



## PHYSICAL MEDICINE AND PRISM AQUATIC CENTER

IMPACTPHYSICALMEDICINE.COM | 651-646-7246

SEPTEMBER 2019

### MY JOURNEY AS A PATIENT

#### HOW I'VE BENEFITED FROM OUR SERVICES



While I'm the founder of Impact Physical Medicine and Aquatic Center, I'm no specialist; I'm a patient just like our clients. It's our team that makes the clinic such a staple in our community. Our cast of talent includes Mark Agre, MD (our medical director); Mara Brandsoy, OTR (manager of our occupational therapists); and Christie Amundson, DPT (manager of our physical and massage therapists), just to name a few. The only thing I can take credit for is hiring this fantastic team! When I think about what our team accomplishes with our patients, I'm reminded of how I've benefited personally from their work.

As stated earlier, I'm a patient, first and foremost, at the clinic. I was born with a congenital disability in my left arm,

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so I always needed therapy from time to time to help strengthen the left side of my body and to improve/assist my balance. I even used an artificial arm for a time. I also loved skiing, especially racing down the hills, but it came with a cost. I've suffered a few injuries skiing: a very sore knee and a sprained shoulder, but nothing compared to when I really injured my knee and tore my ACL. If I hadn't continued skiing, I could have avoided surgery altogether, but I loved skiing. Thanks to what I learned at the clinic, I knew I could hold off surgery for a while.

So, I worked hard at strengthening the rest of my body to better support my injured knee. With the help of our amazing staff, I learned what areas of the body to work on to decrease the strain of the injury. I focused on my core, but I was really strengthening most of my body, and I held off knee and ligament surgery for five years! You wouldn't believe the look on people's faces when I told them I skied with such a severely injured knee!

While I've benefited from the many services at the clinic, patients are treated here for a variety of pains and dysfunctions. We have a women's

health specialist that deals with multiple conditions including, but not limited to, pre and post pregnancies, hysterectomies, pelvic pain, and urinary or bowel dysfunction. Very few clinics offer a comprehensive service like this. Our lead therapist for these services is Jennifer Armitage, PT. She has over 20 years of experience dealing successfully with these often complex medical issues.

Another service we offer is a therapist who specializes in hand and upper extremity treatments. A person could need hand therapy for dislocations, fractures, sports injuries like tennis elbow, carpal tunnel, and arthritis, to name a few.

These are just some of the services we offer at our physical health clinic. So, if you're ever in need of one of our services or want to learn about what we provide, call us anytime at 651-646-7246 or visit our website at [ImpactPhysicalMedicine.com](http://ImpactPhysicalMedicine.com)

*-Stan Babel,  
Clinic Manager & CEO*

# STAY TONED BY LIFTING WEIGHTS AT HOME

## THE ANTI-AGING BENEFITS OF FREE WEIGHTS



In her best-selling lifestyle guide “French Women Don’t Get Fat,” Mireille Guiliano advises women in their 50s to invest in a set of free weights — nothing too heavy, perhaps 3–5 pounds — in order to maintain their toned, youthful appearance and range of motion. She notes that lifting weights isn’t entirely necessary during your 20s and 30s, but it’s essential to maintain muscle tone and bone density in your later years.

Though Guiliano’s evidence is anecdotal, the science confirms that lifting weights can be an indispensable aid to healthy aging for both men and women. A study published by the National Center for Biotechnology Information recommends strength training 2–3 times per week to lower your risk of health problems and preserve bone density, independence, and vitality. According to WebMD, “Muscle loss is one of the main reasons people feel less energetic as they get older. When you lift weights, work out on machines, use resistance bands, or do exercises with your own body weight (like pushups and situps), you build strength, muscle mass, and flexibility.”

You don’t have to join a gym to reap the benefits though; just pick up a set of free weights and a resistance band and research how to safely use them in your own home. Bodybuilding.com recommends designing a workout routine that includes one or two exercises for each of the major muscle groups: legs, back, shoulders, arms, chest, and abs. Try 8–10 repetitions per set, but don’t push yourself to use heavy weights. Even options that are 10 pounds or less should be enough to keep you chasing after your grandchildren for years to come.

One public figure who has taken the weightlifting creed to heart is Supreme Court Justice Ruth Bader Ginsburg. The documentary “RBG” shows the 86-year-old judge at the gym, pumping lightweight iron with her personal trainer, and she even walked spring chicken Stephen Colbert through her routine on “The Late Show.” Ginsburg has called her trainer “the most important person” in her life apart from her family, which is a ringing endorsement for lifting weights if ever there was one.

## JUST ONE MORE BITE

### HOW THE CLEAN PLATE PHENOMENON MAY BE KILLING YOUR DIET

As you celebrate your last backyard barbecue, consider this: If someone puts three helpings of potato salad on your plate, would you feel pressured to finish it? According to nutrition experts, this pressure to finish your plate is making people indulge a little too much.

Dubbed the “clean plate phenomenon,” this overindulgence is troubling. Researchers have discovered that people feel pressured to clean their plates even when they feel satisfied or full. Even people who don’t fill their plates all the way often reach for that last piece or second helping because “one more bite won’t hurt.” Experts speculate that this compulsion could have stemmed from habits passed down from World War II, when rationing food was required for most, or from a fear of wasting food. Most people

have, at some point, heard an adult say to a child, “Eat up; there are starving children in the world.”

But all those “one more bites” add up. Researchers from Vanderbilt University conducted a study in which participants were served individual plates with any number of cookies piled on top. They were instructed to eat three cookies, and afterward, researchers asked each of them if they wanted more. Those who had only one or two cookies left on their plates were more likely to indulge in a fourth or fifth cookie, while those who had no cookies left or had too many cookies left said they were full.

Despite what you think about your own diet, this isn’t a problem sequestered to certain parties. Studies have found that plates and portion sizes in the U.S.

have increased by about 20% since the 1970s. The same psychology that propelled humans to eat just a little bit more to survive is now contributing to serious overeating and a staggering calorie intake.

There are a few simple tricks you can use to break this habit. Use smaller plates or measure out your food portions so you can clean your plate without guilt. You can also get into the habit of leaving a few bites on your plate to retrain your brain that it’s okay to not finish your food. (You can use your leftover food for compost or save it for later!) With a little effort and intention, you can break free of the pressure to clean your plate.

# CHRONIC ANGER, YOUR HEART, AND YOUR HEALTH

## HOW THIS EMOTION IS DOING YOU HARM

Anger is a common emotion. It's natural, and it's a part of how you respond to certain circumstances in your environment. It's how you express extreme displeasure. However, new research suggests chronic anger can be detrimental to your health. Essentially, it comes down to this: If you are stressed, tense, easily irritable, angry, and "snippy" all the time, you may be doing serious harm to your well-being.

Studies have already shown a link between anger and the heart. People who showed signs of feeling anger on a regular basis experienced higher rates of heart disease. The first studies on the impact of anger came out in the 1950s and have since been confirmed: Chronic anger physically harms the heart.

Why? When you get angry or upset, your brain triggers the release of specific hormones, including cortisol and norepinephrine. These hormones are responsible for triggering the "fight or flight" response. When these hormones enter the bloodstream, your heart rate increases and arteries constrict. This helps to more effectively pump blood to the arms and legs for a fight or a flight.

The problem is that when a person is constantly angry or upset, these hormones course through the body more frequently, stressing the arteries and internal organs. As a person ages, this stress can become more damaging.

One study that appeared in the Psychology and Aging Journal looked into this phenomenon. Researchers found that there is a link between frequently experiencing anger and increased inflammation and chronic illness for people ages 80 and older. This equated to more instances of heart disease and dementia.

The study also looked at other emotions, including sadness, which has also been linked to heart disease and other inflammatory diseases. Through a number of tests involving 200 participants ages



59-93, the researchers concluded anger was far more detrimental to a person's health than sadness.

Ultimately, if you regularly experience rage and frustration, properly dealing with your anger is one of the best things you can do for your health. Every person's situation is different, and it comes down to getting to the bottom of what makes you angry so you can work through it, whether you work through it alone or with a mental health professional. Take the steps to prioritize your mental and physical health, and your efforts will pay off tenfold in the long run.

### TAKE A BREAK!

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## PALEO BREAKFAST CASSEROLE

### INGREDIENTS

- 1/2 cup onion, diced
- 1 red pepper, diced
- 2 strips bacon, cut into squares
- 1 large sweet potato, spiralized or grated
- 2 cloves garlic, minced
- 2 cups spinach
- 1/2 cup chicken or vegetable broth (optional: substitute with water)
- 1 tsp paprika
- 6 eggs
- Salt and pepper, to taste

### DIRECTIONS

1. Heat oven to 375 F.
2. In a large pan over medium heat, sauté onion, pepper, bacon, and sweet potatoes until bacon is completely rendered and onions are translucent. Then, add garlic and sauté for another 2 minutes. Finally, add spinach and continue cooking for another 3-5 minutes.
3. Transfer to a greased casserole dish.
4. In a mixing bowl, whisk together eggs and pour them over casserole. Season to taste.
5. Bake for 20-30 minutes, let stand for 5 minutes, and serve.



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4. CHECK OUT OUR TAI CHI CLASS!

## Sun-Style Tai Chi

Sun-style tai chi is a 12-movement form developed by Dr. Paul Lam in 1997 specifically for arthritis. The slow, gentle movements help mobilize joints and muscles, making tai chi a great way for arthritis patients to find an improved quality of life. Sun-style tai chi promotes relaxation and can help provide relief from problems associated with arthritis and other chronic pain conditions.

The Tai Chi for Arthritis program is supported by the Arthritis Foundation with proven results based on research studies. It has been shown to improve balance, reduce stiffness, increase flexibility and strength, and improve the ability to perform daily tasks.

### Benefits of Tai Chi

- Helps arthritis symptoms
- Helps diabetes symptoms
- Improves posture
- Improves breath control

- Heals or helps in recovering from illness
- Improves flexibility
- Improves cardiorespiratory fitness
- Decreases stress and promotes relaxation
- Improves overall health
- Reduces falls and improves balance
- Strengthens muscles
- Increases sense of empowerment
- Enhances healing by cultivating qi

### Class Information

*New classes begin Oct. 23, 2019.*

Wear comfortable, loose clothing and supportive shoes. Any athletic-type shoe works well. If you have orthotics, please wear them to class.

Class will begin with a warmup activity and end with a cool-down exercise.

This class will be on Wednesdays from 5–6 p.m. To find out when the next multiple-session, once-a-week class



starts, please inquire at the front desk or call 651-646-7246.

### Costs

Your spot in class must be paid for in advance. It's \$156 plus tax for this 10-session class.

Call 651-646-7246 to make your reservation.

Tai chi is a suitable exercise for people of all fitness levels and ages. The low impact nature of this exercise makes it suitable for people with many different health conditions.

### Instructor: Ann Richter, MS, OTR/L

Certified instructor in Tai Chi for Arthritis, Tai Chi for Diabetes, and Seated Tai Chi for fall prevention and arthritis.