

Reddy-Care Physical Therapy Ledger

Counting Calories

3 fried eggs, lettuce, tomato, cheese, fried onions, and mayo sandwiches

1 omelet

1 bowl of grits

3 slices of french toast with powdered sugar

3 chocolate chip pancakes

This list of items have been made famous during the 2008 Olympics by the world renowned Michael Phelps. He is told to eat between 8 to 10 thousand calories per day. This list is his breakfast when he was a teenager!

How does Michael Phelps stay so fit after consuming all those calories? The calories he consume are

burned off in the pool. Calories are the units used to measure the amount of energy that is supplied by the food. The body uses this energy to do work.



Counting calories is not just picking a random number and eating around that amount each day. The

amount of calories a person is suppose to consume is determined by their gender, age, height, weight, and daily activity level. Calorie calculators can be found on the internet. After plugging in the information, the calculator will determine the amount of calories you are suppose to consume each day.

The amount of calories that is determined is only the amount you are to consume in order to stay at your current weight. If you want to lose weight, either be more active or eat less calories. The more active you are, the more calories you are allowed to eat because it is being burned off throughout the day.

The Importance of Physical Therapy

Why is it important to maintain consistent and continuous physical therapy?

Since therapy is a process, it needs time and consistency to have a maximal effect. In many cases, the damage already done to the body is so great that a long time span between sessions can reverse the positive changes that physical therapy already had. Since daily routines with an injury or pain is strenuous to the body, ample therapy is required to reverse the effects of

those every day activities; specifically when you have pain. Pain is a response by the brain to make you aware of a troubled area. If you fight this response without attempting to fix it, the body will compensate and overstrain another area to help you carry out your living routines, thus giving you additional problems elsewhere. Often times, majority of patients never have pain ONLY in a single area. This is very non-optimal, and often we end up seeing patients in physi-

cal therapy for a different problem in the future because the original problem was not handled quickly and effectively.

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Take Your Brain for a Walk

As the winter sets in, we find ourselves staying indoors all the time. We try to avoid the snow and the freezing cold as much as possible. During this season, we become similar to the animals that hibernate in the forest and in our attic; we become less active and gain a few pounds.

Besides having the ability to assist you in curbing your weight, recent studies have shown that taking a walk may boost your brain power and reduce the risk of brain disease, such as dementia.

A research team lead by Dr. Nicola T. Lautenschlager, MD, at the University of Melbourne, Australia conducted a study to prove walking boosts brain-power. The study was conducted on 138 adults at the ages of 50 and older, with the average age of 69.

Randomly, the participants were split into two groups—active or non-active. The non-active group was simply asked to maintain their regular lifestyle, which consisted of little to no exercise. The active

participants were placed in a 24-week home-based exercise program.

The participants that were assigned to the exercise program were instructed to perform at least 150 minutes of moderately intense activity per week, which were broken into three 50 minute sessions. Due to their age, walking was the recommended activity.

After 6 months, all the participants were asked to partake in a cognitive test and a memory test. Participants in the exercise group scored higher on the cognitive test. They were also able to more accurately recall from a list of words. Besides scoring better on the tests, participants in the active group also had lower Clinical Dementia Rating scores.

Lautenschlager stated that the results were not only visible after the 6 months of research, the results lasted for at least a year after the program ended. This was a study that was performed within a 6 months period. The effects of 150 minutes of moderately paced walking per week will result in a healthier brain and longer lasting memory!



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OFFICE UPDATES

- Our 2009 Open House on Friday, January 16th was a SUCCESS...Thank you to all patients who attended.
- We have been awarded 2nd Place in Best of Long Island Physical Therapists by LI Press Newspaper



- New Staff Members: Maria Robinson (In training for VP of Administration), Peter Burke (Public Relations Coordinator), Taj Cutchin (Medical Biller)
- If you are not receiving our e-newsletters, go to our website to sign up...or email us at Patrick@reddycare.net

The Importance of Physical Therapy (... continued)

Patients forget that the body regions are very much connected and have a great resiliency to sustain pain and trauma. The reason for this mechanism is based on our homeostatic mechanism for survival, and the brain's ability to override pain quickly so you can get certain things done. This is one of the reasons why you feel the soreness or discomfort on the following day of your therapy session. It is essential in these cases to remain extremely consistent and allow your body to adjust to the healing process; short time frames at more consistent amounts are strongly suggested for optimal results.

The other issue remains in the body's desire for habitual activities and its ability to resist change due to a set pattern of motion and actions. When pain/body dysfunction is newly introduced to a body, the body's first response is to get rid of it, fix it, and move on. Why? This

pain/dysfunction is foreign, and the body doesn't like to change its normal routine to accommodate this phenomena. So the body fights and we resist giving it help by accommodating this pain/dysfunction into our busy schedules, giving excuses and taking medications to get by and mask the real issues. The best route to avoid this ultimately harmful response is firmly embedded in an early, immediate action to get rid of the dysfunction before the body gets used to it and then turns the dysfunction into a normal habit of its existence (this can happen in as little as 2 weeks). Basically, the longer you wait, the more your problem becomes a part of you, and you will have to live with it. For those of you who have had a problem for months or years, etc. your body has learned to get by, and is slowly developing compensations that have worked to change the course of your daily life, thus creating a time consuming and arduous

effort to reverse. These compensations eventually catch up to you. They build up and arrive when you least expect it; in many cases in forms twice as bad as the original problem. The solution, again, is to address the dysfunction/pain immediately, and resist the body's habitual system from cementing the dysfunction as a normal disposition in the body. It is clear that the sooner you begin healing treatments, the sooner the body will return to normal.

by Dr. Vinod Somareddy, DPT



Recipe of the Month: White Chili

Ingredients

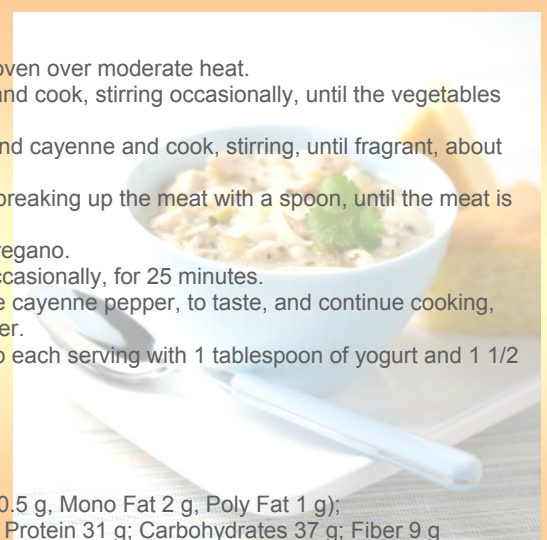
1 tablespoon olive oil
1 1/2 cups onion, diced
1/2 cup celery, diced
1 1/2 cups poblano peppers, finely diced, seeded and white ribs removed
1 clove garlic, minced
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon cayenne pepper
1 pound ground white meat turkey
2 (15.5-ounce) cans low-sodium white beans, drained and rinsed (example: cannellini)
4 cups low-sodium chicken broth
3/4 teaspoon dried oregano
1 (15.5-ounce) can hominy, drained and rinsed
1/4 cup nonfat plain Greek-style yogurt
2 tablespoons chopped fresh cilantro leaves
Salt
Lime wedges

Instructions

1. Heat the oil in large pot or Dutch oven over moderate heat.
2. Add the onion, celery, poblanos, and cook, stirring occasionally, until the vegetables are soft, about 8 minutes.
3. Add the garlic, cumin, coriander and cayenne and cook, stirring, until fragrant, about 30 seconds.
4. Add the ground turkey and cook, breaking up the meat with a spoon, until the meat is no longer pink about 2 minutes.
5. Add the white beans, broth and oregano.
6. Cook, partially covered, stirring occasionally, for 25 minutes.
7. Add the hominy and salt and more cayenne pepper, to taste, and continue cooking, partially covered, 10 minutes longer.
8. Ladle into individual bowls and top each serving with 1 tablespoon of yogurt and 1 1/2 teaspoons of cilantro.
9. Garnish with a lime wedge.

Nutrition Facts

Calories 320; Total Fat 6 g (Sat Fat 0.5 g, Mono Fat 2 g, Poly Fat 1 g);
Cholesterol 30 mg; Sodium 310 mg; Protein 31 g; Carbohydrates 37 g; Fiber 9 g





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Staff Spotlight: John Barry

John graduated from the University of Hartford in 2005 with a Bachelor's of Science in Health Science. During his time at Hartford, he had the opportunity to enroll in two semesters in the graduate program for physical therapy. He has been working as a physical therapy technician at Reddy-Care since the summer of 2007.

John enjoys working with people and helping them in any way possible. He takes all of his personal and educational experiences with fitness and exercise and applies it to the work he does with the therapists to ensure the patients are receiving the best possible care. He makes it his personal responsibility to make sure every patient is getting both the best care and service they can get. John tries to attend to all the needs of the therapists and the patients with



accuracy and success; this takes a lot of responsibility. You will always see him with a smile on his face, because he loves what he does! When his services are not in demand, he uses his breaks to learn more about different physical therapy techniques. How they work, and when they are used.

He will be getting his personal training license from the National Strength and Conditioning Association (NSCA). He is also going to start doing personal training so that patients can do a good job of getting better exercise guidance after they are discharged from therapy.

John also researches new exercises and develops some on his own time. The exercises are used to target certain muscle groups and/or functional activities.