

DPTA

Fitness Classes

T'ai Chi Balance Group

Improve your balance, posture, strength, stability, and confidence with exercises that are friendly to your joints
Friday 10 – 11 am

PILATES CLASSES

Strengthen, Tone, Sculpt, improve Coordination and Flexibility, based on the method of Joseph Pilates. Pilates can reach core muscles that no other form of exercise can. Taught by Physical Therapists who are Certified Instructors, classes are designed for specific needs in a relaxing, private environment.

Available Pilates Classes:

Introduction to Pilates:

For anyone with a current injury or for those interested in learning Pilates (Saturdays 9 – 10 am)

Progressive Pilates:

For those who have mastered Introduction to Pilates and are ready for a more challenging workout (Saturdays 8 – 9 am)

Upright Pilates:

All the benefits of a Pilates workout performed in standing and sitting positions to improve balance and decrease the risk of falls.
(Wednesdays 9 – 10 am)

Early Bird Pilates:

Pilates classes for the "morning person." A great way to start the day with floor exercises.
(Tuesdays 6:45 – 7:45 am)

Classes run weekly until August 31, 2014
No classes May 24, July 4 or July 5

Class pricing for T'ai Chi & Pilates:
\$15 per class or \$50 if you register for a 4 class package.

Classes are held at:

Drevna Physical Therapy Associates
160 North Pointe Boulevard
Lancaster, PA 17603

Class sizes are limited!

For more information and to reserve your place, call us at 717.569.4184. Visit our website, www.DrevnaPT.com, or Facebook page for a fitness schedule, current class descriptions and times.

In the COMMUNITY

MILES 4 MARTINS



On Sunday, April 27, walkers & runners from the local community gathered at Lancaster Catholic High for the 5k event "Miles 4 Martins." The event was held in honor of the late Wes & Liz Martin.

Included in the 1,000 attendees were eight employees from Drevna Physical Therapy Associates. Tim and Sharon Drevna, Amy Finnegan, Chris Hudson and his sons Connor, Braiden, and Chase, Sherri Gagné, Jodi Thompson, LeAnn Witmer, and Dana Rutledge helped to raise \$55,000 for the educational funds of the four Martin children.



GETTING FIT FOR THE WALK OF A LIFETIME:

The 71.45 mile trek on the El Camino de Santiago

BY PATRICK WHALEN



In the spring of 2013 I decided to take, what appeared to be, the trip of a lifetime with my 27 year old son, Brendan. We planned to walk the ten centuries old Christian pilgrimage, El Camino de Santiago, in September. This pilgrimage, simply known as "The Way," took us on a 115 kilometer walk from Sarria, Spain to our ending point at the fabled city of Santiago de Compestela.

Upon knowing I would be walking on average 12.5 miles per day through steep hills and long stretches along highways and through forests, meadows and medieval

villages, I sought fitness advice from Tim Drevna. As a preparation for the trip, Tim suggested his Bridge Program for exercise and fitness. I saw him once a month for four months. During this time I faithfully adhered to Tim's suggested flexibility and strengthening exercises as well as a walking regimen.

In the end I did have a trip of a lifetime! The father/son bonding and spiritual journey was most edifying. I am forever grateful to Tim for his professional care and expertise toward getting me in shape to complete this meaningful journey in top physical condition and without injury.



For more information about the Bridge Program, contact Drevna Physical Therapy Associates at 717.569.4184.

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PT INSIGHT

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Spring 2014

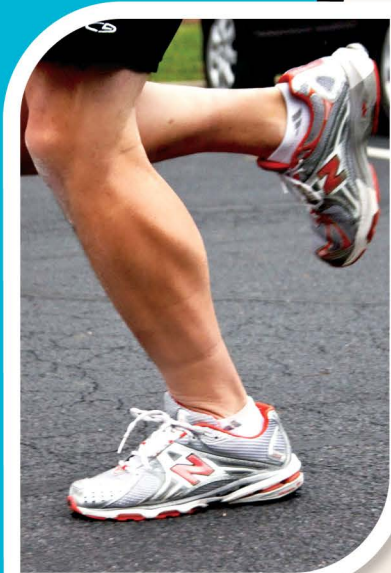


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RUN SMARTER AND HAPPIER

BY CHRIS HUDSON MSPT, DPT, CSOS

There are many factors that influence a runner developing an injury. This includes poor body mechanics, weak muscles, poor footwear, overtraining, and the type of running surface. There is also an increase in vertical ground reaction force that can measure as 2 to 3 times a runner's body weight. Many gimmicks are marketed to runners by manufacturers in an attempt to make you believe you need to purchase their device to run pain free. The three factors we see most frequently in our clinic that contribute to running injuries are:

- not wearing the appropriate footwear for your unique foot type
- weak core and hip/leg muscles
- poor body mechanics

Fortunately, purchasing the correct shoe is a quick fix even though it can be pricey. However, it is not typically the only problem that needs addressed. Weak core muscles, and particularly the hip muscles, play a major role in causing injury, especially when a runner ramps up the volume and/or the intensity of their workouts. Strengthening the appropriate muscles to prevent injury may not be as easy as sliding on the correct running shoe, but strength training is a major factor in preventing running injuries. Proper body mechanics is also very important to prevent injuries. Sometimes making a slight change to your running form can decrease the forces placed on muscles and joints ultimately decreasing the vertical ground reaction forces and likelihood of injury. Lets look at each of these factors in depth.

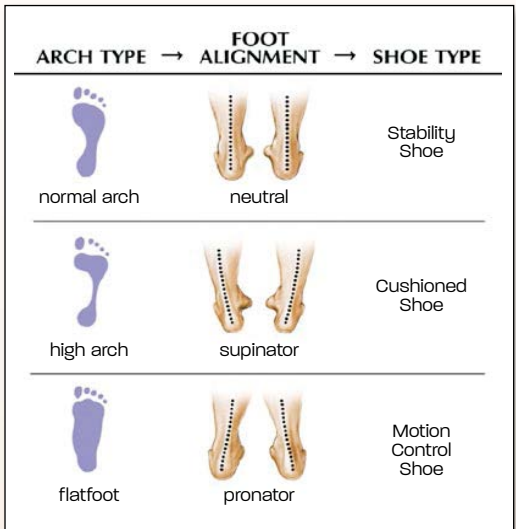
Shoes that work for you

There are hundreds of different types of running shoes, and it can be confusing and overwhelming to know where to start to find the right pair for you. Manufacturers use catchy labels to attract your attention such as: gel, air, glyceron, minimalist, barefoot, and beast, not to mention all the new neon colors. Don't let marketing influence your decision. Let me also start by saying, "if you are running injury free, DON'T EVER CHANGE YOUR RUNNING SHOE BRAND." Stick with what works best for your running style and foot comfort. However, if you're feeling your running shoes are part of the problem, then they probably are. Your running shoes need to fit like a glove on your hand.

In general, there are three different foot types: pronated foot, supinated foot, and neutral foot. The running shoes designed



for these foot types are developed to provide support and cushioning in the areas of your foot and to prevent you from developing a running injury. Below are diagrams of the three different foot types and the shoe types that would compliment that particular foot type:



With this information in hand, you may ask: what name brand shoe is best for runners? Many different brands are on the market, but some manufacturers hire runners and direct funding into research, design, and development of special materials to enhance their shoes. These companies are Brooks, Saucony, New Balance, and Asics. So when you go to the store, I would recommend trying on at least 2 or 3 brands of similar model shoes to see which shoe fits your foot best.

Muscles at work for you

The second important aspect of healthy running is strengthening the correct muscle groups. The muscle demands placed on the lower body are vastly different to walking. The calf muscles have a 95% increase in activity, the quadriceps have a 170% increase, and the hamstrings have a 86% increase in activity during running according to Chris Powers, PhD, PT, of the University of Southern California. You can see why strengthening is so important for runners. The muscle groups to focus on strengthening primarily are the gluteus maximus and gluteus medius. Both muscles help stabilize the pelvis, hips and lower extremity which maintains proper body mechanics running. The gluteus maximus, hamstrings, and calf muscles are the horsepower behind running and propel a runner forward. The quadriceps are the shock absorbers

for the body. All these muscles are prone to injury if not strengthened. Below are a group of exercises that we recommend to our clients to help decrease their risk of injury, improve speed, and endurance. In general, we recommend doing these exercises 3 to 4 times per week at 2-3 sets of 15 repetitions.



Standing fire hydrant



Power Step-ups



Standing single leg deadlifts



Physioball bridges with hamstring curls

Mechanics that work for you

The final important aspect of healthy running is good body mechanics. Sometimes minor changes to your running form can significantly reduce stress placed on your low back, hips, knees and ankles. It is difficult to make these adjustments yourself. Our physical therapy expertise can provide you with information on muscle weakness, postural changes, or mechanical flaws in your running technique. If you are interested in having your running form analyzed contact our office for an appointment.

A FORK IN THE ROAD: The Role of Physical Therapists in Your Overall Wellness

Spring is a time to take stock of where we have been, where we are, where we wish to go, and what we dream to achieve — especially when it comes to our wellness and fitness.

For many, that challenge is overwhelming. Obstacles such as available time, life changes, balancing work & family, illness, injury, aging, and the memory of past failures thwart our best efforts to take charge of our wellness. But there's a price to pay.

According to Patsy Shropshire, PT, winner of the Fit After 50 APTA Member Challenge, "the 'well' population is not, in fact, well. The typical female who comes to physical therapy for a wellness evaluation is near obese, pre-hypertensive, demonstrating severe postural issues, aerobically deconditioned, and lacking in general strength and range of motion. She has a significant gynecological and orthopedic history, to boot. She is at a critical fork in the road... Physical Therapists are the only health professionals who can modify a wellness evaluation to 'fit' coexisting

Patsy Shropshire, PT: PTs Should be Active in Wellness Programs: PT in Motion: December 2013

BACK BY POPULAR DEMAND! FREE Demonstration & Workout Seminar

**Wednesday, June 11, 7:00 pm
at Drevna Physical Therapy Associates**

Want to strengthen your core? Improve posture? Increase balance?

This is a special opportunity to try out the fitness classes offered at Drevna Physical Therapy Associates.

This workout, led by Physical Therapist Instructors Amy Humphrey and Anita Roma, will include information and sample movements from the exercise disciplines of Tai Chi and Pilates.

The atmosphere is fun and beginner friendly, and the exercises can be personalized and modified by the physical therapists according to your individual needs and fitness level.

Space is limited, so please register at your earliest convenience: 717.569.4184. Wear comfortable clothes to work out and bring your Pilates mat.

FREE Personalized Running Shoe Analysis (\$100 value)

**Are you wearing the right shoes for your foot type?
Do you have a nagging running injury or pain that's not going away?**

Call Drevna Physical Therapy Associates NOW for a professional running analysis with Chris Hudson, DPT. At the conclusion of your 30 minute running analysis, you will receive expert advice on selecting

the proper running shoe for your foot type. This is a limited time offer available to the first 25 respondents. Call 717.569.4184 to take advantage of this unique opportunity.