

Peaking Interests

The quarterly newsletter
of Apex Physical Therapy

Fall 2005 Volume one Issue

Walking for Health A Physical Therapist's Perspective

By Kamala Bongiorno, MPT

Few would question it walking is good for you. Even former president Thomas Jefferson thought so.

"Walking is the very best exercise," he wrote in a letter to a colleague in 1785. "Habituate yourself to walk very far."

At Apex Physical Therapy, our staff of therapists have always aimed to promote these same habits in our patients by educating them on the benefits of routine walking as a safe and effective means of exercise.

This year, however, the American Physical Therapy Association has taken this goal a step further by choosing "Walking for Exercise" as the theme of October's National Physical Therapy Month.

Whether it carries you from home to school, your desk to the copy machine or around the block with the dog, walking is a basic necessity in most everyone's daily life. It gets us, in the simplest of conditions, from point A to point B.

However, this simplicity is also what makes walking one of the more popular forms of exercise – most anyone can do it and it's free! A

walking program does not require a health club membership or any fancy equipment. It can be done outdoors, in a shopping mall or at a local community center. It can be done alone, with a friend or with a group of people. And the benefits of walking are endless.

According to the U.S. Department of Health and Human Services, regular participation in physical activity, such as walking, is linked to reduced mortality rates for adults. Some of the other benefits of walking include: reduced blood pressure, cholesterol and body fat; a decreased risk for diseases like colon cancer and non insulin dependent diabetes; increased bone density and enhanced mental well being. In addition, walking improves flexibility and coordination, thereby reducing the risk of falls.

Some individuals might scoff at the notion of "walking tips," and while it seems simple enough, many people often find themselves unsure about how to begin an effective walking program. Have no fear, getting started is usually the hardest part.

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Five locations

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Suites 105 106
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610 270 0300

Chalfont
1500 Horizon Drive
Suite 102E
Chalfont, PA 18914
215 712 0300

Pottstown Coventry
10 Glocker Way
Pottstown, PA 19465
610 323 4300

Lafayette Hill
466 Germantown Pike
Suite 200
Lafayette Hill, PA 19444
610 832 7510

Hours of operation

Mon Thurs 8 a.m. – 8 p.m.
Fri 8 a.m. – 5 p.m.
Sat 8 a.m. – 12 p.m.

Check out our Web site

www.apex_pt.com

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Tips for walking your way to health and happiness

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First off, it is important to talk to your physician or physical therapist before you begin a walking program in order to determine the type of exercise regimen that is suitable and safe for you. This is particularly important if you are over 50 years old, or if you experience heart trouble, dizzy spells, high blood pressure, bone or joint problems, or chest pains when physically active.

The appropriate intensity of walking usually depends on your current physical condition and the benefits you want to receive from the exercise. For general health benefits, most experts recommend 30 minutes of brisk walking, four to five days per week.

However, if you intend to more drastically improve your fitness level, you should try to aim for a specific, calculated training zone. Your heart rate in this zone can be determined using a simple formula, which is included on page three of this newsletter. It should fall between 50 and 80 percent of your maximum heart rate.

Next, it is important to set specific and realistic goals for yourself in order to establish a walking schedule you can stick to. A pedometer – an instrument that gauges the approximate distance traveled on foot by registering the number of steps

taken – can be a useful tool in tracking the progress you are making. Also, remember to reward yourself when you reach your goals in order to stay motivated.

You should also pay attention to your footwear and form. The wrong type of shoe or walking mechanics can cause foot pain, shin pain, blisters and soft tissue injuries. Make sure your shoes are comfortable and have the appropriate heel and arch support. You should also replace your footwear on a regular basis, related to frequency of use.

Once you've gotten the technicalities out of the way, it may help to find someone with whom you can carry out your program. A friend, family member or walking group can provide a vital support system, keeping you motivated until exercise based walking becomes a part of your daily routine.

Thomas Jefferson

Finally, it's important to keep in mind (however obvious it might seem) that walking

for exercise is intended to incur health and not harm. So, always remember to warm up and cool down with gentle stretching before and after your program; this will reduce your chances of injury. In addition, make sure to drink plenty of fluids before, during and after your walk. And wear loose, comfortable clothing to prevent overheating.

Follow these simple steps and soon you'll be a seasoned walker, going "very far" in no time.

“Walking is the very best form of exercise. Habituate yourself to walk very far.”

October is National Physical Therapy Month!

At Apex Physical Therapy, our goal is to educate the public on the benefits of physical therapy. Throughout the month, we will have a number of contests and educational displays at our clinics to achieve this goal. In addition, our staff will be hosting and participating in a variety of community service events. Some of these include:

American Red Cross Blood Drive – Fri, Oct. 14 – 2 to 8 pm.

This event will be held at the Apex Physical Therapy's Chalfont office, 1500 Horizon Drive, Suite 102E, Chalfont, PA 18914. If you are interested in donating blood, please contact Marsha Berger Grant at 215 712 0300.

Senior Jubilee – Fri, Oct. 14 – 9 am. to 1 pm.

Along with more than 75 other exhibitors, Apex will provide seniors with vital information on the PT related health issues that most affect them. Other jubilee activities will include bingo, seminars and a prize drawing. This event is open to the public and free for seniors, and will be held at Pottsgrove Middle School, 1351 N.Hanover St., Pottstown, PA 19464.

Montgomery County Community Day – Sat, Oct 1 – 11 am. to 3 pm.

As part of the event's Wellness Expo, Apex will host a PT information booth. A variety of other activities and attractions will take place throughout the day. Food will be served. This event is open to the public and will be held at Montgomery Community College, Central Campus, 340 DeKalb Pike, Blue Bell, PA 19422.

For more information, please call any of our five clinics at the numbers listed on page one of this newsletter.

Meet our Therapists



Marsha Berger Grant
PT, MS, OCS

Marsha joined Apex Physical Therapy in April of 2003 as the managing director of our Chalfont office. She brings 20 years of clinical experience in orthopedics to the Apex team.

Marsha's education has been extensive. She received her master's of science in physical therapy from Arcadia University, after earning her bachelor's degree from Temple University

in health education. Marsha was also certified by the American Board of Physical Therapy as an orthopedic clinical specialist. Currently, she is pursuing her doctorate in physical therapy from Arcadia University.

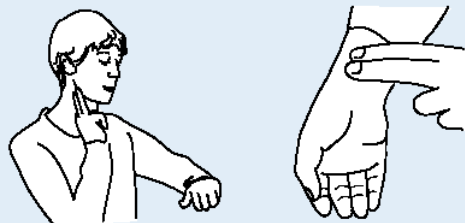
In the clinic, Marsha enjoys treating patients of all ages. Her passions include treatment of the spine, shoulder pathology and women's health issues. Marsha is also an active member of The American Physical Therapy Association, through which she participates in local and national seminars and events.

When she is not in the clinic treating patients, her and her horse, Major, volunteer in therapeutic riding for special needs children and adults. Marsha is also an avid runner and enjoys spending her free time with her husband.

Do it Right: "Walk this Way"

Measuring your pulse

Place your index and third finger on your neck to the side of your windpipe. Or, place two fingers between the bone and tendon on the thumb side of your wrist. When you feel your pulse, look at your watch and count the number of pulses in 15 seconds. Multiply this number by 4 to get your heart rate per minute—for example, $20 \times 4 = 80$ beats per minute. A resting heart rate that is between 60 and 80 beats per minute is considered normal.



Graphic from the American Physical Therapy Association

Sample walking program

	Warm Up (normal walking pace)	Target Zone (brisk walking pace)	Cool Down (normal walking pace)	Time/session
Week 1	5 minutes	5 minutes	5 minutes	15 minutes
Week 2	5 minutes	7 minutes	5 minutes	17 minutes
Week 3	5 minutes	9 minutes	5 minutes	19 minutes
Week 4	5 minutes	11 minutes	5 minutes	21 minutes
Week 5	5 minutes	13 minutes	5 minutes	23 minutes
Week 6	5 minutes	15 minutes	5 minutes	25 minutes
Week 7	5 minutes	18 minutes	5 minutes	28 minutes
Week 8	5 minutes	20 minutes	5 minutes	30 minutes
Week 9	5 minutes	23 minutes	5 minutes	33 minutes
Week 10	5 minutes	26 minutes	5 minutes	36 minutes
Week 11	5 minutes	28 minutes	5 minutes	38 minutes
Week 12	5 minutes	30 minutes	5 minutes	40 minutes

Creating a program and maintaining a log are both important steps toward routinizing walking in your everyday life. The sample program, at right, can be used as is or as a template. Some other measurements you may want to record in your log include: your speed, steps taken, perceived exertion and heart rate.

Calculating your target heart rate zone

Estimate your maximum heart rate:
Take 220 and subtract your age.

Determine your lower limit exercise heart rate:
Multiply your max heart rate by 0.5.

Determine your upper limit exercise heart rate:
Multiply your max heart rate by 0.8.

Treat_(ment) for your Tummy



Pumpkin Apple Bread

A moist, delicious treat that combines two of your favorite autumn flavors. This dish is great with coffee or tea for breakfast, or with a scoop of ice cream for dessert. Egg Bites and Splenda can be used to make a healthier version. Walnuts or pecans can also be added for a little extra crunch.

Ingredients

- 3 cups all purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking soda
- 1 ½ teaspoons salt
- 3 cups granulated sugar
- 1 (15 oz) can pumpkin puree
- 4 large eggs

- 1 cup vegetable oil
- ½ cup apple juice (or water)
- 1 large baking apple, peeled, cored and diced

Prep/cook time: 1 hour, 50 mins
Servings: 2 loaves, 20 servings

1. Preheat oven to 350 degrees
2. Grease and flour two 9x5 inch loaf pans
3. Combine flour, cinnamon, baking soda and salt in large bowl
4. Combine sugar, pumpkin, eggs, vegetable oil and apple juice in large bowl; beat until just blended
5. Add pumpkin mixture to flour mixture; stir until just moistened.
6. Fold in apples
7. Spoon batter into prepared loaf pans
8. Bake for 65 to 70 mins or until wooden pick inserted in loaf's center comes out clean
9. Cool in pans on wire racks for 10 mins; remove wire racks to cool completely

FREE 30-minute screening and consultation

Thank you for taking time to read the Apex Physical Therapy newsletter! To show our appreciation, we're offering you this coupon. Bring it to us or give it to a friend to receive a FREE screening by one of our top notch therapists. You will learn about cutting edge techniques to relieve pain and receive recommendations to help you on your journey to better health and wellness. *Please call to set up your screening.*

Your name: _____
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**Our mission is
your recovery!**



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610 323 4300
- Pottstown, Coventry
10 Clocker Way
- Lafayette Hill, PA 19444
466 Germantown Pike
Suite 200

Achieving the Apex

What real patients are saying about their successes with Apex Physical Therapy

"When I came to Apex, I was suffering from the after effects of sciatica. Thanks to the wonderful therapists, I am 100 percent better. They gave me hands on treatment with empathy and encouragement."

Anne Sablosky

"I came to Apex Physical Therapy after having both of my hips replaced. I am stronger today because of the inspiring and dedicated staff that encouraged me to take the time to heal, challenged me and helped me regain my life as a 35 year old mother of two boys."

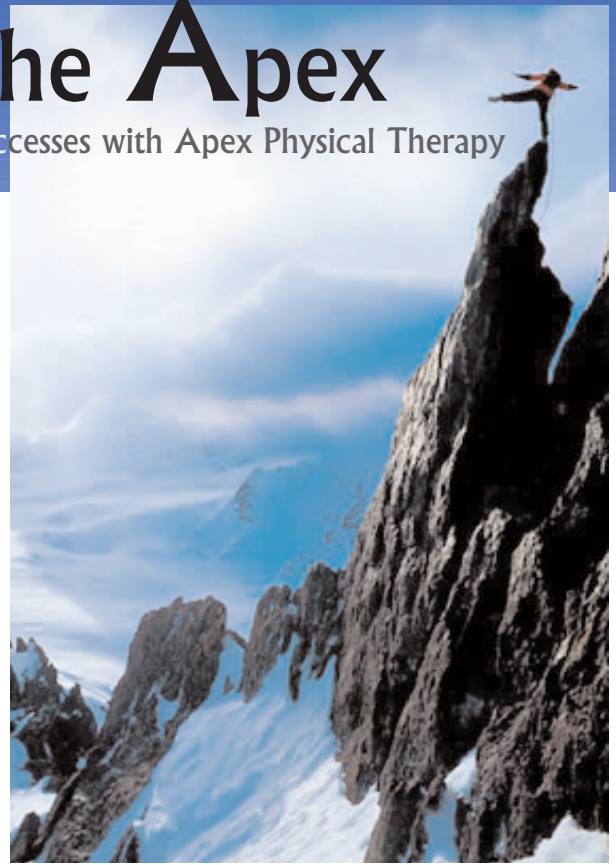
Marijke Woodruff

"When I came to Apex, I had low back pain that was affecting my sleeping, walking and sitting. The therapist developed a treatment plan, and after two weeks, I noticed a dramatic change in how my back felt. My back has not felt this good in eight years."

Molly Gatto

"Upon my initial visit to Apex, I felt I would never get back to my normal routine. The exercise program the therapist designed for me allowed me to progress beyond my expectations."

Alex Exaros



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Blue Bell, PA 19422

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