

Peaking Interests

Apex Physical Therapy's
patient newsletter

Fall 2010 Volume six Issue one

"Let's get moving!"

Combating the prevalence and dangers of childhood obesity through physical activity

By Greg Schaab, DPT

Childhood obesity is a major problem facing our country and the trends are disturbing. Over the past 30 years, the prevalence of overweight and obese children has more than doubled between the ages of 2 to 5 and more than tripled from ages 6 to 11. And the percentage of overweight children in the United States continues to grow at an alarming rate. In fact, recent reports suggest 3 out of 4 children will be obese by 2020.

We're constantly warned of the public health time bomb facing our country if we continue over-indulging in unhealthy food and sedentary lifestyles. Obesity leads to diseases like high blood pressure, high cholesterol and diabetes. And these diseases – once thought to affect adults exclusively – are now being found among younger and younger subsets of our population.

We have to ask ourselves: Are we really surprised children are becoming obese? There was a time when computers, television, and video games didn't dominate our

landscape so extensively. Most kids' days were spent riding bikes, playing tag in the neighborhood, or participating in sports. Regrettably, most childhood obesity studies show these activities are rapidly declining among today's youth.

According to the World Health Organization, childhood obesity is one of the most serious public health challenges of the 21st century. The notion of fighting childhood obesity has been embraced by multiple organizations and industries throughout the country, including a recent White House initiative.

Physical therapists have long supported the Department of Health and Human Services' Physical Activity Guidelines that state: All children 2 years and older should get an hour or more of physical activity each day, compared to a recommended 2 hours and 30 minutes per week of moderate-intensity physical activity for adults.

When most adults think of exercise, they imagine endless hours on a treadmill or the arduous task of lifting weights. But for kids,

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Royersford

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Royersford, PA 19468
610-792-8100

Blue Bell

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Suite 101
Blue Bell, PA 19422
610-270-0300

NOW OFFERING FITNESS!!

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.

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Physical activity: Getting an early start to lifelong health

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physical activity guidelines can generally be achieved through everyday recreation. Kids get exercise when they hit the playground at recess, participate in dance class or kick around a soccer ball. They gain strength, endurance, and flexibility with swimming, hiking, and playing catch.

However, parents must work to ensure their kids get enough exercise. Physical education in schools has historically helped get kids up and moving. However, budget cuts are forcing many schools to cut fitness-building activities and programs.

Limiting television and video games is one way to decrease sedentary activity. Instead of allowing your kids to park themselves in front of the television or computer, choose instead to go for a family walk, swim or bike ride. Plan weekend getaways that involve physical activity and encourage kids to explore different kinds of physical recreation to help them find a form they enjoy. Studies show physical activity during childhood is the basis for strong lifelong fitness habits.

If you find it difficult to pry your children from video games, try to incorporate new movement-based games – like “Wii Fit” or “Dance Dance Revolution” – into your child’s leisure activities. Or, while watching television, challenge your kids to some push-ups, sit-ups or jumping jacks during commercial breaks. Be creative and make it fun! And always remember: When you exercise regularly and establish healthful eating habits, you’re modeling a healthy lifestyle for your kids that will last.

For those uncertain of how to get themselves and their

family started on the path to a healthier lifestyle, a physical therapist can help. Their extensive knowledge of the human body and how it moves allows them to develop safe and effective exercise programs for people of all ages and abilities, including kids.

For children who are already overweight or obese, physical therapy can be of even greater use. Overweight or obese children can be more susceptible to injury if they begin exercising too quickly or vigorously. A physical therapist’s

assessment of pre-existing conditions allows them to tailor an exercise program to the child’s needs in order to prevent injury. Goals of such an exercise program will be to restore flexibility, address posture and balance, and increase strength and cardiovascular endurance.

Physical therapists also incorporate behavior modification into weight loss programs. They can help their patients identify the causes of unhealthy behaviors and recognize barriers that compromise healthy habits. They also help their patients set goals and monitor behavior while providing frequent contact, feedback and motivation.

The physical therapists at Apex Physical Therapy are committed to helping fight obesity by educating their patients about the benefits of physical activity. If you are unsure of where to begin, contact your local Apex therapist for suggestions.

Remember: Helping kids maintain healthy lifestyles begins with being a positive role model who leads by example. Start today – it’s never too late for you and your family to get moving!

DEFINING OBESITY

Childhood obesity is a serious medical condition that occurs when a child is well above the normal weight for his or her age and height. It is diagnosed by a physician and falls under two categories:

1. *BMIs in the 95th percentile or greater for age and sex or BMIs of more than 30 – findings in this category indicate the need for a complete medical work-up.

2. *BMIs in the 85th to 95th percentile or BMIs equal to 30 – findings in this category suggest a second level screening which includes evaluation of five areas of health risks:

- family history of cardiovascular disease, parental elevated total cholesterol, diabetes, parental obesity
- elevated blood pressure
- total cholesterol level
- large increases in BMI assessments from year to year
- emotional or psychological concerns about weight

* BMI - “Body mass index” = body weight / height squared
Normal - 18.5-24 ; Overweight - 25-29.9 ; Obese - 30 or greater

Meet our Apex Staff Treat_(ment) for your Tummy



Ian Dzienisiewski, DPT, MS
Certified Vestibular Therapist
Royersford

Ian joined Apex Physical Therapy’s Royersford office in April 2006 and was promoted to assistant managing director in July 2008.

He received his doctorate in physical

therapy from Arcadia University in 2004 and his bachelor’s in biology from Penn State in 2001.

Ian is a member of both the national and Pennsylvania chapter of the American Physical Therapy Association.

In order to most effectively treat his patients, he constantly strives to expand his knowledge by attending continuing education courses and staying up to date on current research in the field of physical therapy.

In 2008, Ian earned his certification in vestibular rehabilitation. He currently treats patients with vertigo and other vestibular issues in the Royersford office in order to restore a sense of balance to their lives.

Outside the clinic, Ian enjoys sports (especially Penn State football), music, and spending time with family and friends.



Best Asian-Style Ribs

Simple ingredients and slow-cooked flavor combine to make these irresistible, Asian-style ribs simply the best.

Ingredients

- 2 full racks baby back pork ribs
- 6 ounces hoisin sauce
- 2 tablespoons minced fresh ginger
- 1 cup maraschino cherries
- 1/2 cup cherry juice (from jar)

- 1/2 cup rice wine vinegar
- 1 cup water
- 4 scallions or green onions, chopped

1. Split full rib racks into 3 sections each.
2. Combine ribs, hoisin sauce, ginger, cherries, cherry juice, vinegar, and water in slow cooker.
3. Cover slow cooker and cook on low for 6 to 7 hours.
4. Remove ribs from slow cooker, place on baking sheet and loosely cover with tin foil. Preheat oven to 350 degrees.
5. Thicken sauce, heating uncovered or – for non-ceramic slow cooker inserts – over stove on medium heat, until it reaches the consistency of barbeque sauce.
6. Remove foil and bake ribs for 5 to 10 minutes, until outer layer is crisp.
7. Cover ribs with sauce and sprinkle with scallions.
8. Serve with white rice and extra sauce on the side.

Welcome New Staff Members

Apex would like to welcome staff member Eve DiFeo, who has been serving as the new part-time admin in our Chalfont office.

Sugar and spice and everything nice...

The Apex family would like to welcome three new baby girls who arrived this summer. Pottstown therapist Dana Adelizzi and her husband Rob welcomed Sabrina Marie into the world on June 17, 2010. Sabrina weighed 4 pounds 15 ounces and was 18 inches long. Exton therapist Chris Miller and his wife Jenny welcomed Ellie Maerose on July 5, 2010. Ellie weighed 5 pounds 10 ounces and was 17.5 inches long. Apex managing partner Kamala Bongiorno and her husband John welcomed Olivia Jane on August 1, 2010. Olivia weighed 8 pounds 12 ounces and was 22.5 inches long. All the little girls and their families are healthy and doing well.

Donate for Denim Day

On the last Friday of each month, members of the Apex team have been participating in "Donate for Denim Day". By donating \$1 or more to that month's chosen charity, they're eligible to dress down in denim. Patients, too, have had the opportunity to donate to each month's chosen cause. This summer, Apex employees and patients donated more than \$750.00 to the Elmwood Park Zoo, Autism Speaks, and the Cystic Fibrosis and Alzheimer's Foundations. *THANKS to all of our patients who have donated along with us!!*

Apex Teambuilding Event

Apex held its annual Teambuilding Event on June 24, 2010. All employees enjoyed an afternoon Phillies game at Citizen's Bank Park. The Phils finished up with a 12-3 win over Cleveland's Indians. And everyone survived the 90 degree heat and had a great day.



Did you know??

A few little-known facts about physical therapists & our Apex staff

- All physical therapists are required to receive a graduate degree – either a master's or clinical doctorate – from an accredited physical therapist program before taking the national licensure examination that allows them to practice.

- Your Apex physical therapist takes yearly continuing education courses to stay abreast of new treatment and examination techniques.

- Your Apex physical therapist has extensive clinical experience that allows them to examine, diagnose, and prevent or treat conditions that limit the body's ability to move and function.

- Your Apex physical therapist can help you with some of these common problems:

- Back and neck pain
- Overuse injuries
- Sports injuries
- Balance and walking difficulties
- Joint and muscle pain
- Osteoporosis
- Sprains, strains and fractures
- Dizziness
- Urinary Incontinence
- LBP due to pregnancy

DO IT RIGHT : "SMART MOVES"

THE APTA OFFERS PHYSICAL ACTIVITY TIPS FOR FAMILIES

October is National Physical Therapy Month and the American Physical Therapy Association (APTA) has selected "Move Forward" as this year's theme. The title refers to the initiative of physical therapists across the country to educate people of all ages and abilities about the importance of physical activity in preventing and combating obesity and its consequences. In this vein, the APTA laid out the following "Smart Moves" – ideas to help get you and your family moving toward better health:

- Plan weekend family activities involving physical activity, such as hiking, swimming, bicycling, mini-golf, tennis, or bowling.
- Help your child plan physical activities with friends and neighbors, such as skating or softball.
- Have your kids brainstorm a "rainy day" game plan of indoor activities involving fitness games, such as "Wii Fit" or "Dance Dance Revolution."
- Remember that your family does not need to join a health club or buy fancy equipment to be active. Walking isn't costly and it's easy. So is designing a backyard obstacle course. Weights can be made from soda or detergent bottles filled with sand or water.
- Provide positive rewards for your child when he or she engages in physical activities, such as workout clothes, a new basketball, or an evening of roller-skating.
- Provide positive feedback about your child's lifestyle changes. Also, remember not to focus entirely on the scale (for you or your child).
- Be your child's "exercise buddy." Plan daily walks or bike rides, and set goals together for increasing physical activity rather than for losing weight. It's also a great "bonding" time!
- As you schedule your child's extracurricular activities, remember to plan time for exercise and activity as a priority for the entire family. Don't just "squeeze it in."
- Encourage children to try individualized sports, like tennis and swimming. Studies show such activities are the basis of lifelong fitness habits.
- Parents and children can do exercises while watching television (or at least during commercials), such as sit-ups, push-ups or running in place. Discourage snacking or eating meals while watching.



Achieving the Apex

What patients are saying about their successes at our clinics

"I recently had physical therapy at your facility. Every time I called with very little notice, [my therapist] made every effort to get me scheduled as quickly as possible. She repeatedly adjusted my therapy program depending on my level of discomfort. I had been in pain for six months and was truthfully reluctant to try physical therapy to relieve it. But through [my therapist's] efforts and expertise, I am now feeling terrific. I also want to commend [your office administrator]. She also went above and beyond the call of duty to get me in at the spur of the moment. She treats each and every patient with the utmost empathy and concern. My thanks to both of these excellent employees – job well done!"

- Darryl D.

"I initially met my physical therapist on the phone when I called after my second surgery [to repair the patellar tendon in my knee]. During our phone conversation, I was impressed by her professionalism, knowledge and compassion. During my first visit, she performed an evaluation, reviewed my physicians's orders and formulated a plan for my treatment. She reviewed that plan with me and even contacted my surgeon for further information. Her quiet confidence eased my fears. She gave me tips on getting around in my leg brace. She even told me what shoes to wear! The brace came off in June 2010. Words cannot express the gratitude I feel for my recovery. [My therapist] and Apex gave me my life back."

- Mary D.

"I want you to know what a wonderful staff you have. I have been a member of the fitness program for about four years and go religiously twice a week. If, by any chance, I skip a week because of vacation, etc, they actually call me to make sure everything is fine. They are the most caring people and, at the same time, very professional. It is always a pleasure to see them each week."

- Concepcion A.



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