winter Sonia Cronmiller will attend the Gravity Training System Master Teachers' Symposium in San Diego, CA, and the American College of Sports Medicine's Health and Fitness Summit and Exposition in Long Beach, CA.
- ▶ Two staff announced engagements earlier this year—Jason Grandeo to Anita Delaney and Carrie James to Bryan Pagliano. Congratulations to all!



Calendar

Winter Classes Begin	12.31
Free Lecture: Movement for Change	1.12
Free Lecture: Exercise Is Medicine	2.6
Free Lecture: About Back Pain	2.16
Free Lecture: ACL Injury Prevention	3.8
Winter Classes End	3.10
Spring Break	3.10-15
Spring Classes Begin	3.17
Free Lecture: Women's Health	4.5
Free Lecture: Living With Chronic Pain	4.26
Spring Classes End	5.17



Holiday Elves on Call

The Body Dynamics Holiday Elves are back. They would be happy to drop a note to your holiday honey to let him or her know that, rather than a bottle of perfume or another neck tie, you might prefer to see a "Massage 3-Pack," BDI gift certificate, or Pilates fitness ball under the tree or by the Menorah this holiday season.

We'd be happy to mail or e-mail your loved one a flyer indicating your BDI holiday wish list. Just fill out an "Elves on Call" information form at the front desk or call Body Dynamics for more information at 703.527.9557. ■



"She worked wonders on my hip flexors!"

This is just one of many glowing comments we've heard from you about Nia Holloway, our new massage therapist.

If you've not yet booked an appointment with Nia, give us a call and see for yourself!

Massage 3-Pack The Perfect Holiday Gift

Treat a loved one to three 60-min massages at 10% off the regular price. Must be purchased by December 31.

Gravity Training HOLIDAY SPECIAL!

First month FREE if you register by December 31.

New customers only, please.



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