

# NEWSLETTER

## Clients Corner

The first half of 2009 has been extremely eventful for me with new clients from a variety of backgrounds working towards their personal goals. Some of you have come to me deconditioned from playing a sport for many years wanting to become more fit for that sport again-training only to find out you have become more toned and fit overall. Others are recovering from an illness, using exercise to gain control over their body again and boost confidence in their abilities as they progress. Still others have sought me out after watching friends or family become more fit and toned with a trainer, only to realize they too would like the energy, stamina, and strong physique a balanced program will bring.

To date the success of so many clients leads me to boast about all of you because your success has become mine as well! I am thrilled with the dedication and realization of goals attained by each one of you. Milestones have been reached! I think it's important to stop and celebrate the good news every day. We have someone who has lost 25 lbs. in 4 months, losing body fat and gained muscle while becoming trimmed and sculpted overall. He looks amazing! Another client has streamlined her core and hip areas, as well as achieved toned arm muscles, glutes and legs. Definitely looks athletic, fit and conditioned!

We have first time exercisers who have launched out not thoroughly enjoying a workout and now find themselves looking forward to it for the benefits of endurance, strength and the changing of body shape that occurs. I actually think they sometimes even miss working out when schedules change! Of course there are many of you, if not all of you, who by now have developed perfected form and I am noticing your backs in straight alignment, shoulders retracted, and standing and walking with corrected posture. In addition the benefits of flexibility are showing and movement is more fluid and effortless through the countless programs you have performed. Each of you has a bounce to your step, renewed energy, and a youthful appearance of health and vitality. To top it off balance is regained and realized as daily routines are incorporated.

Beyond all the success you have achieved, I am enjoying the many personalities, friendships and uniqueness in all of you. Your lives teach me to be good to myself in the midst of working hard yet grateful to be doing something I love, partnering with you on your quest for health and fitness. I continue to keep abreast of postural assessments, varied workouts and nutritional information, working to achieve maximum energy before, during and after exercise.

So stop today and acknowledge where you're at, where you were when you started on this journey for health and be proud of your dedication to yourselves. Focus on what you have accomplished and know life is a continual journey of building. **It's not the destination we should be so concerned with, but the ongoing process.**

### Hydration Please!

Athletes need to stay hydrated for optimal performance. Studies have found that a loss of two or more percent of one's body weight due to sweating is linked to a drop in blood volume. When this occurs, the heart works harder to move blood through the bloodstream. This can also cause muscle cramps, dizziness and fatigue and even heat illness including heat exhaustion and/or heat stroke.

To find the correct balance of fluids for exercise, the American College of Sports Medicine suggests, "individuals should develop customized fluid replacement programs that prevent excessive (greater than 2 percent body weight reductions from baseline body weight) dehydration. The routine measurement of pre- and post-exercise body weights is useful for determining sweat rates and customized fluid replacement programs. Consumption of beverages containing electrolytes and carbohydrates can help sustain fluid-electrolyte balance and exercise performance."

### Rotator Cuff Injuries and Treatment

#### Overview

Rotator cuff injuries are one of the most common conditions afflicting the shoulder. It is most common in patients between the ages of 40-70. Injuries to the rotator cuff can be traumatic in nature, typically due to a direct fall onto the injured shoulder. It can also be the sequelae of chronic inflammation within the shoulder. Patients with rotator cuff tears frequently present with pain and weakness in the shoulder.

#### Treatment

Treatment for rotator cuff tears can be either surgical or nonsurgical. Treatment is individualized based upon the patient. Factors that help determine which treatment is best include the age of the patient, nature of the tear (acute/chronic), severity of the tear, degree of functional limitation and expected activity level.

Nonoperative treatment focuses upon initial pain control, followed by a directed physical therapy program that emphasizes pain-free range of motion of the shoulder and subsequent strengthening of the remaining rotator cuff and periscapular (around the shoulder blade) muscles. Initial pain control often involves the use of anti-inflammatory medication to help control inflammation within the shoulder.

Operative treatment for rotator cuff tears is reserved for those patients who have significant functional limitations due to pain and weakness as a result of a rotator cuff tear. Further, those patients who are unsuccessful with nonoperative management are candidates for surgery. Repair of the rotator cuff can typically be performed arthroscopically with sutures that can help restore the normal attachment of the rotator cuff muscles. The surgery is performed on an outpatient (same-day surgery) basis with physical therapy commencing approximately a week following surgery, emphasizing gentle range of motion exercises. Patients remain in a sling for the first six weeks following surgery. Recovery generally takes approximately 4 to 6 months