

Foot orthotics

Foot orthotics (aka shoe inserts, arch supports, etc) are often prescribed to provide support to the arch of the foot and thus support and stabilize an excessively pronated foot.

Excessive foot pronation is common, and simply stated, is when the arch of the foot lowers excessively when supporting the weight of the body. This biomechanical insufficiency is common in all individuals from children to the elderly and from top athletes to those with a sedentary lifestyle. Excessive pronation can cause numerous foot and ankle maladies as well as disrupt normal knee function, hip alignment and create excessive and abnormal forces on the lower back.

Alternately, an excessively supinated foot (high arch) can cause an overly rigid foot

that does not allow for appropriate shock absorbing. The force of ones body weight combined with gravity can focus excessive pressure on the foot as well as creating excessive stress on the leg, knee, hip or low back.

The correct foot orthotic is designed to support and help restore proper foot alignment and weight distribution allowing the foot to work against the forces of gravity. A physical therapist can analyze both structural and movement components of the foot and lower leg to determine if orthotics are appropriate for you.

Sean Waistell, PT
Staff Physical Therapist
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Common problems from lack of correct arch position and support when standing, walking and/or running:

- bunions, calluses and corns
- plantar fasciitis with or without heel spurs
- metatarsalgia (painful condition in "ball of the foot")
- morton's neuroma (painful enlargement of the nerve in the ball of the foot)
- shin splints (painful condition in the front of the shins)
- certain achilles tendon conditions
- certain painful conditions that can involve knee, thigh and low back

Finding inspiration in wellness

After several years of suffering from hip pain that limited my exercise to the point that I was gaining weight, losing muscle, had terrible balance and felt years older than I was, I decided to get hip replacement surgery. Since I had been a member of *FitnessWorks* for many years and knew Ross Dover and the staff, I decided to use *TherapyWorks* for my post surgical physical therapy. It was such a great decision. After the customized attention I received at *TherapyWorks*, I was able to transition over to *FitnessWorks* easily and confidently because of the experience of the staff. I worked out with Greg Finch who tailored a plan

for me to reach my goals of strength, flexibility and weight loss. When I had questions or ran into a problem, there always seems to be a solution. I have since lost 32 pounds and feel 20 years younger. When I work out at *FitnessWorks*, I feel like there is such a great vibe there. I am hooked! My attitude was always great, but it is fantastic now.

Thanks *FitnessWorks* and *TherapyWorks*!

-Alice Frawley Bicksler



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It's Back!

After a 6-year hiatus, *NewsWorks* has returned. *NewsWorks* is the newsletter of the *FitnessWorks* and *TherapyWorks* facility and will be published four times per year starting with this issue.

The primary purpose behind *NewsWorks* is to provide a source of information for our readers regarding health, fitness and the facility. Each edition will contain contributions from staff physical therapists and personal trainers. We have so much knowledge that we want to share, and we thought this would be a great way to do it. The primary source for day to day

information regarding classes, events and schedules will remain the bulletin boards and handouts inside the gym, the announcement e-mails and our website **fwofmb.com**. We hope you enjoy the information and if you have suggestions or questions regarding the content, contact information for the authors will be provided within each newsletter. Thank you for your interest.

Justin Banks, PT
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In the Gym

The place to find out what's happening at FitnessWorks!

- **Latin Rhythm** classes Fridays at 6:30 in February
- **New Senior classes** in 2009
- Jewelry and Body products available for **Valentines Day**—on **sale** in the lobby 9am-1pm, Monday February 9th
- **NOW AVAILABLE:** Nutrition Consultant Brooke Griffiths, Registered Dietitian, at Brooke@fwofmb.com
- **Commit To Get Fit** starts January 31, at our Kick-off Meeting 9:30am

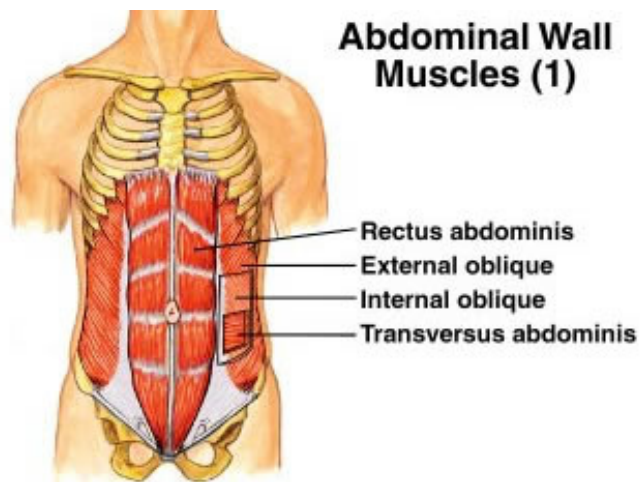
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ROTATION - WITH EXERCISE TUBING ON EXERCISE BALL



Core Fitness For Golf

Fitness for golf refers to the strength and flexibility of the joints and muscles used when playing golf, and specifically when swinging the club. Core Fitness For Golf refers specifically to the strength present in the muscles in the midesction of our bodies or commonly referred to as the “core” abdominals. These major components of the core are the rectus abdominus, external oblique, internal oblique, transverse abdominis, and erector spinae. Go to myformcoach.com/golf-articles to see descriptions of the core muscles.

Build up Strength by Swinging the Club

When you swing a golf club, the rotational movement you make needs to be based in the core both from a balance and efficiency of strength stand point. To strengthen these muscles for use in golf you need to mimic the rotational movements present in a golf swing with increased resistance. By attaching some exercise tubing to a door or holding a dumbbell you can sit on an exercise ball or chair and go through your swing motion. This can also be performed in a standing motion to closer mimic your golf swing. Go to myformcoach.com/golf-articles to see descriptions of the exercise.

Flexibility is an Essential Part of your Core Fitness

Muscles move in two ways: they contract and they stretch. The faster they can contract the more power you have, and the farther they can stretch the more potential, or stored, energy they have.

A Professional Fitness Trainer Can Help You Get Fit for Golf

The benefits of strength training and flexibility work away from golf can provide you tremendous improvements in your game. If designing and using a comprehensive golf fitness program seems daunting working with a Fitness Professional may be just what you need to succeed. FORM & Fitness and mygolfform.com offer numerous products and services to help you improve your Golf Fitness. Contact us today and we can show you how can transform your Golf Fitness.

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BALL TORSO STRETCH WITH EXERCISE BALL

For more exercises, visit:
www.myformcoach.com/golf-articles

Contributing Personal Trainers



Eric Schalla ACSM CPT

Eric Schalla is owner of 360 Personal Training and is an ACSM-certified Personal Trainer at FitnessWorks. He has an active interest in youth obesity prevention, and has recently launched a fitness program for children from 3rd to 8th grade. For more information, or to inquire about personal training email: eric@360personaltraining.com.

Greg Finch ACSM CPT

Greg Finch is the owner of Form Training and Fitness. Greg is passionate about helping people achieve health, wellness, and a quality of life. He is an ACSM-certified Personal Trainer and has his Bachelor of Science degree in Sports and Recreation from Cal Poly, SLO. As well as being a lifelong surfer, Greg is a competitive triathlete.

Children’s activity key to reversing obesity epidemic

In 30 years the occurrence of overweight in children has increased exponentially, and it is now estimated that one in five children in the U.S. is overweight, according to the Center for Disease Control and Prevention (CDC). The newest data shows that rates of overweight children ages two to five have doubled and rates of those in their teen years have tripled. Overweight children are more likely to become overweight adults, and for the first time in history, the next generation of young people may not live as long as their parents did.

For adults, the numbers are increasingly dismal; 65 percent of adults are overweight, and by the year 2040, 100 percent will be overweight. Likewise, 31 percent of adults are now considered obese, but by year 2100, 100 percent of adults will be obese if this rate continues. According to James O. Hill, Ph.D., pioneer of the successful American on the Move program, “Small behavior changes to prevent weight gain in children is the only effective strategy to address the obesity epidemic.”

So what needs to change? Firstly, the amount of physical activity, particularly at a moderate to vigorous intensity, in today’s youth. According to the CDC, children and adolescents should do 60 minutes or more of physical activity each day. The majority of that activity time should be spent in moderate to vigorous aerobic activity such as brisk walking, and running. What also should be emphasized is muscle and bone strengthening, through activities like gymnastics, supervised resistance training, jumping rope, and push-ups.

Fostering enjoyment in physical activity among adolescents is essential in developing good exercise habits for the rest of their lives. Although activity is very important for each child, parents need to be careful to not make exercise mandatory, or give it a negative connotation. Children are less likely to involve themselves in aerobic activities if they view them in a negative light. For this reason, children should be exposed to many different options, and be able to choose which activities are most enjoyable for them.

The second thing that needs to change is parents’ involvement in their child’s diet and daily activities. The parent determines how much time is spent watching television, how much food to serve at dinner, and what nutritional value the food has. Restaurant portions continue to increase, but that doesn’t mean dinner at home should follow suit. Also working against fighting obesity is the increase of technology. Today, there are many sedentary entertainment options accessible to youth such as movies, cartoons, the internet, and video games. These options are okay, but should be restricted to allow time for active play and after-school activities.

By making small behavior changes, American children can attain good fitness habits, and take control of their personal health for years to come. It is essential that this obesity epidemic is addressed at the earliest level possible, to ensure a long, healthy life.

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