



2639 New Pinery Road
Suite 2
Portage, WI 53901

(608) 742-9356 Phone
(608) 742-9358 Fax

NEW LIFE PHYSICAL THERAPY AND SPORTS MEDICINE

February 2005

Functional MedicineThe Return To Life, Part II



Return to normal function requires a true functional rehabilitation approach. Functional medicine, a revolutionary concept used by New Life physical therapists, provides for this true functional therapy. In this edition, functional strengthening shall be introduced.

Physiologically, breaking down a muscle contraction is complex. Fortunately, in functional strengthening, muscle contractions can be simplified into simple terms. There are essentially two types of contractions that a muscle will need to perform. The first is an eccentric loading of the muscle. This loading phase allows the muscle to load or store potential energy for the next phase, a concentric contraction. The concentric contraction, the explosion component, allows the body to be moved in the desired direction. A simplified way to state this is a muscle needs to load to explode.

To be truly functional, not only should an exercise incorporate eccentric loading of the muscle, but it should also work at multiple joints and through multiple

planes at one time. This makes sense when one considers that a large proportion of our muscles have been designed to cross more than one joint at a time. They are also designed with the muscle fibers arranged linearly, diagonally, and rotationally in the sagittal, frontal, and transverse planes.

The final consideration in making an exercise truly functional, is the position of the feet. Are they on the ground as in a closed kinetic chain or are they in the air as in an open kinetic chain? The muscles will work differently both functionally and proprioceptively in these two different environments.

An example from the real world would be a football player with an ACL repair. This player needs to return to activities that require triplaner movements, involving loading and exploding of the muscles, with involvement of the whole body in a closed kinetic chain. These activities include running, pushing, cutting, twisting, turning, and landing on one or both legs. A non-functional approach, such as kicking and bending the knee versus computerized resistance does not stimulate the muscle to load and explode. It works one joint at a time in the sagittal

plane only. One must critically assess this exercise and whether it prepares the football player to return to the field.

With a functional strengthening program, there are several benefits that truly outweigh non-functional activities. Functional training starts with retraining the whole functional muscle chain consistent with its design (loading to explode in all three planes with the feet on the ground). Functional exercise, while providing normal proprioceptive input, can be tweaked to slowly incorporate all motions the player will need to do during their sport. Examples of functional exercises and tests will be discussed in future letters.

Fortunately, functional medicine is not limited to the athlete; it is also used on all ages and conditions to return the person to a happier, healthier, safer way of life.

Sources:

1. LaStayou P., Woolf J., Lewek M., Eccentric Muscle Contractions: Their Contributions to Injury, Prevention, Rehabilitation, and Sport. *J Ortho Sports Phys Ther.* 2003;10:557-571.
2. Grey G. *Total Body Functional Profile.* Copyright 2001 by Gary W. Gray.

*New Life
Physical Therapy
and Sports
Medicine, Inc.
announces new
location.....*

*Conveniently
located minutes
off the interstate
at:*

*2639 New Pinery Rd
Suite 2
Portage, WI
53901*

*742-9356 phone
742-9358 fax*

Expanded Hours, Additional Staff

New Life Physical Therapy & Sports Medicine, Inc has added another therapist.

We currently have 3 licensed therapists on staff.

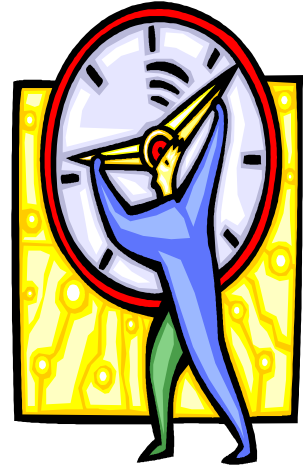
With additional staff and expanded hours, New Life Physical Therapy and Sports Medicine will be able to accommodate your patients more conveniently.

New Hours starting
February 28th

MONDAY
THROUGH

FRIDAY

7 AM TO 6 PM



Expanded hours!

Meet Our Therapists



Matthew VanderKooi
PT, MS, OCS, COMT

Matt is the owner and one of the physical therapists of New Life Physical Therapy and Sports Medicine, Inc. He has been working with patients in the Portage area for the past 8 1/2 years. His certifications as an orthopedic clinical specialist and orthopedic manipulative therapist, grant Matt the ability to obtain maximum patient benefit from a minimum investment of time and resources.



Brain Doolan
MPT, CSCS

Brian graduated from UW Madison in 2002 with a Master of Physical Therapy degree. He also received his *Certified Strength and Conditioning Specialist* certificate. This allows his patients to return to full function via a complete whole body exercise program. Brian is currently in the process of becoming an Orthopedic Manipulative Physical Therapist. Brian looks forward to using his knowledge to help your patients return to their normal lives.



Matt Gibbons
MPT

Matt joined New Life in January 2005. Matt brings a unique blend of personal experience and exceptional physical therapy training to the team. His experiences in the Marine Corp. and as an agricultural and field service engineer give him excellent insight into industry and functional training. Matt has a Master of Physical Therapy degree from UW Madison. His desire to work with people and help them achieve a higher quality of life lead him into the physical therapy field.

OUR MISSION

TO HELP OUR PATIENTS GET BACK TO THEIR LIVES BY RESTORING FUNCTION TO GOD'S MOST MAGNIFICENT CREATION, THE HUMAN BODY. WE WILL ACCOMPLISH THIS BY PROVIDING THE FOREMOST IN HANDS ON, INDIVIDUALLY FOCUSED, AND SCIENTIFICALLY BASED PHYSICAL THERAPY SERVICES.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

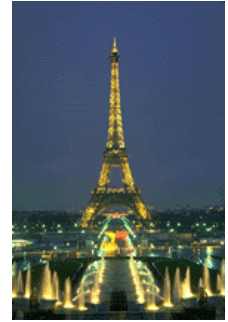
While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it

useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“TO CATCH THE

READER'S
ATTENTION,
PLACE AN
INTERESTING
SENTENCE OR
QUOTE FROM
THE STORY
HERE.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to

convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

Your business tag line here.

NEW LIFE PHYSICAL THERAPY AND SPORTS MEDICINE, INC.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

We're on the Web!
example.microsoft
.com

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organi-

zation is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.