

## From Our President



Season's Greetings to One and All!

I want to start by thanking each and every one of you who contributed to the BDI-AFAC food drive. Together we donated 400 pounds of food! Thanks for helping us extend the holiday spirit to those who have great need in our community.

As you prepare for the holidays, we all hope that you will enjoy the gift of REST and RELAXATION, so that you can ring in 2012 a bit rejuvenated. Enjoy!

Best wishes from all of us to all of you. We look forward to seeing you, your family, and your neighbors in the New Year.

Peace be with you,

Jen Gamboa, DPT, OCS,  
President

## Youth At Body Dynamics

By [Mark Shepherd](#), DPT; [Patrick Suarez](#), DPT;  
[Andrea Grunberger](#), DPT; [Bobby Sidney](#), CPT, CMT

As Body Dynamics Inc. (BDI) continues to grow, you may notice the younger clients that utilize our services. From the young ballet dancer to the elite active high school soccer player, more and more of our communities' youth are coming to BDI.

Many of us have children who are part of a team sport or fine arts program and are familiar with the risks that come with these activities. Although many of these programs support health through exercise and social support, they can increase the risk of injuries to those who do not adequately prepare themselves for the high demands that their specific activity may place on the body. The good news is, the benefits far outweigh the risks, and many of these injuries are preventable.

One of the main risk factors is decreased neuromuscular and biomechanical control of the lower extremity. While most research is focused on ACL injuries, similar principles apply to any young person in different sports. By going through specific strengthening and stretching exercises both before & during the season, both girls and boys have been shown to be able to reduce their risk of injury. Once these exercises have been trained, they can be easily done without any equipment and without a large time commitment.

Over the years, Body Dynamics has supported hundreds of active youth through our training programs, injury prevention



programs and even physical therapy to get them back to their respective sport or activity. One of our most popular injury prevention training programs is called [P.A.C.E Fundamentals](#): Fundamental Performance= Athletic Competitive Enhancement. The PACE Fundamentals program consists of 6 one-hour, group format training sessions that cover dynamic stretching, lower extremity strengthening, and basic agility training. Athletes are given a home and on-field programs that are designed to establish behaviors that translate into performance outside the clinic.

BDI is now developing a Power P.A.C.E Program that focuses on plyometric, power, speed, and agility training for male and female athletes at both the high school and

college level. This new program, based on the most up-to-date literature, is designed to progress and develop those most desirable athletic attributes and improve overall performance. At Body Dynamics we utilize physical therapists, athletic trainers and personal trainers in developing and carrying out our exercise protocols. This allows for a unique combination of highly trained professionals to monitor proper technique and creatively challenge athletes as they develop. And along the way, ongoing communication with parents and coaches plays an integral role in the successful implementation of these programs.

Working with young athletes in personal sessions or within the P.ACE program enables the clinicians at BDI to find places where young athletes are weak and help them to strengthen those areas before injuries occur. Helping our youth build a strong foundation not only helps them on the field, it helps them during periods of growth to meet the challenges that their bodies are adjusting to. The training has physical, emotional, and intellectual effects. Physically they became stronger through core, strength, speed, agility, and reactive exercises. Emotionally, they are more confident on and off the field, which clearly connects to developing intrapersonal skills. Intellectually, they are learning about and making the kinesthetic and mental connection in their bodies through movement and reactions.

Body Dynamics and P.ACE – one more opportunity for us to work with your family to help you get better, stronger, faster.

*"While training at BDI, I have noticed that I am more aware of how my body moves and how to work to reduce injuries on the soccer field."*

**~Cali, Age 16  
Elite High School Soccer Player**

#### **BDI HOLIDAY HOURS**

Our office will be closed for the Holidays on December 24-26 and December 31 – January 2.  
Happy Holidays!

#### **WINTER WEATHER**

In case of inclement weather, every effort will be made to contact scheduled clients about office closings. Be sure to check our [website](#), [Facebook](#), [Twitter](#) and office voice mail for hours and updates.

## *'Tis the Season. . .*

...for new resolutions! Jump into 2012 with our new schedule of classes! Starting on January 3, commit to a fitter, healthier you by joining the fun in our weekly group classes. With varied levels of GTS Training, Pilates, Stretch, Mindful Mat and Ballet, there's a class for everyone, no matter what your fitness level may be. More comfortable one-on-one? Our certified personal trainers can assess your fitness level and build a program tailored to your individual strengths and needs. Registration for winter classes is now open. Visit our [website](#) for details and let us help you become Better, Stronger, Faster in 2012. Happy Holidays!