

SPORT & SPINE SPECTACULAR

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STRENGTH = CURVES SQUARED + 1

“Oh, my aching back!” What a common phrase we often say or hear. That’s because 80% of the population will experience a significant episode of back pain at some point in their life. Explaining back pain from the physics/mechanical viewpoint can make it easier for people to understand their pain and the following treatment plan.

Gravity is an ever-present, unrelenting force that affects all people. The normal, properly-positioned spine has an S shape of three curves that counteract this gravitational force. The formula for spine strength is the number of curves squared plus one. Using this formula, normal strength of a properly-positioned spine can be calculated as three curves squared plus one, which



equals 10. If just one curve is changed by sitting in a slouched position or bending forward incorrectly, the spine does not maintain an S shape and now has only two curves. Thus, the formula changes to two curves squared plus one, which equals 5. Incorrect position of the spine can decrease its strength by 50% or more!

The challenge is to maintain proper posture and body mechanics even when back pain is not present. This allows for normal function and decreases stress on the spine, so an aching back will be a less likely outcome.

To achieve proper posture when standing or sitting, keep your feet slightly apart, your shoulders back, and your chin up. Choose a firm chair with a straight back rest. Proper body mechanics can be achieved by squatting to lift objects rather than bending forward at the waist. Squatting makes use of leg and hip strength and allows the spine to maintain its S shape.

E-NEWSLETTER

Sport & Spine Spectacular is now available online at www.sportspine.com/ewsletter_signup/index.php (Requires Adobe Reader)



FEEDBACK

What do you think of the Sport & Spine Spectacular? Tell us! We have a survey available online. We appreciate your opinion!

E-mail

abarrett@sportspine.com

to receive our newsletter in your inbox!

MARCH: A MONTH OF SUCCESSES

“After a second knee injury in two years I was initially very frustrated and had a hard time motivating myself. But once I started therapy here I became re-motivated and excited to be active again. The entire staff was always very supportive and encouraging. The constant smiles and the feeling that the staff saw me as a person instead of a patient was a key part to the success of my recovery. Thank you to everyone, for all of your dedication, it meant so much more to me than you could ever imagine.” - Bethany

“With the great therapy I had for a short time before my surgery, I am going into my knee surgery with confidence that the healing process will take less time. At my 1st onset, I was unable to get my knee to go straight. By my 3rd visit, I was able to get the knee completely straight!!

Dennis and Nancy are wonderful about explaining what the different exercises are going to help with. We are very fortunate to have a 1st class physical therapy place in Winona and to have such a qualified professional team. Nancy is the BEST!! Jessica is great! Dennis is super!” - Ann

“I came to Sport & Spine with an ankle injury. I was uncertain of what to expect, not being athletic in high school, had never needed to experience physical therapy. Vern was the physical therapist that I would see for the next couple of weeks, he is outstanding. He explained the therapy to me in a way that seemed as simple as walking. I took his advice and worked on the exercises on my own time to improve the healing process. If I’m ever hurt and need therapy, I will ask for Vern specifically. A special thanks to all of Sport & Spine for such a professional and courteous atmosphere. It was a wonderful experience. I would definitely refer them to anyone seeking therapy.” - Brandon

GARDENING SAFETY TIPS

The warm weather is here for the long haul now, and it's time to head outside and start cleaning up that winter lawn. Gardening is a great way to exercise and to relieve stress, but here are some things to keep in mind.

Avoid overexposure to sun. Limit the time you spend working in direct sunlight by gardening during early-morning or late-afternoon hours. Protect your skin by wearing long-sleeved shirts, pants instead of shorts, and a wide-brimmed hat. When skin is exposed, apply sunscreen with an SPF of at least 15. Heat stress can also be a risk; keep water by your side to remain hydrated. Remember to take frequent breaks by going indoors and relaxing in front of a fan.

Warm up. Cumulative injuries such as tennis elbow and tendinitis occur when people overextend themselves on a job they tackle only once or twice a year. Stretch your upper-body muscles before heading outside. For overwhelming tasks, enlist help from family members, take frequent breaks, spread the job across several days or hire professional help.

Here are some other tips.

- Keep your back erect when working at ground level and when using long-handled tools such as spades and rakes.
- Bend at your knees and hips to lift objects.

- Alternate or use both arms whenever possible to avoid overwork.
- Keep your elbows bent.
- Don't rest your body weight on your elbows.
- Grip hand tools lightly.
- Work below shoulder level whenever possible. If you must work above shoulder level, perform the task for five minutes or less.

Lifeessentialsbyzee.com

FUN FACTS ABOUT BEES



Bees maintain a temperature of 92-93 degrees Fahrenheit in their central brood nest regardless of whether the outside temperature is 110 or -40 degrees.

Honey bees must consume about 17-20 pounds of honey to be able to biochemically produce each pound of bees-wax.

Honey bees can fly up to 9 miles from their nest in search of food. However, they usually fly only one or two miles away from their hive to forage on flowers.

A populous colony may contain 40,000 to 60,000 bees during the late spring or early summer.

In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

Human Right #4:

NO SLAVERY

Nobody has any right to make us a slave.

We cannot make anyone our slave.

Human Right #14

THE RIGHT TO A NATIONALITY

We all have the right to belong to a country.

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