



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

Labral Tears and Life

Don't Ignore This Clicking Time Bomb



The clicking in Sara's right hip began three years ago. Initially, she only had the clicking sensation when she got out of her car, but now her hip clicked all the time. The pain started six months ago and was centered over the front of the hip and groin. Imaging tests of her hip were normal, and while medications decreased the

"head offset", meaning the distance between the rounded head of the femur and the shaft of the femur, you can more easily pinch down on the labrum. Structural risk factors are not present in all of the patients who develop a labral tear and, statistically, cannot account for the number of labral tears that are present in the population.

Why Me (Risk Factors)

The biggest risk factor for a labral tear is being female. Women are far more likely to develop a labral tear. Active people, like those who participate in athletics and fitness activities, are more likely to develop a symptomatic labral tear. Sports that require rotation, such as soccer, golf, tennis, and softball have a higher incidence of labral tears.

Poor Me (In the Doctor's Office)

The most common complaints of patients with a torn labrum are pain in the front of the hip and clicking in the joint. Imaging tests are generally not helpful in diagnosing a torn labrum. MRI has a 36 percent accuracy rate. Injecting a dye into the hip during the MRI sometimes makes the imaging test more accurate. Observation with an arthroscope is the best method of determining if the labrum is torn. Most patients have clicking and popping in the joint before the onset of pain. Most patients report specific activities make the pain more intense; however, most do not report a defining incident that created their hip symptoms. It is believed that repetitive micro trauma is the leading cause of labral tears.

My Guess (Why Labral Tears Are Happening More Often)

Women are participating in more aggressive sport activity. Today's style of female basketball, tennis, and soccer is far more physical than it was twenty years ago. Women play these sports with less hip strength and far more hip mobility than their male counterparts. They graduate from sports and move into fitness activities that focus predominantly on mobility and flexibility. Yoga, Pilates, and Barre classes all promote extremes in hip flexion and rotation. These are the positions that can put significant compression on the front of the hip joint

pain, it did not eliminate the clicking. Sara was diagnosed with a labral tear and underwent an arthroscopic repair of her hip. After six weeks of non-weight bearing, she began her rehabilitation exercise program.

The hip labrum is a fibrocartilaginous extension of the acetabulum (hip socket). It serves to deepen the concavity of the hip socket, and it surrounds the rounded head of the femur. The labrum has a poor blood supply, and when it is damaged, it will not heal on its own. Many people have small labral tears that do not give them any pain or interfere with function. Larger labral tears in active people create pain and interfere with their ability to move.

Hip Tipping Point

Labral tears are becoming a more common diagnosis in the orthopedic surgeon office. We are seeing more patients post labral repair, and they tend to be younger and more active people. Hip labral tears are often difficult to diagnose and patients often have symptoms that gradually become more intense over a period of years.

Why Me? (Anatomical Variation)

Hip joint anatomy varies from person to person and certain structural variations make you more likely to tear a labrum. If you have a hip socket that is more shallow than normal, or if the socket points more toward the side, you are more susceptible. If you have a shorter

and stress the labrum. These hip positions are often held for sustained periods of time and clients are encouraged to “go deeper” into the stretch. This chain of events, performed over a lifetime, creates the micro trauma environment that makes labral tears a more common occurrence.

Get Hip (Prevention Suggestions)

Focus on strength training that prevents the femoral head of the hip joint from sliding forward excessively. Drop the activities that fold your hips over into end range flexion and end range rotation. You need enough mobility to perform a full squat and a split squat and not much more than that. Get stronger at glute bridges, step ups, and split squats. If you devel-

op clicking in your hip, take the symptoms seriously and get started on a program of rehab exercise.

Sara was able to progress through her rehab exercise program fairly easily. Pain in the front of her hip became stronger after the first two weeks of greater weight bearing, but gradually her symptoms subsided. Sara stated that she felt fully recovered five months after the surgery. It is now six months since her surgery and she has returned to golf and treadmill training. On the advice of her surgeon and physical therapist, she has decided to forgo yoga classes and continue with a program of strength training.

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

Half-Kneeling Push

Creating A Better Hip To Shoulder Connection

Your shoulder girdle works together with your opposite side hip through an interwoven series of muscle and fascia known as your core. The power in a punch and the speed in a fastball are generated from the hips and travel through your torso to your shoulder girdle. Training activities that enhance this hip-trunk-opposite shoulder connection will help you function better during daily activities and athletics. Half-kneeling push is one of the best functional strengthening exercises.

There are several half-kneeling push activities you can perform. I have three of my favorites listed from easiest to hardest. Press and lift exercises in half-kneeling can help you identify asymmetries in your strength and stability. If you have one side that is better than the other, work on eliminating that deficit. Asymmetries make you much more susceptible to injury.

Half-Kneeling Landmine Press



You need a landmine swivel attachment for an Olympic bar and an Airex pad to cushion your knee. Load the Olympic bar on one end and set up with the bar directly in front of the right side of your body. Place the right knee down on the Airex pad. You should be facing the angled bar with the knees bent at 90 degrees of flexion. Place the end of the Olympic bar in the right hand and grip the bar tightly. The ball of your right foot should be solidly positioned on the floor. Keep a tall and tight torso during the exercise. Push the bar up with the right arm. Keep the elbow underneath the end of the bar. Hold for two counts at the top and then lower with control. Repeat for five to ten repetitions. Switch leg positions and perform on the left side.

Half-Kneeling Kettlebell Press

You need a kettlebell and an Airex pad to cushion your knee. Place the right knee down on the Airex pad. With the right hand firmly grasp a kettlebell with a neutral wrist. The ball of your right foot should be solidly positioned on the floor. Keep a tall and tight torso during the exercise. Push the kettlebell overhead so that the right arm is against the side of the head. Keep the forearm perpendicular to the floor and the elbow underneath the kettlebell during the movement. Hold for two counts at the top and then lower with control. Repeat for five to ten repetitions. Switch leg positions and perform on the left side. Watch the video and give this exercise a try.



Half-Kneeling Cable Lifts



You will need an Airex pad for under the knee and a cable column for this exercise. Set up in a genuflexion position with the right knee resting on an Airex pad and the left foot in line with the left hip. Align the body so the cable column with a bar attachment is set up on the lower right side and slightly behind the body. Stay tall through the torso and pull the tubing or cable upward to chest level and then up and over to the left. Keep the abdominal and gluteal muscles braced so the pelvis does not move. Hold for two counts and then lower with control to the starting position. Perform ten repetitions on each side.



See video for these exercises at:
<http://youtu.be/QASHxKt2oCQ>

Nutrition Coaching Comes to Fenton Fitness

Personally Developed For You



Nutrition is easily one of the most overlooked and misunderstood components to maintaining good health and achieving desired physique and performance goals. If you are serious about losing weight, building muscle, changing the shape of your body, improving performance, or just being healthier, we can help. Starting in January, Fenton Fitness will offer Nutrition Coaching to help our members maximize their results. So, what is Nutrition Coaching?

nating deficiencies, implementing key behaviors, adjusting nutrient quantities, and educating the client in a simple, step by step, and easy to understand way. We respect that each individual starts at a different level of nutritional understanding and has a personal end goal. Finances, social support, work schedule, food preferences, etc. require that each client receives a unique approach and a different pace of change. Our responsibility with nutrition coaching is to help our clients set realistic goals, decipher the pace of change, and offer guidance along the way.

Jeff Tirrell, Program Director and Precision Nutrition Level 1 Coach will offer 3, 6, and 12 month Nutrition Coaching packages starting in January of 2015. For more information or to schedule your initial meeting please contact Jeff Tirrell, Amy Warner, or the front desk at (810) 750-0351.

Nutrition Coaching is a systematic approach to elimi-

Training With A Purpose

One Member's Quest to Live in the Moment

We are often reminded to stop and smell the roses, but not often at 17,000 feet which is exactly what Radhika Kakarala did.



the moment she chose to make wellness a priority, she went straight to Mike.

"Mike O'Hara is a very knowledgeable and inspiring physical therapist and trainer. I had some musculo-skeletal injuries that resolved after treatment with him. He worked with me to set up programs to help me get ready for my pilgrimage to the Himalayas, and it paid big rewards!"

Radhika joined Fenton Fitness about 2 years ago. She had been active in the past, but not on a consistent basis. The

"I experienced what it was like to truly live in the moment. When you are hiking at 17,000 feet, the only thing you focus on is that next step you're taking. It was truly amazing, and I am more mindful of trying to do that now."

Of course, living in the moment is not that easy when you return to normal life and daily schedule demands, but Radhika will tell you that it is certainly worth striving for! To stay motivated, she continues to set regular appointments for Program Design, and appreciates the state of the art equipment and turf as well as the friendly staff and inspiring trainers at Fenton Fitness.

"Exercise becomes more fun for me when I have an end goal like hiking up a summit." Avalanche Peak at Yellowstone National Park could be in her future. "I highly recommend choosing fun, outdoor goals like a race or a hike as an end goal, and then training for it. Once it's achieved, pick another fun goal and keep training and getting stronger."

What's in *your* future?

-Amy Warner, Director of Sales and Marketing

404 Rounds Drive
Fenton, MI 48430
810-750-0351



Hours
Mon-Fri: 5:30am-9:00pm
Sat-Sun: 8am-3pm

Fit For Life Seminar

Saturday, January 10, 2015 from 10:30 am-4:30 pm
At Fenton Fitness and Athletic Center



Fenton Fitness and Fenton Physical Therapy will be presenting a one day, learn-by-doing seminar, **Fit For Life**, on Saturday, January 10, 2015. It will feature lectures and hands-on activities intended to teach the latest concepts in functional training and rehabilitation. Anyone interested in learning more about staying functionally fit and active is encouraged to attend.

Cost for the seminar is \$45.00 for Fenton Fitness members and \$55.00 for non-members. Sign up by December 24, 2014 and receive a \$5.00 discount.

For more information, contact Fenton Fitness at 810-750-0351 or Amy Warner at amy@fentonfitness.com.

Visit the Fenton Fitness website at www.fentonfitness.com for our complete Fit For Life brochure.

AGENDA—Saturday January 10, 2015		
10:00am-10:30am	Registration	
10:30am-11:30am	Lecture 1--Longevity Fitness: Winning The Battle One Training Session At A Time <i>with Mike O'Hara and Sean Duffey</i>	
11:30am-12:30pm	Hands-On Session 1 (Choose One)	
	Power Production and Mobility Jeff Tirrell, Dan Allison,	Pre-Rehab/Corrective Exercises Mike O'Hara, Sean Duffey, Sarah Hall
12:30pm-1:30pm	Lecture 2--Nutrition 101:Common Myths and What Really Matters <i>Jeff Tirrell and Sarah Hall discuss misconceptions perpetuated by the media, the problem with fad diets, and what really matters when it comes to nutrition.</i>	
1:30pm-2:30pm	Lunch (on your own)	
2:30pm-3:30pm	Lecture 3—Training Fundamentals: Strength, Power, Mobility, and Stability <i>Jeff Tirrell and Dan Allison discuss why strength and power, and the requisite mobility and stability must be the base of any good training program regardless of age or goal.</i>	
3:30pm-4:30pm	Hands-On Session 2 (Choose one)	
4:30pm	Strength and Stability Jeff Tirrell, Dan Allison	Pre-Rehab/Corrective Exercises Mike O'Hara, Sean Duffey Sarah Hall
	Question and Answer Session	

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