

# advanced physical therapy newsletter



CREATING A HEALING ENVIRONMENT

VOLUME 1, NUMBER 1, WINTER 2005-06 A QUARTERLY PUBLICATION FROM **LIFELINES OF ALASKA**

## ALWAYS MAKE A DIFFERENCE



**Valerie A. Phelps**

Our growth has been a direct response to the needs of Alaskans. It is our pleasure to serve you and be a part of your wellness and healing process. We take our work seriously. We seek to provide Alaskans with the best research-based orthopedic manual therapy, as well as sports and performance training.

Our role can be easily defined as healers, but we are teachers, mentors, motivators and coaches. We are Manual Therapy Specialists, who are certified by the International Academy of Orthopedic Medicine ([www.iaom-us](http://www.iaom-us)). We will get you where you need to go on your journey back from injury or forward to wherever life takes you. In doing so, we hope to nourish the spirit and energy that makes you all so unique.

I am excited to present our first newsletter as a way to keep you informed, encouraged and reminded of the many talented people who make this clinic possible and your health care our mission. Sincerely,

Valerie Phelps, Owner

## HEALING BEGINS AT THE DOORWAY

by Peter M. Burke

When you step into Advanced Physical Therapy's clinic in Anchorage you feel as if you are stepping into an environment designed for healing. The first thing you notice is the soft lighting which bathes the waiting room of earth-toned colors. Generously scaled leather seating accommodates patients concerned about support and comfort. Gentle instrumental music mixed with the sounds of nature envelops the waiting room, inviting introspection without the pop-top 40 jangle of noise. One of the most popular elements is the soft sound of a stone fountain. The "dry" garden and water element provide a visual and physically meditative space to contemplate. These elements, taken from nature, set a relaxing tone for the body to begin the

process of healing itself right away by reducing stress and anxiety. The clinic lobby, as well as the treatment areas, also feature art from a varied collection of Alaskan artists.

Many patients arrive early to sit in the waiting area because of the relaxing atmosphere. There could not be a greater compliment from patients because of this fact: the waiting room was designed specifically to have that effect on people. That patients would be able to let go of tension, be able to relax, breathe and prepare their bodies for healing, even before they saw their therapist. Be it chronic pain patients, those with sport related injury, or people just recovering from the circumstances of life, it serves us and them to create an environment for healing, both physically and mentally. We need to respect the patient if they are to respect us. Together we create a relationship of trust, cooperation and reliance. Ultimately we see people return to their lives and jobs more quickly because they have become part of the healing process.

## THE MISSING LINK IN HEALTH CARE

by Peter M. Burke

Advanced Physical Therapy would like to introduce **LIFELINES OF ALASKA**, an integrated training program for wellness and the prevention of orthopedic injury, beginning in January of 2006 at our new facility, 1917 Abbott Rd. **LIFELINES OF ALASKA** is the only program of its kind in Alaska, designed to meet the needs of health and business professionals, post-therapy program clients, and proactive individuals looking for research-based training, treatments and informative lectures.

**LIFELINE'S** goal is to decrease stress and increase vitality for all ages through movement and therapeutic treatment, counseling and support. The program includes special, personalized services, a lecture series, fitness workshops and specific exercise programs using certified instructors, experts in their fields. Businesses with common, parallel philosophies will contribute to the full spectrum of services offered by the **LIFELINES OF ALASKA**, program.

We are confident you will find one or more of the unique offerings a welcome addition to your personal wellness program. Call us at 1.800.641.6940, or look on our website @ [www.aptak.com](http://www.aptak.com), for an outline of services and schedule of classes, lectures.

## FEATURED PROGRAM

### SPORTS REHABILITATION & PERFORMANCE PROGRAM

by Zuzana Rogers PT

From the ski slopes to the ice rinks, and the basketball court to the stage, Alaska is a state full of active athletes. That's why we offer prevention, rehabilitation and training programs for both professional and recreational athletes.



Zuzana Rogers

**Advanced Physical Therapy** is also a sports medicine clinic! Our mission with athletes is to offer Anchorage easy access to expert, sports physical therapy and athletic training services. We provide diagnosis-specific sports injury management including prevention, immediate care, rehabilitation, and sport performance enhancement. We are committed to community outreach and educational programs, particularly with youth-based programs. This year we are consultants to Alaska Winter Stars and Alyeska Ski and Snowboard Club. We are the official physical therapists to the artistic athletes of Alaska Dance Theatre. The unique relationships we have with several local high schools through Barb Taylor ATC, and our support of youth sports clubs provides on-site, direct-access, sports injury and rehabilitation management. We offer the nationally recognized SPORTSMETRICS™ program. (see **SAFE LANDING FOR OUR FLYING KIDS**) For the weekend athlete, our post-rehabilitation, sports fitness program can be implemented at any fitness club, and we supervise several clients each week at The Alaska Club. If it's activity in Alaska, we'll get you playing healthier, faster.

*Zuzana Rogers, PT graduated from the University of Washington Rehabilitation Medicine program in 2003 with a Masters Degree in Physical Therapy. She is a former member of the Czechoslovak and Slovak National Ski Teams, now active in Anchorage's sports community as an athlete, coach, and a volunteer physical therapist. She is the lead therapist of the Advanced Physical Therapy's Sports Rehabilitation and Performance program.*

### WHAT'S IN A LOGO

by Peter M. Burke

People often ask us what our logo means. We've heard so many interpretations, we thought you ought to know! At first glance you may see a bear, a reference to a powerful Alaskan animal. Look closer and you will see the letter "a". Irma Sizer, the designer, developed our logo to compliment the logo of the IAOM-US, the educational foundation of Advanced Physical Therapy. Their logo is a stylized vertebrae, and symbolizes the orthopedic nature of its research-based academic program. Anywhere you see this symbol you'll know that research-based care and respectful service is taking place. Look for it!



## advanced physical therapy

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### THE WEALTH OF HEALTH

by Peter M. Burke

Apart from our genetic code, which determines the foundation of our health condition, we have a responsibility to manage how behavioral and environmental factors influence our wellness. Typically, for most of us, health and wellness just happens! Our amazing natural defense mechanism to ward off infection and disease along with our common sense, taking easily managed steps to maintain a balance of wellness, goes underappreciated. Minor ailments and injuries become an accepted part of being human. The very presence of wellness we've come to expect is now a comfortable place to be in, like an old chair. We begin to accept the worn joints and frayed fabric as part of the aging process, no matter how effective or ineffective this decline of health is. The slow, indiscernable process prevents us from realizing preventable disease states until a major crisis occurs. When a health crisis does occur, we step further into the health system, expecting it to bail us out and return us to normal. We can be more responsible about our health status, and increase our wealth of health, when we realize that small changes made over time contribute significantly towards raising and maintaining our wellness, despite our genetic predisposition.

Restoring wellness during and after any health crisis becomes a behavioral and physical shock, forced upon us. However, any change is more easily accepted when we've had time to examine it, set guidelines and discover ways to make change permanent and meaningful. One way to begin is with a resolution in the new year. However, to make a resolution is one thing, to physically create change is another. Need help?

Begin with a small, practical and measureable goal to guide your change with reason and purpose. The goal can be about anything that affects your health or wellness, from a troubled relationship to eating more green vegetables. The commitment, discipline and support you create around your goal are tools to make changes happen. Commitment is a track record of the action you take toward change, even when you don't want to! But what keeps you in your commitment is your discipline, the just do it part of your program. You do the physical work, one day at a time.

Surround yourself with thoughts and people that support your effort. Tell yourself ahead of time that you will be successful, that this time there is no going back and that you deserve the good health you seek. Pat yourself on the back if you were successful. Likewise, recognize when you

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could have done a better job, and next time do it. Tell a spouse, friend, or your doctor, about how you want to change and openly ask for their support. Be inspired! Create a supportive affirmation: a statement of who you are in your goal, what it is like being there. Recite your affirmation every day.

The wealth of your health is greater when you invest in the changes you feel you need to make, and make them, before a health crisis happens.

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## THE EVERYDAY SPECIALTY

by Deb Benson PT,COMT

The people in Fairbanks know what they need to get better and Advanced Physical Therapy is the place to get the specialized treatment they deserve. We offer the Ergo Sciences Functional Capacity Evaluation testing program and a pelvic pain program based on education by The Prometheus Group, in the greater Fairbanks area. Both programs adhere to strict research-based information and training to validate their excellence, along with the research-based manual therapy training from the International Academy of Orthopedic Medicine-US, [www.iaom-us.com](http://www.iaom-us.com). Two of our therapists are authors of the only spinal re-stabilization workbook on the market. We have the only Certified, Sportsmetrics™ Trainers in the state. But what makes us stronger is you!

Your support has allowed us to build a larger clinic to better serve you, opening this spring. Our new facility brings together our strengths as individuals and a team to help your recovery. Together we learn, heal and transform an injury and a person.

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## SAFE LANDING FOR OUR FLYING KIDS

by Sandra Chow BS Ex Phys.,CSCS

Since the enactment of Title IX in 1972, a federal law that requires members of both sexes to have equal opportunity to participate in sports and receive the benefits of competitive athletics, there has been a tremendous impact on the number of female athletes participating at the high school and intercollegiate level. One in 27 girls played in high school sports, and 32,000 women played on intercollegiate teams prior to 1972. Today, 1 in 2.5 girls play in high school sports for a total of 2.8 million, and 150,000 women at the intercollegiate level.

However, advancement in athletic opportunities has also led to increased exposure to injuries. Each year in the US, 1 in 100 high school female athletes will suffer a serious knee injury. Anterior Cruciate Ligament, or ACL injury rates are 2-10 times higher in female athletes than in male athletes. The exact cause is unknown, but there are three theories: 1) anatomical and structural differences, 2) hormonal differences, and 3) training differences. Little can be done for the anatomical and

hormonal differences, but training differences can be affected.

Sportsmetrics™ is the first and only training program scientifically proven to decrease serious knee ligament injuries in female athletes. Created at The Cincinnati Sportsmedicine Research and Education Foundation by a team of athletic trainers, physical therapists and researchers under the direction of Dr. Frank Noyes, Sportsmetrics™ is a six-week training program that combines jump training and plyometric drills, strength training, and flexibility exercises. Sportsmetrics™ increases muscular strength, vertical jump height, and corrects abnormal landing positions. It is the only training program that is scientifically proven to:



Sandra M. Chow

- significantly reduce the risk of serious knee injuries in female athletes (ACL injuries and MCL injuries)
- increase vertical jump height, up to 4 inches
- improve hamstrings to quadriceps muscle strength ratio
- improve jumping and landing mechanics thus reducing side-to-side movements at the knee
- improve symmetry in right-to-left leg strength.

Sportsmetrics™ is not just another plyometric training program. Jumping drills are used to teach the athlete to reposition the entire body safely when accelerating (jumping) or decelerating (landing). The selection and progression of these exercises are designed for neuromuscular retraining proceeding from simple jumping drills (to instill correct form) to multi-directional, single-foot hops and plyometrics with an emphasis on quick turnover (to add sport-like movements). Performing maneuvers with sound mechanics decreases the likelihood of an injury, and it is also essential to maximizing sport performance. A solid foundation of strength, coordination and overall physical conditioning is required for athletes to attain their highest potential in their sport-specific skills. Train with Sportsmetrics™ to reduce your risk of injury and enhance competitive athletic performance.

Sportsmetrics™ is offered exclusively at Advanced Physical Therapy. Due to the popularity and limited enrollment of this program we suggest you register for upcoming sessions before the next season. Many of the attendees return for ongoing training. Please contact Sandra Chow at Ext. 220.

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Advanced Physical Therapy Newsletter is produced in four quarterly issues, per year. Each printing will be limited to 1000 copies. Additional copies may be purchased for \$2.00 + postage. Copies will be mailed flat in 8.5" x 11" envelope. Advanced Physical Therapy Newsletter is an informational document expressing current information and views of Advanced Physical Therapy and **LIFELINES OF ALASKA**, a wellness program. For questions, comments and subscription, please contact: Peter M. Burke, c/o Advanced Physical Therapy, 1917 Abbott Rd., Ste. 200, Anchorage, Alaska, 99507, (907) 279-4266.

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