

**Summer 2009**

Need a little maintenance?  
Exhausted insurance benefits?  
Visit Denver's Drop In Clinic  
Every Friday, 9:40-10:20 am  
Call for details

***Celebrate with  
CCWC***

***Wine & Cheese  
Party***



*Thursday July 9th from  
5-7 pm*

**New Staff**

- Wheat Ridge clinic welcomes Melissa Williams, MSPT and Jason Nishimoto, personal trainer
- Denver Clinic welcomes A'lice Portas front office and billing assistant.

Have questions or want to take advantage of special offers? Stay informed and email us at:

[info@cherrycreekwellnesscenter.com](mailto:info@cherrycreekwellnesscenter.com)

**10<sup>th</sup> Anniversary**

**President's Message**

Cherry Creek Wellness Center celebrates its 10th year in business this month! We want to extend a great big thank you to all of our past and present clients and referring physicians for making this milestone possible. Over the last 10 years, we have grown from 1 small location to 4 thriving locations providing physical therapy, massage therapy, pilates and personal training. We focus on providing high quality therapies and wellness programs in conjunction with excellent customer service to change

the way healthcare is delivered. We feel everyone deserves to not only have great care but a great experience as well. As we look to the next 10 years, we are committed to continuing this approach to health and wellness as we deal with an ever changing healthcare environment. You can count on us to be advocates for your healthcare needs. We hope to see you on July 9th to celebrate our 10 year anniversary!

*- R. Dean Hasse, PT, MT*

**Tired of the same boring  
workout routine...Get  
Creative with Cross-Training**

Whether you are a competitive athlete, recreational enthusiast, or weekend warrior, doing too much of any one kind of training can set you up for performance plateaus or injury. The body becomes very efficient in movement patterns that are practiced on a consistent basis, and the muscles getting the most work invariably get stronger. One of the best examples of this concept is the way cycling athletes develop enormous thigh musculature as they train in distance, terrain, and intensity changes over several months of consistent riding. No doubt that their legs are the envy of everyone else at the pool during the summer, but they

may very well be near the back of the group during a 10K run. Running is predominantly a leg-based exercise too, why aren't the cyclists way out in front?

Cross-training helps to break us out of our preferred, and often overused, muscle firing patterns for improved fitness, resistance to injury, and athletic performance. One of the main reasons why a cyclist isn't faster during distance running is that we use our hip and leg muscles differently for the two activities. The muscles adapt to the training type we most often use, and are typically a little weaker in other patterns. Also, the muscles that tend to get under used during one type of training typically don't improve unless variety is added to our training regimen. This strong/weak muscle pattern decreases our overall athletic ability and sets us up for overuse

injuries in the future. Cyclists frequently get upper back and neck pain due to the position they adopt on top of the bike, and runners typically complain of knee pain due to imbalances between hip and leg muscles that never get to equalize without a change in exercise selection.



The key to an effective cross-training strategy is to evaluate the type of exercise you typically perform, and add in any missing elements. For example, a competitive cyclist may skip other forms of cardiovascular exercise, and instead work on a weight-training program that emphasizes the back and arms. Include a weekly Yoga class for improved flexibility and core stability, and the basics of a well-balanced cross-training schedule in place. This type of training allows the body to recuperate from one type of exercise, while improving in other physical measures at the same time.

While this example may be useful to recreational athletes and fitness participants that don't necessarily have a defined competition schedule, there are a lot of variables within developing a cross-training schedule that can lead to much improved individual performance. If you have questions about how to start adding variety into your exercise program, or if you'd like specific advice on how to optimize a cross-training schedule you are already using, our personal trainers, strength and conditioning coaches, and physical therapists can provide individualized and expert instruction on this topic to launch your athletic performance to the next level! You may even be able to adapt into a pair of cyclist's legs before swimsuit season is fully underway!!

- Pete VanDoren, MSPT, CSCS

## Pilates and Summer Sport Performance Enhancement

Summer recreational activities, such as hiking, cycling, rock climbing, golfing, and tennis are upon us. Whether you are an avid sportsman or are planning to attempt one of these skills for the first time, pilates may be your key to performance enhancement and injury prevention. Pilates is a series of exercises that teach you how to initiate movement from the core muscles of the abdomen, lower back, hips, buttocks and shoulder girdles.

By learning to move from your center and not from your limbs, your movement becomes more efficient, allowing for improved endurance and also for quicker, more explosive performance. So think of how this can enhance your hiking or cycling abilities...giving your muscles the stamina for longer hikes and rides with more speed and improved power to conquer the short steep climbs.

Although most people think of pilates as a core training exercise, it is actually an equal balance of strength and stretch/mobility. It aids in lengthening the muscles and improves spinal mobility, allowing you to evenly distribute movement along the length of the spine. This again makes for more efficient movement. So when you consider sports such as tennis and golf which incorporate a great deal of rotation through the trunk, pilates helps balance out the body against the forces of the tennis or golf swing to allow for maximum rotation without overstressing any one portion of the spine or other involved joints. This, in combination with the enhanced power and explosiveness mentioned above, could result in your best golf game or tennis season yet!!

- Krista Elpers, MSPT

## Medical Payment (Med-Pay) Coverage in Colorado

A new law went into effect Jan 1, 2009, that requires automobile insurance companies to provide at least \$5000 of medical payment coverage for the insured driver and passengers injured in a motor vehicle accident. This includes costs associated with emergency services as well as rehabilitation costs.

The coverage is mandatory but there is a provision for consumers who do not want med-pay coverage to opt-out in writing.

Med-Pay coverage is designed to provide a means to help cover the immediate medical costs, up to the limit purchased by the consumer regardless of who was responsible for the accident. Without med-pay, patients may have to utilize their health care insurance which often includes high deductible and co-payments. This can significantly limit patient's access to care.

It is critical to seek immediate evaluation and treatment by a skilled practitioner, including Physical Therapists, to treat the initial symptoms and avoid painful and dysfunctional movement patterns that may develop over time. This new law helps patients to access early care without the high costs often associated with utilizing health care benefits or trying to find a health care provider that will accept the case on a lien basis.

At Cherry Creek Wellness Center, we understand the importance of immediate medical attention, including Physical Therapy, following a motor vehicle accident. If you are involved in an accident and would like to be evaluated or simply have questions regarding Med-Pay and coverage, please contact us at any of four convenient locations. You can also read more at: [www.dora.state.co.us/insurance/consumer](http://www.dora.state.co.us/insurance/consumer)

-Jaime Davis Leleszi, MSPT, MTC, MT, CSCS



## Flip, flip, flip... any shoe that makes this telltale sound is letting you know that you could be at risk for injury

It is a great time of year to take advantage of our beautiful surroundings and climate here in Colorado. Exercise including walking, jogging, and hiking is good for us on many levels, however, we want to be sure and be prepared for any different activities in order to avoid injury. A huge factor to consider, in any weight bearing exercise, is foot and ankle stability. Every time you take a step, there is a chain of events beginning at your foot that works its way up your body. Giving your feet and ankles the right support for different activities can greatly decrease the chance of pain or dysfunction including ankle sprains and achilles tendonitis, as well as issues in the knees, hips and lower back. Optimal support for the feet and ankles comes from choosing the right footwear for your activity, as well as exercises for strength, balance and flexibility.

Summer means flip flops, bare feet and sandals. While perfect for showing off painted toenails, none of these are good options for any extended period of time on your feet, especially exercise. For walking and/or jogging in town, a good lace up shoe that has good heel and arch support is important. The support that your foot and ankle needs increases as the impact of the activity and challenge of the terrain increases. Hiking or running on a trail of uneven surfaces, rocky terrain and hilly ascents/descents, is definitely more challenging on the body. A sturdy lace up boot is a good option for hiking.

Preparing for more outdoor recreation with a little training can also go a long way in avoiding injury. Lower extremity strength, stability, flexibility and balance are good things to work on consistently. Especially on more challenging, unpredictable mountain terrain, having good stability and proprioception is important. Proprioception is an awareness of where your body is in space and being able to make fine tune adjustments to your environment.

Here are a few simple exercises that can be performed just about anywhere, take little time, and can have big impact. 1. Lunge stretch. Leaning hands into counter or wall, push one

leg straight behind you, reaching heel toward the ground. You should feel a stretch in the back of the leg and calf. Hold for 20 seconds; perform 2 times on each side. 2. Single leg balance. Stand on one leg, maintaining a level pelvis and tall posture. Hold for 30 seconds; perform 3 times on each side. If you have a hard time with balance, do this next to a counter for safety and keep eyes open and focused. 3. Standing calf raises. Lift heels up off of ground, pushing into both sides of the ball of your foot, not letting your ankle sink in or out. Perform 3 sets of 10. Make sure you have no pain with any of these exercises, and remember that quality of exercise always comes before quantity, so practice good form and posture!

Remember that physical therapists are highly skilled in assessing pain and dysfunction in the feet and ankles. The exercises given on our website cover only a very small amount of information and potential treatment ideas. If you suffer from problems, or have more questions regarding prevention, contact us and schedule an appointment so that we can help create an individual treatment plan for your needs.

*-Becky Kellogg, MSPT, Polestar Pilates Certified*

## **Experiencing Nagging Elbow Pain that just won't heal?**

If you have outer elbow pain that began gradually and has worsened over time, you may be one of many who experience lateral epicondylitis, or "tennis elbow". This condition can be caused from playing tennis, but more often than not, it develops in those who have never stepped foot on a tennis court. This condition is a degeneration and inflammation of the tendons that attach to the lateral epicondyle, or the outer bony prominence of the elbow. Below are a few details about the condition:

**Cause:** overuse of the wrist extensors with activities that involve cutting, gripping, twisting, or improper lifting. Any activity that requires vigorous and repetitive use of the forearm and hand can cause this condition.

**Symptoms:** Burning pain in the outer part of the elbow. Pain may be exacerbated by pressing the outer bony prominence of the elbow, or by gripping or lifting objects.

**Diagnosis:** You should see your medical practitioner to ensure that you are diagnosed properly, and that your elbow pain is not a referred pain from your neck.

**Treatment:** Conservative treatment for this condition involves physical therapy to gently stretch the forearm muscles, and to help alleviate inflammation with the use of soft tissue massage and modalities such as ultrasound and icing. As the condition improves, strengthening may help to prevent the problem from reoccurring. If the condition does not improve within 4-6 weeks, another treatment option is a cortisone injection before surgery is considered.

If you think you may suffer from this condition, see your medical practitioner for proper diagnosis and ask if physical therapy is an option for you!

*- Lea Klein, MSPT*

## **New News**

- Nick has completed his Golf Fitness Instructor Level 1 certification through the Titleist Performance Institute and is working with Mark Fitzgerald, MD of Peak Orthopedics in developing injury screening, injury prevention, and post-injury medical care programs for Colorado PGA and recreational golfers. He is available by appointment at our Lone Tree clinic on Mondays, Wednesdays, and Fridays, and at our Stapleton clinic on Tuesdays and Thursdays
- Pete has passed the manual therapy portion of his Sports Physical Therapy certification through the University of St. Augustine, and is preparing to sit for the sports medicine examination with the North American Sports Medicine Institute this month
- Thecia has received advanced training in the treatment of traumatic and degenerative knee injuries through Northeast Seminars and Kevin Wilk, PT