

# Train 2 Shape

YOUR SOURCE FOR ACHIEVING YOUR FITNESS GOALS AND IMPROVING YOUR QUALITY OF LIFE. • MAY/JUNE 2009

## If you do one thing this month...

### Mix Your Multivitamin

Meaning, take your multivitamin in the middle of your meal. This will trick your body into thinking these nutrients are in the food you are eating, so the vitamin will be better absorbed into your system.



### Hide Your Eyes

When you're sleeping, make sure your bedroom is completely dark. The darker your room, the deeper possible sleep, and studies show more sleep correlates with a smaller waistline, i.e. healthier heart. Do whatever it takes – curtains, an eye mask, paint your walls black, anything! Plus, you'll feel so much more rested, and who doesn't want that?



### Eat a Rainbow

The more colorful your plate, the more vitamins you're receiving (as long as the color occurs naturally). Think of kiwi and yams compared to waffles and pork. Be colorful!



**Ever Wonder your percent of body fat?  
Risk of disease?  
Muscular Endurance?**

**Now you can...  
for a limited time we are offering a  
FREE  
Health & Fitness Assessment  
(A \$40.00 value)**

**Call (562) 431-6004 now!  
The results will change you!**

## Race On The Base Update



We would like to thank everyone who came out to support us at the 28th Annual Los Alamitos Race on the Base February 21st. Over 20 Einhorn, Mandas and Bradley Rehab & Associates employees participated in the event by running or walking in the 5K. At our booth, we gave away Train 2 Shape water bottles, T-shirts and towels to help build awareness about the great fitness programs we have available. Thanks to your support and generous donations... we were able to donate \$1,000.00 to the CASA Youth Shelter!

## Transform your body with Pilates

Joseph Pilates once said, "In 10 sessions you will notice changes in your body, 20 sessions others will notice the difference and 30 sessions you will have a new body." Come and experience a new way of exercise that will benefit your body from the inside out. Pilates will help your posture alignment, flexibility, stability, proper breathing techniques and abdominal strength.

Pilates tip of the month: Pilates emphasizes the importance of breathing. Breathing contributes the flow of the exercise preventing the muscles from constricting. To improve your breathing find a quiet place. Sit or lay down, place your hands on each side of the end and back part of the rib cage. Inhale and notice your rib cage expanding bilaterally and exhale the rib cage resumes to its original place. By practicing this breathing technique you will find your spine stretching, allowing the lungs to clear and transfer oxygen throughout the body. Visualize the breathing patterns to flow as if placing a finger on a running hose to slow down the water pressure. This way the breathing flow will travel and nourish every part of the body by releasing any tension that is limiting its maximum range of motion.



***Come join our Pilates classes every Tuesday, Wednesday, Thursday and Saturday. Please call ahead to reserve your spot.***

SEE THE REVERSE SIDE FOR EVEN MORE GREAT INFORMATION AND HEALTHY LIFESTYLE TIPS!

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## Visit Our Website to Learn More

Our website is a great place to start learning more about all of the programs we offer. All of our exciting exercise programs are explained in detail, allowing you to decide which one best suits your fitness goals. Here is a list of all of the current programs we currently offer:

- **Pilates**
- **Massage**
- **Personal Fitness**
- **Senior Fitness**
- **Aquatic Fitness**
- **Spartan Challenge**
- **Circuit Training**
- **Gym Membership**

Visit [www.train2shape.com](http://www.train2shape.com) to learn more!



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For more information call (562) 431-6004 or visit [www.train2shape.com](http://www.train2shape.com)

## Do you have a Frozen Shoulder?

### What is a Frozen Shoulder or Adhesive Capsulitis?

A frozen shoulder is a shoulder joint with significant loss of range of motion in all directions. The range of motion is limited not only when the patient attempts motion, but also when the doctor attempts to move the joint fully.

### What causes a frozen shoulder?

Frozen shoulder is the result of inflammation, scarring, thickening, and shrinkage of the capsule that surrounds the normal shoulder joint. Any injury to the shoulder can lead to frozen shoulder. For example; the patient develops shoulder pain secondary to some type of repetitive movement and they are unable to use it. They often hold it in “the sling” position and they try to move the arm and the shoulder hurts. They eventually see an Orthopedist but by the time they see the doctor, the cause of the inflammation is often healed and the pain is related to stiffness.

### How is a frozen shoulder treated?

The treatment of frozen shoulder usually requires an aggressive combination of ROM, postural correction, and finally scapular and rotator cuff strengthening. Diligent home (ROM) exercise maneuvers, combined with the use of both heat and ice packs, is the initial form of treatment. Later, scapular and rotator cuff strengthening is conducted.

Without aggressive treatment, a frozen shoulder can be permanent. Physical therapy can take weeks to months, for recovery, depending on the severity of the scarring of the tissues around the shoulder. It is very important for people with frozen shoulder to avoid re-injuring the shoulder tissues during the rehabilitation period.

Some cases of frozen shoulder are resistant to treatment and may be considered for manipulation under anesthesia which is performed to physically break up the scar tissue of the joint capsule. Another approach is release of the scar tissue by arthroscopic surgery.



### Pendulum Exercise

**Position:** Stand and hold onto a sturdy chair with your good arm. Bend forward at the waist and bend your knees to help protect your back. Relax your weak arm and shoulder blade.

**Action:** Keep your shoulder relaxed and use body motion to swing your arm in small clockwise circles. Then change direction to counter clockwise motion. The duration of the circles should initially be 30 seconds and eventually progress to 3-5 minutes.

**If you think you have a frozen Shoulder, then ask one of our trained professionals about the best treatment.**

**Do you have an iPod or iPhone? Then visit the Apple iTunes Store and type “therapump shoulders” in the search box to learn more about theraPump Shoulders complete rehabilitation program.**