



ALTITUDE
PHYSICAL THERAPY

FEBRUARY 2021

THE

ASCENT

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A Season of Learning, Growing, and Sharing

The last few weeks have been quite eventful at my house. My two sons at Nampa High are excited to be back at school, even for just 2 days a week right now. My wife is enjoying seeing the full classrooms, but she is also exhausted since her return to teaching full time at the elementary school. I also have a son who is starting his second semester at CWI. Lots of studying going on!

With all this brain crunching, I thought I might as well join in the fun as well! This spring semester is my second as an instructor in the physical therapist assistant program at CWI. It's a really unique program—with classrooms and students at CSI in Twin Falls, North Idaho College in Coeur d'Alene, and Lewis Clark State College in Lewiston. I have some students in the classroom with me, and others who join from the other campuses via Zoom.

Being married to an educator, I've always marveled at what a great teacher my wife is. There's always been part of me that dreamed of teaching somehow. For the past several years, we've been a clinical site for several PT and PTA programs, meaning students will come for several weeks at a time during their degree programs for some "real world" internship training. It's been a blast having these students around us and seeing their classroom knowledge put into action with

real patients. Our one-on-one appointments are not only great for our patients, but make a great learning experience for our students as well!

A few years ago, one of our therapists at Altitude, Alex Scharmman, got a part time instructor position in the PTA program at CWI and he really enjoyed it. I thought, "If he can do it, so can I!" So I kept my eyes peeled for another position, and last year one appeared. Thankfully, I was asked to join the teaching staff and lecture the first year PTA students in one of my passions—orthopedic rehabilitation. It really is a blast to share some of the knowledge I've gained over the past 20 plus years. I love being around the students who are full of energy and excitement. They're chasing a degree that they hope will allow them to help others every day, and I get to encourage them, instruct them, and share some of the experiences I've had. I'm thankful for an opportunity to give back to the profession that has allowed me to meet and help so many great people here in the Treasure Valley.

- Sean Weatherston

CROCK POT PULLED PORK BOWLS

Ingredients:

For the Pork

- 1 3-4 lb pork roast
- 2 onions - sliced thin
- 4 cloves garlic
- 1 tsp paprika
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp pepper
- Juice of 2 limes
- 1 tbsp soy sauce
- 1 tsp honey
- 1/4 tsp red pepper flake

For the Bowls

- 1 cup quinoa - dry
- 1 avocado
- 1 tomato

For the Black Beans

- 1 can black beans
- 1 tsp cumin
- 1/2 tsp salt

Directions:

For the Pork

1. Combine the 1 tsp salt, pepper, cumin, paprika and chili powder in a small bowl, then rub evenly over both sides of the roast and place in the crock pot
2. Layer the onion and whole garlic cloves over the top of the roast
3. Combine the lime, honey, salt (if using coconut aminos) and coconut aminos, then pour over the roast
4. Cook on low for 8-10 hours then shred with a fork

For the Bowls

1. Cook the quinoa according to package instructions
2. Heat the canned black beans or the refried beans on the stove and mix with the salt and the cumin
3. Assemble the bowls - quinoa, black beans, pork, tomatoes, avocado
4. Garnish with fresh lime wedges - squeeze with fresh lime juice

Prep Time: 5 Min Cook Time: 8 Hr Total Time: 8 Hr 5 Min

Original recipe: <http://www.healingwholenutrition.com/>

ALLIE LOVES TO MOVE AND HELP YOU MOVE TOO

Our most-recent PT addition grew up in Chanhassen, Minnesota (oh sure you betchya!) and loves the outdoors. Allie graduated from the University of North Dakota with a Doctorate in Physical Therapy in 2020 and a Bachelor of Science in Community Nutrition with a minor in psychology in 2017. Allie believes that motion is lotion, food is medicine, and teamwork makes the dreamwork. She grew up involved in many sports and activities including soccer, track, volleyball, and waterskiing. Yoga and Pilates are some of her current passions, and tries to incorporate those skills into clinical

practice when applicable. Allie also loves to run and is hoping to complete a Ragnar Trail Race sometime next year! If you've done one, be sure to give her your tips next time you see her! If you haven't, perhaps you can offer some insight into Idaho's great skiing, hiking, mountain biking, and whitewater rafting options. She's thrilled to begin exploring those, too!



ALLIE'S TIPS FOR USING FOOD TO AID EXERCISE RECOVERY

Did you know that when you exercise, you're causing small stresses to your body similar to what happens when you suffer an injury? And just like when it's injured, your body has to put in work to recover from these stresses. You can help your body by eating foods that aid in the anti-inflammatory process.

Here are ten foods that can help with this process, along with tips for how to use them.

1. **Dark leafy greens** contain flavanoids that may reduce inflammation in the brain. Examples are Kale, spinach, soybeans, berries, and tea.

2. **Pineapple** contains the bromelain enzyme, which can help treat muscle injuries, and has analgesic properties that can help control pain. Works best with 500-2000mg taking in two split doses.

3. **Flaxseed** is packed with Omega 3s. Try adding it to salads, oatmeal, yogurt, smoothies, or baked goods. Or you can take 1-2 Tbsp/day of ground flaxseed with water. Pro tip: do not take flaxseed prior to exercise. Take it after!

4. **Carrots** contain carotenoids, which are phytochemicals that protect cells from free radicals, boost immunity, and regulate inflammation. Examples are apricots, tomatoes, sweet potatoes, squash, and pumpkin.

5. **Cinnamon** reduces inflammation, fights bacteria, helps control blood sugars, and

enhances brain function. It also increases the effects of insulin post workout. Aim for 3-6 g/day (0.5-1 tsp).

6. **Ginger** contains anti-inflammatory compounds that may relieve joint and muscle pain. Aim for 0.5-2g/day in 2 doses: one pre workout and one post workout. 1 tbsp finely chopped fresh ginger=2g.

7. **Onions** have similar anti-inflammatory properties to ginger. Examples are garlic, leeks, and chives.

8. **Tart Cherries** are an anti-inflammatory power and one of the richest known sources of antioxidants. Cherries reduce exercise-induced joint and muscle pain and make a great post-exercise snack.

9. **Walnuts** are loaded with anti-inflammatory omega 3s. Try adding them to salads, oatmeal, or fruit for a healthy snack.

10. **Curcumin/Tumeric** has anti-inflammatory and antioxidant effects on the body and can be used to lessen muscle soreness and speed recovery following training. Aim for 500mg-3g (1 tsp) per day.

Nutrition has a huge role in recovery. By adding some of these foods to your diet, you can help your body recovery faster and feel better.

SUCCESS STORY

CHRISTINE W., NAMPA

I started having pain in my elbow after doing some heavy lifting which made it difficult to do everyday activities. I have tension in my neck that causes pain when I have been working on the computer a lot. Kayla provided a variety of exercises for me to do during therapy and at home that have helped me to improve my range of motion and comfort during activities. I have almost no pain in the elbow now. I have learned how to prevent the tension in my neck from getting out of control. Kayla is the best and she is so pleasant to work with as we share stories while I am working on my exercises, which makes the appointment fun and productive.



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HOW TO STAY SAFE AND ACTIVE IN THE COLD

Colder weather means some changes to how we exercise. It's harder to motivate yourself to exercise when the days are cold and short, but there are also changes in your body that affect your ability to exercise in the winter too. For many people with arthritis or other joint problems, cold weather brings more complaints of pain. To stay warm, our bodies narrow blood vessels to reduce blood flow to the skin, and more superficial muscles. That means that there is an increased risk of muscle strains in the cold. There is also an increased strain on the heart because of the narrowed blood vessels. This isn't to say that you shouldn't be

active in the cold, it just means you may have to make a few changes to your routine. Here are a few to consider:

Warm up right

A good warm up is even more important this time of year. Start with something to get your heart rate up a bit. Follow that with a dynamic warm up rather than static stretches.

Dress right

Dressing in layers allows you to adjust your insulation to your activity level.

Stay hydrated

Drink water before, during, and after your workout. The drier

air in winter lets your sweat evaporate faster, so it's easy to underestimate how much fluid you've lost.

Cool down

When you're done, cool down properly. Keep moving to let your heart rate come down then perform static stretching.

If you'd like a customized warm up or cool down, or have questions about your exercise routine, your physical therapist is a great person to ask!

UPCOMING FREE WORKSHOPS

Knee Pain Workshop
February 16 at 7pm

Back Pain Workshop
March 2 at 7pm

Sign up on our website or call us.