



Robinson Physical Therapy & Health Center News

Volume 8, Issue 3

WE CARE FOR YOU!!!

December 2011

**AQUA
THERAPY
SPORTS
PERFORMANCE**

Now Selling Vinoprin and Vindure 900

Robinson Physical Therapy & Health Center, Inc.

5635 Steubenville Pike,
Route 60
McKees Rocks, PA 15136

Phone: 412-787-8616
Fax: 412-787-8618
Email: staff@robinsonpt.com

By Christopher J. Marrone, MPT, ATC, Director

Robinson Physical Therapy is pleased to announce that we are now selling two new nutritional supplements in addition to already selling a variety of the Nordic Naturals Fish Oils product line. The first product, **Vinoprin**, is an "all-natural extract from American Hops that provides fast-acting, all-day relief from ordinary aches and pains" without the side effects that you might get from prolonged use of Advil/ibuprofen.

- **Amazing Health Benefits from Hops Extracts**
 - Reduces pain causing enzymes
 - Supports the body's natural inflammatory response
 - May promote bone health
 - Easy on the stomach



Inside this issue:

Now Selling Vinoprin and Vindure 900	1
Benefits of Aquatic Therapy	2
Are You Sabotaging Your Recovery?	2-3
Protect Your Joints	3
Happy Holidays!	3-4

- **Vinoprin Science:** The alpha acids in Vinoprin block the COX-2 enzymes in the body, which cause inflammation and pain as a response to injury and irritation. But they only partly block the COX-1 enzymes, preventing possible digestive and cardiovascular problems. This makes Vinoprin gentle enough to take every day.
- **All-natural relief from everyday aches and pains:** Vinoprin™ is based on an extract from American hops, grown in Oregon and Washington, which are mostly used to give beer its distinct flavor. Hops have been used medicinally for thousands of years for pain relief, as a sleep aid, and to alleviate symptoms of Menopause. Modern technology has allowed us to extract only the pain relief components from hops, using a patented process that eliminates the need for any toxic chemicals.
- **For further information please visit www.vinomis.com/store/home or www.vinomis.com/**



**Chris Marrone,
MPT, ATC
Director
Editor**

Questions?
Comments?
Please feel free to reach me at any time via email, fax, or telephone. I hope that you enjoy this issue of

The second supplement, **Vindure 900**, is made from resveratrol, which comes from red wine. It is resveratrol that has been shown to slow down the aging process and help prevent age-related diseases including heart disease, cancer, alzheimers, diabetes, and others. Vindure 900 contains the perfect blend of red wine grape extract from the Bordeaux region of France, fortified with pure **Resveratrol** and **quercetin**. Each Vindure 900 tablet contains 400mg of Vinomis Red Wine Grape Extract, in addition to pure Resveratrol and Quercetin. It has all the benefits of drinking 1-3 glasses of red wine (depending on the variety), without the alcohol or its calories.

Please visit our **online store** at www.robinsonpt.com, stop by the clinic, or call us at **412-787- 8616** to find out more or to purchase these supplements as well as our Nordic Naturals fish oil products.

Robinson Physical Therapy & Health Center News!!!

*****ALL INFORMATION REGARDING VINOMIS PRODUCTS IS REFERENCED FROM WWW.VINOMIS.COM/

Benefits of Aquatic Therapy



Emily Marino,
MPT

Exercising in water has many benefits that allow for ease in rehabilitation. The fastest way to recovery is to begin rehabilitation, and often patients are limited or unable to perform portions of their rehab due to pain or weight bearing status. The natural properties of water can eliminate/decrease the pain and reduce the weight placed on joints, allowing for a less painful and more productive recovery.

The buoyant property of water provides unloading of the weight bearing joints (e.g. the spine, hips, and knees). This allows many sufferers of joint pain who cannot exercise on land a means of exercising.

Water can also assist and resist during exercise; making it easier to progress through various levels of exercises. For example, initially exercises can be performed using the assistance of water, and later modified against the water's resistance for added strengthening.

Movement in the water is decelerated, allowing for increased control of limb movement during exercise. This same property also causes increased postural awareness in the water, allowing for improved body mechanics and ergonomic instruction.

The water and its warmth also promote healing through vasodilation of the blood vessels, which increase the circulation to the site of injury. Similarly the stable pressure of the water against the body can reduce swelling.

Exercising in water has also been found to ease paraspinal muscle spasms and decrease muscle guarding, further reducing pain. Along with a reduction in pain, exercising in water then allows for improved range of motion during exercise.

Many people can benefit from aquatic therapy, however medical clearance is required, as certain patients with cardiac disease, incontinence, or infections may not be candidates. Good candidates include (but are not limited to): arthritis sufferers, patients with fibromyalgia, obese patients, those with limited weight bearing status, weekend warriors, athletes, workers, and geriatrics.

Here at Robinson Physical Therapy and Health Center we are one of the few facilities in the area to offer aquatic rehabilitation, and are pleased to offer this as part of our one on one care in speeding recovery and preventing further injury. If you have further questions or are interested in aquatic therapy please feel free to contact us at 412-787-8616.

Are Sabotaging Your Recovery?



Michael Smith,
BSEP

So you are an athlete or a weekend warrior and you have just injured yourself or you are in the process of recovering. You have suffered a sprain or strain; a twisted ankle, bruised knee or something more serious; something that has required surgery to repair.

After the initial scare and soreness wear off, like most athletes, you begin to think about getting back into your sport/activity and what to do to get back in shape. You start thinking about therapy and the road to recovery, but most do not give proper thought to how nutrition plays a role in the recovery process. There is a common misconception that when injured, athletes should cut back on their intake of calories. This may be true, but it also is important to note that under-eating during this time can actually prolong the inflammatory response in the body and slow down immune function.

So on that note let me share some points concerning nutrition during the recovery phase of an injury. I found these points in the November issue of [Training and Conditioning](#), which contained an article titled [Balancing Act](#) by Ingrid Skoog. 1. **Consume adequate calories:** Acute injuries and the early phase of recovery in any injury can result in an elevated metabolic rate, which means you are using more energy than expected, leading to a need for more calories to help aid in the healing process. 2. **Consume healthy fats:** Omega 3 fatty acids contain natural anti-inflammatory properties which help keep swelling down and provide essential fatty acids to the body. 3. **Avoid bad fats:** Athletes should limit foods high in saturated fats like cheese, red meat, and bacon and skip altogether any foods high in trans fats, such as crackers, cookies, and chips especially during recover period when they are exercising at a reduced rate. 4. **Consume a variety of foods:** the more colorful the better and make sure you mix it up. Colorful fruits and vegetable are high in antioxidants, phytochemical, fiber, vitamins and minerals; all of which are necessary for proper recovery.

Are Sabotaging Your Recovery? (cont.)

5. **Take a good multivitamin:** while nutrients in a pill are not something that can replace whole foods in the recovery process, they can provide the boost you may be lacking and provide some insurance that your injured body is getting the micronutrients it needs. 6. **Stay hydrated:** This is very vital; athletes should drink water during the day and not ignore the feelings of thirst. While drinking water is preferred, skim or one-percent milk as well as diluted fruit drinks are viable options. The general recommendation for when not exercising is three liters of fluids per day for men and two liters per day for women.

As we all know athletes are always looking for an edge. Let me share a list of “super foods” and ones you should avoid. The best ones are: Salmon, flaxseed, almonds and walnuts, olive and safflower oil, broccoli, tomatoes, and sweet potatoes, garlic, colorful fruits, lean meats and beans. Foods to avoid are as follows: energy drinks, alcohol, high fat meals, salt, saturated fats and low fat diets.

Stay positive in your recovery and pay a little more attention to your plate make sure you are eating in a way that gives your body the best chance to recover. Any questions or comments please contact me at 412 787 8616 or michael-smith@robinsonpt.com

Protect Your Joints



Eric Cullen,
PTA

The best advice one can give you to prevent or decrease joint pain is to protect your joints. You may not be able to prevent genetics from kicking in but there are easy ways to help. Your body consists of many of joints. What is a joint you ask? Joints are locations where two or more bones come together. Each joint allows movement. You can wiggle your toes and fingers, you can bend to sit down and stand up, and of course you can shake your head to the music all because your joints are in good health. I am sure you would like to keep them that way.

There are ten simple ways to protect your joints. The first is to keep an ideal body weight. In everyday life, the more an object weighs, the harder it is to pick up or move that object. The same rule can be applied to your body. The heavier you are, the more your muscles and joints need to work. The second way is to move your body. If you do not open a car door in years it will not open very easily. The same goes for your joints. Keep them active with exercise. Third, use the big joints. You wouldn't use your pinky to pick up a television, right? Use your arms and legs and lift properly. Fourth, pace yourself. Exercise is great but too much can place wear and tear your joints. The fifth way to protect your joints is an easy one that your parents have been telling you to do your whole life. Stand up straight. If you have good posture, you are protecting your hips, back, and knees. The sixth way to protect your joints is to listen to your body. Your body may not tell you when you are in pain but you can sure tell. Don't ignore those signs because a small problem can become a big problem. The seventh way to protect your joints is to move around. That will prevent stiffness in the joints. The eighth way is to get in the water one foot at a time not head first. You should start slow when starting new exercise programs or physical activities. Start safe and see how your body reacts. The ninth way to protect your joints is to wear proper safety equipment. Helmets and pads were made for a reason. The tenth and final easy way to protect your joints is to ask for help. Go to the doctor or see a Physical Therapist for help.

Those ten ways to protect your joints are simple. They will help make you an all around healthy person as well. If you have any questions or concerns, and need the help of a Physical Therapist, please don't hesitate to contact us.

Happy Holidays!

By Wim Rogers, PT, DPT, ATC

The Holidays are upon us! We are all busy shopping, partying, eating, drinking, etc. But we still need to be aware of our health. Our bodies don't get a “break” during the holidays. In fact, our bodies are under more stress due to our busy schedules, not eating right, drinking too much, not sleeping enough, and being exposed to more people with the risk for contracting their illnesses.

**Robinson Physical Therapy
& Health Center, Inc.**

5635 Steubenville Pike
Route 60
McKees Rocks, PA 15136

Phone: 412-787-8616

Fax: 412-787-8618

Email: staff@robinsonpt.com

www.robinsonpt.com



WE CARE FOR YOU!!!

All of us here at Robinson Physical Therapy
would like to extend our warmest wishes
for a Happy Holiday Season and
a Healthy New Year!

Happy Holidays! (cont.)

There is much research evidence of an increase in body weight during the holidays. Many articles indicate an average of 1-1 ½ pounds gained annually over the holidays. This doesn't sound like much, but this increase in body weight during the holidays has an accumulative effect. Over 5 years, individuals can gain 5-7 ½ pounds of body weight directly related to the holidays. This does not take into account the increase in body weight during the rest of the year. If over 1 year you gained 5 pounds of body weight, 1-1/2 of those pounds can be directly related to the short holiday season.

The body weight gain is due to eating too much and the increase in stress during the holidays. Holiday foods are plentiful and fattening. Our schedules with work and family become excessive and cause undue stress on our bodies. Some respond to stress by eating more. Time limitations lead to lack of sleep. Lack of sleep can cause an increase in body weight gain and sleep loss can also be attributed to excessive alcohol consumption. It is during sleep that our body's neuromuscular systems repair themselves.

At **Robinson Physical Therapy & Health Center**, we are aware of our patient's limitations during the holidays. We understand the difficulties, and don't want to place more stress on our patients to maintain their visits. But, there are things that our patients can do to maintain consistent care. Decrease your frequency of visits during the holidays. If you are being seen 3 times/week, ask your physical therapist if you can cut back to 1 or 2 times/week. If there is a better time during the day for a visit, please don't hesitate to ask front desk or your physical therapist. If you can't make a scheduled visit time, please call and let us know. If you can come in later in the day or if you are going to be late, that's ok. Just let us know what we can do for you. We are here to help! Be sure to contact us for continuing your care and health this Holiday Season!

Happy Holidays!
Wim