



The Team That Keeps You Playing

SEPTEMBER 2008

With school starting, please remember that breakfast is the most important meal of the day. If you or your children do not have the time to sit down for a healthy breakfast, there are many good meal replacements or supplements to start the day off right.

Fresh Fruit

Zone Perfect Bars

EAS Bars

Cliff Bars

Mix1 Drinks

Also, remember the importance of drinking a lot of fluids. The Mayo clinic recommends that each person drink at least 8 eight ounce glasses of water per day.

REMEMBER:

8 X 8 Ounces

OSTEOARTHRITIS & EXERCISE

Osteoarthritis (OA) is a degenerative and inflammatory process that affects the cartilage in joints, most commonly the hips, knees, feet, spine and hands. OA is the most common type of arthritis, affecting more than 25 million Americans (www.arthritis.org) People with OA may be reluctant to exercise for fear of exacerbating symptoms, or not knowing which exercises are best.

A 2008 study in *Physical Therapy* investigated the role of high- and low-resistance strength training in subjects with knee OA. Results showed an improvement in both resistance training groups for decreased pain, increased knee function, walking speed on a variety of terrains and muscle torque as compared to the control group (no exercise). If you have OA, the good news is that you can improve your quality of life through exercise. See your physical therapist for exercises!

DID YOU GO LOW THIS YEAR?

Did you play golf as well as you wanted to this year? Did shoot better scores? Did you drive the ball longer or straighter? Did you have some pain or discomfort with your swing or walking the course? With summer coming to an end, it is now time to start thinking about how to improve your golf game for next year. If you want to have the biggest impact on your golf game, improve yourself! Impact Sports Medicine teamed up with several top 50 PGA teaching professionals and PGA players to develop a program that would have an immediate and lasting impact on the participants. The **Golf Fit** program addresses your posture, flexibility, strength, and balance as they relate to your golf swing. The physical therapists at Impact Sports Medicine can design a program that will address your specific problems, which will have a lasting impact on your game. We also work with many local PGA teaching professionals, to ensure that all aspects of your golf game are being addressed. Take action on your passion today so you don't suffer life's terrible tribute in the future – a high score.

FREE COFFEE

The staff at Impact Sports Medicine would like to thank you for your business. If you are happy with the care you received at Impact, tell a friend! After all, our best referrals come from clients who tell others about their great experience at Impact Sports Medicine.

If you refer a friend, we will send you a **Starbucks Gift Card** for a free cup of coffee!

SKI CONDITIONING

The rate of severe knee sprains-involving tear of at least one ligament- has tripled since 1980. Did you know that you can decrease your risk of a leg injury during skiing this season? Research is showing that a comprehensive lower body and core strengthening program can prevent leg injuries sustained during skiing. Participating in a bi-weekly program prior to and during ski season can not only increase your strength and fitness but it can reduce your risk of injury.

The program should consist of strength training, flexibility, and building muscular endurance in a "ski tuck like" position. A workout should also consist of core stabilization and balance training.

Come join the Physical Therapists at Impact Sports Medicine this fall and winter for a comprehensive ski conditioning program.

Source: Ettlinger et al.: AJSM, 1995

Visit our website for events, activities, and useful links:

www.impactsportsmed.com

If you have an event you would like others to know about, please E-mail the information to us at:

questions@impactsportsmed.com