

# SPORT & SPINE SPECTACULAR

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## TAKE IT EASY

Training is a key component for any athlete or fitness enthusiast. The majority of you understand how improved strength, power or whatever parameter you are working on will benefit you in your activity. You also understand that training will help you improve in these areas and allow you to take your performance to the next level. The question is, when do all the sets and reps pay off; when do the adaptations occur? These adaptations occur during recovery, which is a vital component to your training. Oftentimes, however, recovery is not seen as important. In reality, the bottom line is that without proper recovery, your body will not achieve all the potential benefits from training.

So how do you determine how much recovery time you need? The amount of recovery time required between workouts depends on

several variables. These variables include: training history, training intensity, volume and program goals.

As more years of training are accumulated, less recovery time is needed because the body has adapted to the training. Beginners should allow 48 hours of recovery between strength training sessions. More experienced athletes require higher intensities and volumes, which, in turn, will require longer recovery times. This could increase to 72 hours between strength training sessions.

Other things to consider during recovery are sleep, nutrition and hydration. No two people have exactly the same recovery requirements. If you have any questions about rest and recovery during your training regimen, call Sport & Spine at 507-474-6900.

## E-NEWSLETTER

Sport & Spine Spectacular is now available online at [www.sportspine.com/ewsletter\\_signup/index.php](http://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](mailto:abarrett@sportspine.com) to receive our newsletter in your inbox!

## OUR PATIENTS' SUCCESSES

I love to run! I had been running for the WSHS distance track team when my legs and shins began to hurt really bad. I didn't know what to do. Running was my passion. When I came to Sport & Spine I felt hopeless, but they proved me wrong. After one week of physical therapy, I was happily cross-training. By the end of two weeks I began to run each day, little by little. Now I'm able to run six miles and feel hardly any pain. Sport & Spine has helped me in so many ways with my running career. Without them, I would have never become the runner I am today. — Jessica Y.

After breaking my ankle on both sides, I really didn't know if I was going to be able to do the same things I had been doing, examples being walking 2 miles 3 or 4 times a week for exercise, driving, keeping up with my twin boys, keeping up with the housework, and dancing with my husband. After Dr. Gabrielsen performed the surgery and my ankle began to heal, I went from a cast to a walking boot, then back to my shoe, but I didn't have the mobility to start getting my ankle in shape again. He prescribed me to Sport & Spine where they would show me how to stretch and what exercises to do to strengthen my leg again. I am glad I did this because it has helped a lot and the girls were so nice when showing me what to do and gave advice how to stretch my ankle on my own. I feel like I have my leg back. I will be able to carry on with what they taught me. Thanks. — Denise H.

## STAFF NEWS

### GOOD LUCK, HOLLI!

After almost two years of working at Sport & Spine, our wonderful receptionist Holli Literski is leaving us. Holli began at Sport & Spine in June of 2005 after having worked at St. Anne's of Winona. She has taken a new position at St. Anne's which includes cooking breakfast and lunch for the residents. We'll miss you, Holli, and we wish you the best of luck at your new job!

## MAKE SURE YOU GET YOUR EIGHT HOURS

Like a proper diet, sleep is essential to good health. However, most Americans do not get the amount of sleep that they need. Denying your body the proper amount of sleep can have both short and long term effects ranging anywhere from crankiness to depression. The amount of sleep needed by the average adult is in the range of 7 to 9 hours. Younger people need more sleep to facilitate the rapid changes that are occurring in their bodies. Teenagers are best off getting a minimum of 8.5 hours of sleep every night, more if they are highly active. How you sleep is just as important as how long you sleep. You should do all that you can to make sure that your sleep environment is comfortable to you. The ultimate goal is to make sure that you sleep uninterrupted so that your body can go through

the many different stages of sleep through the night. Even if you are in bed for eight hours, if those eight hours are punctuated by several periods of wakefulness, even if it's just a brief run to the bathroom, sleep cycles will be disrupted and you will not receive the full benefits of a good nights rest. Other tips to consider for catching quality zzz's are:

\*Avoid stimulants such as caffeine, nicotine and sugar prior to bedtime. Even if you manage to fall asleep, these stimulants may disrupt your sleep cycle.

\*Leave a 3-hour buffer between your exercise time and your bed time. After exercising your body will still be in active mode, and this can make it difficult to fall asleep.

\*Avoid alcohol prior to bedtime, as it can cause restless sleep.

\*Try to create a regular bedtime routine. Eventually your body will learn this routine and take it as a cue that it is time to start winding down into sleep mode.

\*Make sure your bed and bedroom are comfortable and quiet.

\*If you are having trouble falling asleep, get up and do something relaxing. Often people will start worrying that they will not be able to fall asleep in time to be ready for tomorrow, and their worrying causes them to stay awake even longer!

## FUN FACTS: MIDSUMMER



The Summer Equinox, also called Midsummer, marks the official beginning of summer in the Northern Hemisphere. Midsummer is the longest day and the shortest night of the year, with 16 hours of daylight in the Midwest. Midsummer has been celebrated for thousands of years. In Scandinavia, the sun shines well after midnight on Midsummer's Day. In Sweden, villagers decorate a fir tree trunk like a maypole and in Norway, huge bonfires are lit along the banks of the fjords. In Japan, Midsummer is a time to remember ancestors. Thousands of candles are lit and placed in lanterns to float down rivers. In Kyoto, as in Norway, huge bonfires are lit.

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

### Human Right #7:

#### WE ARE ALL PROTECTED BY THE LAW

*The law is the same for everyone. It must treat us all fairly.*

### Human Right #17

#### THE RIGHT TO YOUR OWN THINGS

*Everyone has the right to own things or share them.*

*Nobody should take our things from us without a good reason.*

(507) 474-6900

Winona, MN 55987

350 East Sarnia

Sport & Spine Physical Therapy of Winona, Inc.