

February 2018

Century City Physical Therapy Newsletter

FITTIMES

<http://www.centurycitypt.com>

(310) 553-2519



Happy New Year from all of us at Century City Physical Therapy! Wishing you a healthy 2018.

Welcome Jamie!

In September we welcomed Jamie Schoen, Doctor of Physical Therapy, on to our team. Jamie is from Western Massachusetts and grew up as a ballet dancer. Before returning to graduate school she spent six years teaching Pilates to clients of all ages and physical abilities. She enjoys partnering with clients on their wellness journey, helping them find the tools they need to achieve and maintain their long-term health. We are excited to have her! If you haven't met her yet, please introduce yourself! ■

GROUP CLASS OFFERINGS

NEW Beginning in February!

Pilates Mat Classes

Taught by Dr. Jamie Schoen, certified Pilates instructor and licensed Physical Therapist. Classes are based on the principles of Joseph Pilates: providing a combination of core strength, toning, and flexibility. Classes are mixed level and are designed to meet the needs of diverse students. Beginners are able to learn and review basic Pilates concepts, while more advanced students are challenged by exercises that progressively build on those basic principals. Please bring your own mat.

Wednesdays 6-7pm

**Please call to reserve a spot for group classes
(310-553-2519)**

Awareness Through Movement™ Classes

Taught by Dr. Stacy Barrows. Based on the principles of the Feldenkrais Method®, participants are guided through a series of slow, gentle movements which develop a heightened sense of their own physical restriction and become aware of new, more useful movement patterns. These classes will help you: Enhance exercise and performance skills! Improve flexibility and posture! Ease pain and promote relaxation!

Tuesdays 12:30-1:30pm



REHAB SPOTLIGHT: Ankle Sprain

Ankle sprains are one of the most common musculoskeletal injuries. Lets take a closer look at why this happens.

The foot is the body's base of support, like the foundation of a building. Just like a building's foundation, the alignment and function of the foot and ankle have a huge impact on the rest of the body. As you walk, climb stairs, run, and play sports, there are two main support systems that help propel you and keep the ankle and foot moving normally—these support systems are:

- 1) **Ligaments**— which attach the 26 bones of the ankle and foot to each other and help to maintain the foot's structure as you move.
- 2) **Muscles**—*intrinsic* muscles have attachment sites within the foot and control foot and toe movements, and *extrinsic* muscles originate in the lower leg and attach to bones in the foot, controlling ankle movement.

Think of ligaments as thick, dense rubber bands holding your bones together except with

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Ankle Sprain Home Exercise Plan

Follow the exercise plan on the next page to strengthen the muscles which provide support to your ankle.

- These exercises can be done **3x/week** for basic ankle maintenance.
- Before adding a resistance band, make sure you can complete 10 repetitions of each movement without resistance.
- *Start with 10 repetitions of each and work up to 3 sets of 10 repetitions.*

Equipment

- You will need a resistance band a shown in the images below, which acts as a weight
- Bands vary in their resistance level by color and can be bought online or at Century City Physical Therapy
- *For these exercises a green or blue band is best*

Set-up

- Tie a foot-sized loop in your resistance band, secure with as double knot
- For each exercise, sit comfortably in a chair and place the exercising foot inside the loop
- Hold the other end of the band securely as you complete the repetitions, grasping along the band closer or farther to the foot to increase or decrease the resistance

less elasticity than a rubber band.

Ligamentous tissue generally has much less give than muscle tissue, which is ideal because you want the connections between bones to be strong so that your basic skeletal structure is maintained as you move.

Although ligaments allow for very little motion, or give, every body is different and some people are born with more innate flexibility and slightly looser ligaments than others. However, just like a rubber band, if a ligament is forcefully over stretched, such

as when you twist or sprain your ankle, your ligaments may act like a rubber band that has been stretched too far, and will remain slightly lax, which can set the stage for future sprains to happen more easily.

Although you can't strengthen ligaments, you can strengthen the other major support system your ankles—your muscles.

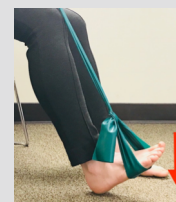
The four exercises included in this newsletter work the muscle groups that produce the primary ankle motions.

Want to know more? Schedule an assessment or bring questions to your next session at Century City Physical

Therapy. ■

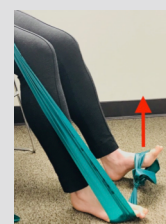
Exercise #1: Plantarflexion

- Push the foot down against the band as if you are stepping on a gas pedal
- Hold 2 seconds, return to start
- You should feel this in your calf muscles in the back of the lower leg



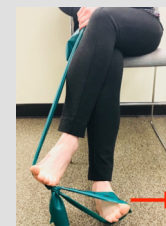
Exercise #2: Dorsiflexion

- Pull your ankle and foot upward towards your head against the band
- Keep knee steady; don't rotate your leg to complete the motion
- Hold 2 seconds and slowly return to start
- You should feel this in the front of your shin



Exercise #3: Inversion

- Cross your ankles with the non-exercising leg on top
- Pull your bottom ankle inward against the band
- Keep knee steady; don't rotate your leg to complete the motion
- Hold 2 seconds and slowly return to start
- You should feel this in the inside of the ankle and calf muscles



Exercise #4: Eversion

- With the exercising foot in the loop, use your other foot as an anchor to work against
- Pull ankle outward against the band
- Keep your knee steady; don't rotate your leg to complete the motion
- Hold 2 seconds and slowly return to start
- You should feel this along the outside seam of the lower leg



Century City Physical Therapy is owned and operated by licensed physical therapists Susan L Bass, PT, DPT and Stacy Barrows PT, DPT, GCFP, PMA®-CPT. Jamie Schoen PT, DPT is a certified Pilates instructor and is enthusiastic about helping people to be proactive in their own recoveries. Together, CCPT has over 50 years of clinical experience. We combine our varied backgrounds with evidence-based practice to provide up to date models of care to meet individualized needs.

