

Jacksonville Orthopaedic Institute Rehabilitation

FALL 2011

Stretch

A Patient Education Newsletter

“But I’ve been doing that all my life”

By Tim Burkhart, PT

Activity Modification for People With Arthritic Knees

Many of us lead active lifestyles or suffer traumatic injuries to our knees, and may at some point develop degenerative changes and osteoarthritis in the joint surfaces of our knees. Naturally, we all have smooth articular cartilage at the ends of the femur, tibia, and under side of the patella; and shock absorbing cartilage called menisci between the femur and tibia. Over the course of an active life participating in physical work, recreation, and sports or from unexpected accidents, these surfaces may become worn down or be damaged traumatically. As a result of no longer having adequate cushioning or cartilage being worn down to the bone, many of the activities we previously participated in may be painful and cause inflammation and swelling in the knees.

After a person is diagnosed by their physician with **Degenerative Joint Disease (DJD)** or **Osteoarthritis (OA)**, there are several treatments which may be prescribed to help control these symptoms. Your physician may prescribe anti-inflammatory medication or recommend an over the counter supplement to help reduce pain and swelling. You may also be referred to a physical therapist for a prescribed exercise program to work on strength and flexibility and/or modalities to help reduce pain and swelling. In severe cases a surgical intervention may be necessary.

In order to preserve joint health and eliminate or put off the need for surgery, both your physician and physical therapist may recommend modification of certain activities. High impact activities such as running and jumping should be limited or eliminated. For runners and sports enthusiast this may be hard to do, however, choosing alternative physical activities and exercises can help decrease painful symptoms. Typically health professional will recommend taking stairs when available versus using the elevator. However, those of us with DJD of the knees may find stairs to be far to painful to negotiate on a regular basis. For people with **Chondromalacia Patella (CMP)**, activities which require squatting or kneeling can also be very painful. If someone’s work requires such activities, it may be difficult to totally eliminate them, but using knee pads or a small stool may be helpful. This may also be helpful for those of you who enjoy gardening.

Most activities have a likely way to modify them or acceptable alternatives exist. So, if you are having DJD or OA related knee pain take some time to speak with your physician or therapist, and they will be eager to help you get back to whatever your passion may be.



Orthohealthnetwork.com

Exclusive Sports Medicine Provider



joionline.net

Friend us today at [facebook.com/myjoi](https://www.facebook.com/myjoi)



Photo by Harry Scull/
Jacksonville Jaguars

JOI Rehabilitation is very excited to be the official Sports Medicine Provider of the Jacksonville Jaguars, the Jacksonville, Sharks, and JU. JOI provides physician coverage for all home and away games, and assists with physical therapy services for the players. JOI is also Sports Medicine Provider of seven local high schools as well as Florida State College of Jacksonville. For more information on the Jaguars, visit Jaguars.com.

REGULAR SEASON

SUN.	SEPT. 11	TENNESSEE TITANS	Winn/Dixie	1:00 P.M.
Sun.	Sept. 18	@ New York Jets		1:00 p.m.
Sun.	Sept. 25	@ Carolina Panthers		1:00 p.m.
SUN.	OCT. 2	NEW ORLEANS SAINTS	Food Drive	1:00 P.M.
SUN.	OCT. 9	CINCINNATI BENGALS	Hispanic Heritage Game	1:00 P.M.
Sun.	Oct. 16	@ Pittsburgh Steelers		1:00 p.m.
MON.	OCT. 24	BALTIMORE RAVENS	EverBank	8:30 P.M.
Sun.	Oct. 30	@ Houston Texans		1:00 p.m.
SUN.	NOV. 6	BYE WEEK		
Sun.	Nov. 13	@ Indianapolis Colts		1:00 p.m.
Sun.	Nov. 20	@ Cleveland Browns		1:00 p.m.
SUN.	NOV. 27	HOUSTON TEXANS	Military Appreciation Game	1:00 P.M.
MON.	DEC. 5	SAN DIEGO CHARGERS	5	8:30 P.M.
SUN.	DEC. 11	TAMPA BAY BUCCANEERS		1:00 P.M.
Thu.	Dec. 15	@ Atlanta Falcons		8:20 p.m.
Sat.	Dec. 24	@ Tennessee Titans		1:00 p.m.
SUN.	JAN. 1	INDIANAPOLIS COLTS	Fan Appreciation Game	1:00 P.M.

Does Stretching Really Help?

By: Matt Paulus, MS, ATC, LAT

For years, flexibility has been widely considered a cornerstone of health and fitness. Many of us stretch before or after every workout and fuss if we can't lean over and touch our toes. We wonder how some people can wrap their legs around their head in yoga class. We probably also think that those people never get hurt because they are so flexible, but there's not much scientific support for that. In fact, the latest science suggests that extremely loose muscles and tendons are generally unnecessary and may be unachievable anyway. To a large degree, flexibility is genetic. You're either born flexible or you're not.

What happens to our muscles and tendons when we religiously stretch before a run or other workout? Does this lengthen our muscles? Increase our flexibility? Improve our range of motion?

There are two elements involved in stretching a muscle. One is the muscle itself. The other is the mind, which sends various messages to the muscles and tendons telling them how to respond to your stretching when the discomfort of the stretch becomes too much. What changes as you stretch a muscle is primarily the message, not the physical structure of the muscle. You'll start to develop a tolerance for the discomfort of the stretch. Your brain will allow you to hold the stretch longer, but the muscles and tendons themselves will not have changed much. You will feel less tight, but even this sensation of elasticity is short-lived. In a new review article on the effects of stretching in *The Scandinavian Journal of Medicine and Science in Sports*, they looked at the measurable impacts of a number of different stretching regimens. What they found was that when people performed four 90-second stretches of their hamstrings, their "passive resistance" to the stretching decreased by about 18 percent. This meant that they felt much looser, but unfortunately the effect had passed in less than an hour. To achieve a longer lasting impact and to stretch all of the muscles involved in running or other sports, a person would probably require as much as an hour of concentrated stretching. In order to see changes in the actual physical structure of the muscles it would take months of stretching, for hours at a time. Another interesting conclusion from the research shows that you only need enough range of motion in your joints to avoid injury. More is not necessarily better.

How should you judge your own flexibility? Research suggests that the sit-and-reach test is pretty good for at-home evaluations (at least for your back and hamstring muscles). Using a staircase, sit and straighten your legs so that your feet push against the bottom step, toes upright. Stretch forward and try to lay your chest onto your thighs. If you can reach past your toes, you're more than flexible enough. If, on the other hand, you can't get anywhere near your toes, you might need to try and increase your hamstring flexibility to avoid injuring yourself while running, cycling or otherwise exercising. You can find multiple hamstring stretches on YouTube, although you should consult with a physical therapist before replicating them at home. Proper technique is important to avoiding injury. You might not get a lot of change, but a little may be all you need.

Should I use Ice or Heat?

By Amanda Garland, DPT, ATC

A common question people ask is whether to use heat or ice following an injury. Most people want to hear that they can use heat, however, there are several factors that one must take into consideration. It is important to understand the effects of ice and heat on the body to help you make the decision.

When ice is applied to an area, it will constrict blood vessels to reduce blood flow to the area and decrease swelling. In turn, by decreasing the swelling it will help decrease the pain and muscle spasms.

When heat is applied to an area, it will produce opposite effects. Heat will increase blood flow to an area. If an injury is recent, within the last 48 hours, heat will actually increase the amount of swelling and delay healing.

So when is it safe to use each? When in doubt, use ice. If the injury is new and you notice swelling and redness, use ice. You should ice for no longer than 15 minutes. It is normal to feel cold, burning, aching, and numbness when the ice pack is on. If it starts to get too painful, simply remove the cold pack. Everyone always wants to use heat. If the injury is older and there are no current signs of swelling or redness, you may use heat. Heat is generally indicated if you are trying to relax and loosen the tissues. You should heat for 15 minutes.

Tip: How to make a homemade ice pack: 4 parts water to 1 part rubbing alcohol. Mix in a Ziploc bag and place in the freezer. Ice pack should not harden due the alcohol. For firmer ice pack decrease the amount of alcohol.



What is the Graston Technique?

By: Tracy Wilcox, MEd, ATC, LAT

The Graston Technique is becoming increasingly popular with the JOI physicians and throughout the JOI Rehabilitation clinics. You have probably seen it done or even experienced it yourself. Graston incorporates the use of stainless steel instruments to aid in soft tissue mobilization. It is a therapeutic method for diagnosing and treating disorders of the skeletal muscles and related connective tissue. It allows clinicians to treat scar tissue and adhesions that affect normal function. Scar tissue forms after injuries and can cause pain and limit range of motion. The instruments are used to break up this scar tissue so that the body can absorb it.

It can be a painful process and may cause bruising and discoloration. These are normal responses to the break up of adhesions. Treatments are generally short (10-15 minutes) and are preceded by a warm up activity, such as biking or a hot pack. Treatment is followed by stretching and strengthening exercises, and ends with a cold pack. Patients begin to notice results immediately with decreased pain and increased range of motion.



Graston Technique has been shown to have benefits in treating both acute and chronic injuries. It can help reduce the swelling from a new injury or help heal the nagging tendonitis that has been around for months. A few of the conditions that have been clinically proven to achieve quicker and better outcomes with the treatment of Graston are: Achilles tendonitis, carpal tunnel syndrome, cervical sprain/strain, plantar fasciitis, and shin splints.

All practitioners are required to have extensive training in the technique. At a minimum, a 12-hour hands-on course is required to learn the research, indications, contraindications, and uses of the instruments. The course is only open to athletic trainers, physical therapists, occupational therapists, chiropractors, osteopathic physicians, medical doctors, and

On the Field

JOI is pleased to be "On the Field" at the following area high schools, colleges and universities – and the Jacksonville Jaguars, the Jacksonville Sharks, and JU – in order to provide Sports Medicine and Athletic Training coverage:

Atlantic Coast High School

Athletic Trainer – JOI Rehab – Point Meadows: Chandler Kurtz
Physician Kevin M. Kaplan, MD

Bishop John J. Snyder High School

Athletic Trainer – JOI Rehab – Fleming Island: Amanda Upchurch
Physician Carlos R. Tandron, MD

Bishop Kenny High School

Athletic Trainer – JOI Rehab – San Marco: Bryan Anderson
Physicians William G. Pujadas, MD and Carlos R. Tandron, MD

The Bolles School

Athletic Trainer – JOI Rehab – San Marco: Luke Willson
Physician R. Stephen Lucie, MD

Eagle's View Academy

Athletic Trainer – JOI Rehab – Westside: Tracy Johnson
Physician Stanton L. Longenecker, MD

Episcopal School of Jacksonville

Athletic Trainer – JOI Rehab – San Marco: Theresa Adams
Physician Stanton L. Longenecker, MD

Florida State College at Jacksonville (formerly FCCJ)

Athletic Trainer – JOI Rehab – San Marco: Michelle Duclos
Physician Carlos R. Tandron, MD

Providence School of Jacksonville

Athletic Trainer – JOI Rehab – Beaches: Brian Hunt
Physicians M. John Von Thron, MD and Timothy R. Hastings, MD





Your outcome matters!

Choose JOI, the region's leaders in effective, healthy rehabilitation.

JOI Rehabilitation has nine convenient locations to serve you.

1 San Marco

1325 San Marco Boulevard
Suite 102
Jacksonville, FL 32207
P: 904.858.7045
F: 904.858.7047

2 North

12961 North Main Street
Suite 201 & 202
Jacksonville, FL 32218
P: 904.757.2474
F: 904.757.5541

3 Point Meadows

(Gate Parkway & 9A)
7740 Point Meadows Drive
Suite 1 & 2
Jacksonville, FL 32218
P: 904.564.9594
F: 904.564.9687

4 Riverside

4339 Roosevelt Boulevard
Suite 300
Jacksonville, FL 32210
P: 904.389.8570
F: 904.389.8599

5 Beaches

1577 Roberts Drive
Suite 320
Jacksonville Beach, FL 32250
P: 904.247.3324
F: 904.247.3926

6 South

14985 Old St. Augustine
Road, Suite 106
Jacksonville, FL 32258
P: 904.288.9491
F: 904.288.9698

7 University

5737 Barnhill Drive
Building B, Suite 204
Jacksonville, FL 32207
P: 904.733.9948
F: 904.733.9984

8 Mandarin

12276 San Jose Blvd
Suite 716 & 717
Jacksonville, FL 32223
P: 904.288.9604
F: 904.288.9643

9 Fleming Island

1845 Town Center Blvd
Suite 410
Fleming Island, FL 32003

Change to Make a Difference



With your help we provided another lunch to over 400 clients of the Sulzbacher Center on September 9, 2011. Our 10 volunteers from our rehab centers and MD offices provided a meal of white chili over rice, salad, cornbread, and blueberry cobbler to the residents of the center and others gathered outside. For just one dollar per plate, the center is able to feed every hungry man, woman and child who stands in line at meal time, and this continues every day of the year! With your help we can continue to raise donations to help fund and prepare meals.

The Sulzbacher Center is the only comprehensive homeless facility in the Jacksonville area. The shelter provides housing, health care services, meals, and job placement. The shelter has dormitory style rooms that are available for families with children, in order for the family to be housed together. Beds for individuals are provided in a barracks style building, and separated by male and female occupants. Once arriving, each person receives a comprehensive health assessment that includes medical, dental, vision, and mental screenings.

The average resident stays for two months, and they immediately begin to develop a plan to transition back in to the community. A case manager is assigned to every resident to help them find employment and housing. Residents are coached in applying for jobs and interviewing skills. They are also provided with transportation and clothing if necessary.

According to the US Department of Housing and Urban Development Veterans represent about 15% of the total sheltered adult population, victims of domestic violence constitute 13% of all sheltered persons, and unaccompanied youth represent 2% of the sheltered homeless population. Families with children are now the fastest growing group of the homeless population, they account for about 40% of the people who become homeless each year.

There are thousands of people in Jacksonville with no place to turn for help except to the Sulzbacher Center. Your generosity is helping feed those in need. Please continue to donate loose change in the wooden house donation bins at our front desks.

“There is a lot that happens around the world we cannot control. We cannot stop earthquakes, we cannot prevent droughts, and we cannot prevent all conflict, but when we know where the hungry, the homeless and the sick exist, then we can help.”

Jan Schakowsky

Community Events

MS Ride - PGA Cycle Tour to the Shore

Once again, our TEAM JOI Cycling Team is joining the Baptist Flyers for the MS Ride - PGA Cycle Tour to the Shore on October 1-2, 2011 from St. Augustine to Daytona. The event raises money to help support those who live with MS everyday. The MS Society and North Florida Chapter provides funding for local programs and national research to help create a world free of MS. Please join us for this ride!



For more information or to register go to nationalmssociety.org