



Fenton Physical Therapy

400 Rounds Drive
Fenton, MI 48430
(810) 750-1996

Linden Physical Therapy

319 S. Bridge Street
Linden, MI 48451
(810) 735-0010

Milford Physical Therapy

135 S. Milford Rd
Milford, MI 48381
(248) 685-7272

Elbow Pain

Karen's right elbow pain began three years ago. Initially, the pain was mild and intermittent, but gradually, it evolved to become strong and fairly constant. She worked as a nurse case manager and used the phone and computer most of the day. She knew she needed help when the pain prevented her from golfing and carrying her computer case. Karen had tried medications and an elbow brace but neither helped. She had two injections into the elbow and a series of ultrasound treatments. The injections produced temporary improvement, but the pain returned. Karen arrived in our clinic this past September.



Her work kept both hands on a keypad or smart phone most of the day. The elbow pain forced Karen to give up on her spin classes and use a treadmill for fitness. Any lifting with the right arm created elbow pain. We started Karen on a rehabilitation program of augmented soft tissue mobilization and daily, low-level mobility exercises. We had her avoid putting pressure on the inside of her elbow and she quit wearing a neoprene elbow sleeve.

Four weeks later the elbow pain had resolved. Karen was able to lift and carry with the right arm and she returned to spin class. As part of her new fitness program, Karen performed a shoulder and elbow mo-

bility/strengthening program three times a week, and she made work station stretching sessions part of her daily routine.

Elbow pain is a preventable problem. Some of the things you can do to help prevent or reduce elbow pain are listed below.

Arm Yoga

Elbow pain is often the result of adaptive shortening of muscles and tendons at the very mobile elbow and forearm. Technology has created an anatomical environment of over training from the fingertips to the elbow. Most of us hold our fingers, wrist, forearms and elbows in the same position for endless hours. The nerves, fascia, tendons, ligaments and cartilage are kept healthy via a steady diet of movement. The multi-directional movement muscles and joints of the arms now perform the same key strokes- forever. Our arms need an activity enriched environment to stay healthy. Some daily stretching exercises to restore and maintain flexibility is important (See the attached video link on page 2).

Pipes of Pain

Fitness training can often produce elbow pain. Arm curls, isolation tricep work, and pulling the row machine handle all have an impact on the elbows. Here are some training modifications that can make you less susceptible to elbow pain. When you resistance train, make the implement handle diameter larger with a set of Fat Grips. Drop the fixed movement patterns of machines and barbells all together and use dumbbells for your training. Keep your elbows tucked in during pressing exercises. Use cardio equipment that does not involve the use of your hands. Discontinue direct arm work for a few weeks, and concentrate on improving your upper extremity mobility.

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Improve Your Shoulder Function

Tight and weak shoulders that are unable to perform their share of the functional movement duties transfer strain to the elbows. For most of the population, that means stretching out the front of the shoulders and strengthening the muscles that move the shoulder blades. Many people will need the assistance of a trainer or physical therapist to improve shoulder function.

Get Protection

When performing heavy work such as shoveling, chopping wood, or carrying rocks, wear gloves to improve grip. The best gloves cost more and will do a better job at protecting your hands. A stable grip places less strain on the tendons of the elbow and forearm.

Avoid Vibration

The vibration from electric sanders, weed whackers,

chain saws, and power sprayers produces a unique stress to the connective tissues of the elbow. Many a physical therapy patient has been created by a weekend of weed whacking and chain saw work.

Drop Everything

Seek treatment for pain in the elbow that is accompanied by symptoms further down the arm. Pins and needles in the ring and pinkie finger are indicators of ulnar nerve irritation at the elbow. A weak grip, numbness, and ache in the hand and thumb are present with compression of the median nerve- carpal tunnel syndrome. Neural irritation has a stronger impact on the central nervous system, creates a more intense pain response, and greater disability. Left untreated, an angry peripheral nerve can take a long time to resolve.

-Michael O'Hara, P.T., OCS, CSCS

Ten Year Olds With Neck Pain



I recently attended a get together of physicians and physical therapists. The discussion turned to the fact that we were all seeing more young people with old person problems. Children and teens come to

the clinic who are overweight, with sore necks and lower backs, elevated lipid levels, and hypertension. This group agreed that the causes are evident.

Google: Motor Development

Small children accompanying their parents to the physical therapy clinic is a common occurrence. Ten years ago, these kids used to tear all over the physical therapy gym. They would climb, jump, tumble, crash, and get up. Now these children come into the clinic with a "device". They sit the entire time in that all too recurrent posture we work on resolving every day in our clinics. There is ample evidence that a child's *motor development windows* open and close at specific ages. If a child spends those years playing Mine Craft, they miss the chance to get better at the movement skills that keep them healthy and fit.

No More Chores

Children and teens no longer participate in any activity

that requires them to lift, carry, push, and pull. The result is that they never develop the *muscle engine* necessary for a healthy metabolism. The teen year activation of muscles stimulates the bone density that carries you through your elder years. This is especially important for women. The skeletal loading activity you perform in your early years echoes through the rest of your life.

We No Longer Encourage Independent Play

Most of the physical activity today's children participate in is structured and supervised. It is an honorable but difficult parental task. Many parents are simply too busy to supply all of the physical activity that a child requires. Many children never learn how to have any active fun on their own terms.

As a Society We Do Not Value Fitness

Children mirror the behavior of their parents and society. Physical education classes in our schools are now minimal. Physical activity in the home is often absent.

Athletics Have Become Overwhelming

Children are opting out of the sports that help them develop motor skills and stay healthy. Athletics have become competition based, high pressure, year round events—this is crazy. Children are directed to become "specialists" when what they really need is to play as many different sports as possible.

Michael O'Hara, PT, OCS, CSCS

Welcome Hip Thruster

“Abs are made in the kitchen, but glutes are made in the gym.” –Bret Contreras

At Fenton Fitness, we strive to bring you the most innovative equipment to inspire and challenge you to reach your fitness goals.

We recently added the Hip Thruster, invented by Bret Contreras (MA, CSCS, and PhD candidate at AUT). Bret’s extensive research has been instrumental in shaping the way in which fitness professionals approach lower body strength training.

While squats and deadlifts have long been touted as foundational exercises for any strength training program and are very important for athletic performance, both can have various restrictions for certain populations because of their large technical component and mobility requirements.

The Hip Thruster, on the other hand, requires very little skill and more directly targets the gluteus maximus muscle which is the largest and heaviest muscle in the human body and is responsible for the vast majority of power and strength in the hips. This strength and power translates to faster sprint times, increased jumping ability, and a stronger core. With the glutes functioning optimally, the lower back and knees tend to have less chance of becoming injured.

Stable and easy to operate, the Hip Thruster can be used with both legs, or a single leg for a greater challenge. A sandbag, barbell, or bands can be used for increased resistance. 3-20 reps are recommended due to the wide variety of muscle fiber types in the glutes.

-Jeff Tirrell, B.S., CSCS, Ph1



YouTube

Video demonstration of the Hip Thruster can be seen on our youtube channel at:
<http://youtu.be/zN2oqjcNSZY>

Why Training Works

Numerous studies have shown that individuals who seek the assistance of a personal trainer are more successful in long term exercise compliance. *Why?* The guidance from a fitness expert improves motivation, accountability, goal attainment, and efficiency.

A few years ago, Fenton Fitness began its transition into a full service training facility. Originally developed as an answer to patients’ requests for a place to continue their exercises, Fenton Fitness has its roots in the science of physical therapy. Our superior training programs and nutrition coaching help you develop a healthier and more functional body.

If you are a Fenton Fitness member who has not yet participated in our training programs, we encourage you to try today! Our 30 Day Fitness Experience Trial can be purchased by any current basic member wishing to try all we have to offer. Schedule an assessment with Jeff to get started on your fitness journey.

Fitness Experience

- ✓ Free fitness assessment
- ✓ Custom program design
- ✓ 4 semi-private training sessions
- ✓ Unlimited team training
- ✓ Full access to gym and equipment



**TRAIN SMARTER. WORK HARDER.
PERFORM BETTER.**

Multi-Directional Power Training

Fenton Fitness Introduces The Surge 360



The latest addition to our fitness toolbox is the Surge 360. The Surge 360 is a simple and incredibly effective training device. You stand on the platform, grasp the handles,

and work against resistance supplied by the pistons. Just hang on and breathe hard.

Safe and Effective Power Training

Aging takes away power production nearly twice as fast as we gain strength. The ability to express force quickly is the difference in the competitive arena and in the game of lifelong independence. You can safely accelerate against the Surge 360 with no concern for the joint jamming inertia that accompanies other implements such as a barbell or dumbbell.

Multi-Directional

In life and athletics, our bodies move in all directions. Your training should make you better able to control forces from all angles. The Surge 360 handles move forward-backward, right-left, diagonally, and into rotational movement patterns.

It Demands You Stand

A proper fitness program makes you better at creating and decelerating force in a standing position. Fitness clients need to learn how to efficiently transfer force from the ground up through their body. On the Surge 360 platform, the client can be positioned in an in-line, split, straddle, or single leg stance. Connecting the shoulder to the opposite side hip, through an active core is the essence of functional training.

Real Life Core Coordination

The coordinated performance of the team of muscles that control the hips, pelvis, and spine is more important than simple isolated muscle strength. Standing, walking, climbing stairs, and carrying all require the synchronous transfer of forces from right to left and back again. The resistance provided by the Surge 180 creates the neural feedback to fire those reciprocal motor patterns.

Concentric Only

The eccentric portion of a lift is the when your muscles lengthen against resistance- the lowering phase. The concentric portion of a lift is when your muscles shorten against resistance- the lifting phase. Eccentric muscle loading is the primary culprit in the production of micro trauma to the muscle tissues and delayed onset muscle soreness. The Surge 360 works on a concentric basis so you can perform more work with less muscle trauma.

-Michael O'Hara, P.T., OCS, CSCS

Additional Resources

www.fentonphysicaltherapy.com

www.fentonfitness.com

Join our email list



barb@

[fentonphysicaltherapy.com](mailto:barb@fentonphysicaltherapy.com)

Articles, videos, health info,
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