

Reddy-Care Physical Therapy Ledger

The Fitness Climb

On the 3rd of February, a vertical “marathon” took place in New York City. It was the 32nd annual Empire State Building Run-Up. This year, 319 runners participated in the climb up the 1,576 stairs of the 86 floor Empire State Building. This year’s winner was 24 year old Thomas Dold from Germany, who finished with a time of 10 minutes and 7 seconds.

For many runners, this is one way to get through the winter season. Training begins at the end of fall and lasts until the climb in February. A few weeks later, or even days, these runners find themselves running on the streets again.

Some runners still climb stairs while running outdoors for a change in their workout. Stair climbing is great for working out the legs and glutes. You do not need to participate in the competition in order to climb stairs for fitness. Anyone can do it!



The impact on the feet and knees when climbing stairs is relatively low compared to running. When climbing stairs, the pressure is equivalent to twice your body weight. When running, the pressure is about 3 to 4 times your body weight. But when coming down the stairs, the pressure on your feet and knees is about 6 or 7 times your body weight.

Stair climbing does not have to be a race. Pace yourself, start off slow, and build your way up. But make sure your body is capable of climbing stairs. Walking up many flights of stairs can be just as effective as running up a few flights.

Go Bananas!

New studies show that ingesting a 2:1 ratio of potassium to sodium can decrease your risk of dying from cardiovascular disease by half!

A 1997 study in the Journal of the American Medical Association showed that people who took potassium supplements lowered their blood pressure by 3/2 mm Hg. From that study, Americans were recommended to get at least 4,700mg of potassium daily.

Besides supplements, potassium can also be found in fruits and vegetables. A banana contains 400mg of potassium. There are more than 900mg in a

potato, about 950mg in a cup of spinach, 600mg in half a cup of raisins, and 500mg in an 8oz cup of orange juice.

If the sodium intake level is reduced, then the potassium level should also



be lowered. Too much potassium can cause damage to the heart. Too much potassium can also cause medical conditions, such as kidney disease or diabetes.

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Biodex Balance System

Italian model, Lisa Trevisan ran the New York City's Marathon on November 2, 2008, and finished with a time of 7 hours and 54 minutes. Five years ago, Lisa collapsed in a disco club, leaving her in a coma for 25 days. She had a massive stroke which left her paralyzed and lacking the ability to speak.

Lisa used a series of Biodex's state-of-the-art equipments during her therapy sessions to help her regain her ability to move. The balance system was only one of the equipments she used during her rehabilitation. At the Reddy-Care facility, we make that balance system available to you! When a patient is using the system, there are handle bars on the side to help them with stability and our clinical staff is there to assist in case the patient loses their balance.

When using the Biodex Balance System, the patient stands upright with their knees slightly bent. Without tilting the torso, the patient will "surf" on the wobble board, applying pressure to either leg, accordingly.

The Biodex Balance System is loaded with 6 different interactive training programs to help patients build up strength and stability within their legs. The base of the machine is a wobble board, which the pa-

tient controls to accomplish the tasks of the training programs. The stiffness of the wobble board can be adjusted to increase difficulty.

The six interactive programs are used for postural stability training, proprioception training, motor training, weight shift training, limits of stability training, and percent weight-bearing training. Each program has 3 levels of difficulty, allowing for more variety. The system is not limited to its 6 programs, 3 difficulty levels, and 12 levels of wobble board stiffness. If the machine has become less challenging, patients can go through the interactive programs in a single-leg stance. This will allow isolation so the patient can focus on strengthening and molding one leg at a time.



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OFFICE UPDATES

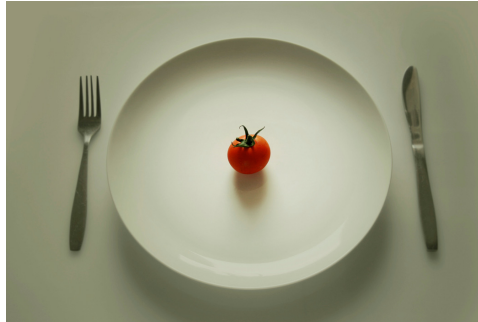
- We recently hired two new Physical Therapists:
Allen Eshmoili, PT, MPT, CSCS
Yakov Simkhayev, PT, DPT
- We now have Facebook and MySpace pages. Check us out and become a fan/friend by searching for us on each site.
- Updates coming to our website VERY soon. Check it out!

Fasting

During the month of March, people all over the world will be giving up something for Lent. Lent is an observation that lasts about 40 days, ending on Easter Sunday. Lent was started by the Catholics to represent the 40 days of fasting by Jesus Christ. Many people participate in Lent for religious reasons, but some people participate for the sake of just doing it.

People have different fasts, but the number one fast is food items or meals! My mother always told me to eat because I need my nutrients, but is fasting healthy? According to recent studies, intermittent fasting (starving) has its benefits. This approach of weight control constricts calories, decreasing the risks of some diseases and even may extend one's life!

Some nutritionists are against fasting because it will lead to overeating. According to researchers, intermittent fasting has the same effects as calorie restriction. Studies show that the human body will completely adjust to the new diet pattern by the end of three weeks.



While fasting, all of the systems in the body are turned down—hormones, growth, reproduction, etc. Fasting also produces a minor level of stress on the body, which stimulates the production of proteins that protect the neurons

against more severe stress. Studies also show that the body is more prone to insulin, which helps maintain normal blood sugar levels. Because of the decreased growth rate of cells, the risks of certain diseases are also lowered, such as cancer, Alzheimer's, and Parkinson's.

Intermittent fasting does produce a lot of benefits, but participants must be aware of what they are eating. Since they are cutting down on calories by starving themselves for a portion of the day, the meals they eat must be healthier. Supplements are also important; they supply the body with the rest of the nutrients that it is missing. Also, by drinking a lot of water, the body will be tricked into thinking that it is full, and it will help the body's circulation.

Recipe of the Month: Braised Leeks with Warm Pancetta Dressing

Ingredients

Leeks:

- 4 leeks, trimmed and halved lengthwise
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 1/2 cups fat-free, less-sodium chicken broth
- 1 large carrot, cut into (3-inch) pieces
- 1 garlic clove, crushed
- 1 thyme sprig
- Cooking spray

Dressing:

- 1 teaspoon olive oil
- 1/3 cup finely chopped pancetta (about 1oz)
- 2 tablespoons finely chopped leek
- 2 tablespoons light brown sugar
- 1/4 cup red wine vinegar
- 1/8 teaspoon freshly ground black pepper
- Dash of kosher salt

Instructions

1. Preheat oven to 325°
 2. Arrange leek halves in an 8in baking dish
 3. Sprinkle evenly with 1/4 tsp salt and 1/4 tsp pepper
 4. Add broth and next 3 ingredients (through 1 thyme sprig)
 5. Cut 1 (8in) square of parchment paper; lightly coat with cooking spray
 6. Place parchment over leek mixture, coated side down
 7. Bake at 325° for 50mins or until leeks are tender
 8. Let stand 5mins; drain cooking liquid through a sieve over a bowl, reserving solids.
 9. Place cooking liquid in a small, heavy saucepan; bring to a boil
 10. Cook until reduced to 1/4 cup (about 8mins)
 11. Chop cooked carrot and coarsely chop cooked garlic; set aside
- Dressing:
1. Heat oil in a small skillet over medium-high heat
 2. Add pancetta to pan; sauté 5mins or until crisp
 3. Stir in garlic and chopped leek; sauté 2mins, stirring occasionally
 4. Sprinkle with sugar; sauté 1min or until sugar dissolves
 5. Stir in vinegar; simmer 2mins
 6. Add braising liquid, 1/8tsp pepper, dash of salt; simmer 2mins or until slightly thick.
 7. Remove from heat.
 8. Arrange leek halves in a serving dish; sprinkle with carrot
 9. Drizzle pancetta mixture over leek halves. Garnish with thyme sprigs, if desired.

Nutrition Facts

Calories: 133 (26% from fat); Fat: 3.8g (sat 1.2g, mono 2g, poly 0.6g); Protein: 3.6g; Carbohydrate: 22.2g; Fiber: 2.6g; Cholesterol: 5mg; Iron: 2.3mg; Sodium: 391mg; Calcium: 74mg



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Open House

Have you ever wanted to get acquainted with the Reddy-Care staff outside of your physical therapy sessions? In February, we held an Open House at the Reddy-Care facility. There was music, food, drinks, and warm conversations all around.

The Open House was open to anyone who wanted to get to know the people that make Reddy-Care a success. The staff members that attended the event included a few physical therapists, technicians, receptionists, administration and public relations staff. The Open House allowed the public to observe the facility, learn about the different equipment and services we provide here.

The physical therapists at Reddy-Care all come from different backgrounds, each specializing in different abilities and techniques. With our diversity, we are able to connect the right therapist to each patient, according to their conditions. Our therapists are not just

specialized in one area of treatment. Any knowledge we are able to obtain (a new technique), we teach all of our therapists, so we are able to perform better on an individual and group level.

If you missed our Open House and would like to be a part of our next one, contact us to find out when!

