



## Physical Therapy Central

Chickasha   Choctaw   Newcastle  
Norman                      Oklahoma City  
Pauls Valley                      Stillwater

*Let us get you...  
Back to WORK, Back to PLAY  
Back to LIFE*

To find a clinic near you, visit our website to access phone numbers, maps and professional bios of the staff.

June 2010  
[www.ptcentral.org](http://www.ptcentral.org)



### Tips for Avoiding Bike Fit-Related Injuries

Bicycle related pain and injuries are commonly associated with poor bike fit.

Common pains that are associated with improper bike fit include: neck pain, wrist pain and knee pain. With minor bike adjustments you should be able to ride pain free.

Summer is the perfect time to get outside and take a bike ride. Don't let minor aches and pains slow you down.

If you need assistance with your bike fit just give us a call at 579-1600 or email Casey Kirkes, PT, DPT for some help @ [ckirkes@ptcentral.org](mailto:ckirkes@ptcentral.org)

[Bike Right, Bike Fit](http://BikeRightBikeFit.com)  
[Schlegelbicycles.com](http://Schlegelbicycles.com)  
[Buchanan Bicycles](http://BuchananBicycles.com)



### Movement is Life

Our bodies are designed to move. We were designed to hunt and gather and 500 years ago we spent all day looking for food. Now we spend all day sitting in a chair at the office, in a recliner at home, and in the car. In our society today,

obesity and back pain are growing to epidemic proportions. Many people think that they are predisposed to have back pain or can not lose weight because of their genetics. It is not the genetics that limits the weight loss, it is the fact that the behavior drives the outcome. If you want to lose weight, you must change your behavior. Changing behavior is no easy task but it can become a reality if you make a few modifications to your routine. [A few ideas to increase your activity](#): take a walk at lunch with some friends, get up 30 minutes early and walk before work, eliminate soda from your diet for a week and measure your weight loss, take the stairs every day for a week, park as far away from the door as possible and walk, instead of sitting and watching your children play or at their games, get up and walk around the field. Take the challenge to change and I promise you will feel better. [More](#)



The number one source of calories in the American diet is **soda**, followed closely by white bread. To reduce these nutrient poor calories, drink more water; un-sweetened tea, or diet cola-drinks. When you are eating out, do not let the waiter bring bread or

chips to your table before a meal. Order a vegetable plate instead.

Which would you think was the healthier alternative?

Handful of Almonds or A Cup of Popcorn  
Find the Answer on page 2

Physical Therapy Corner



Do you sit at a desk all day? Does your back hurt? Bodies are meant to move. Healthy joints and muscles must move through their full range of motion to prevent stiffness and pain that is felt with prolonged sitting. Learn more about [body mechanics 101](#). [Relax the Back](#) is great place to find comfort items for sitting, sleeping and riding in a car.



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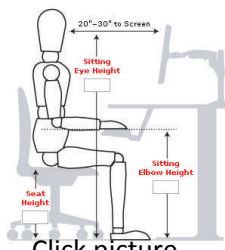
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Clinic Hours  
 7:30 am - 7:00 pm Mon - Friday

### Neck Pain and Posture



Click picture

Your posture and the position of your body can significantly contribute to neck pain. A slumped posture can lead to weak and tight neck and upper shoulder muscles. Over

time, the muscles are too tight and weak to support the head. As the neck and back muscles fatigue, pain is produced by the body because of the poor positioning and joint compression. To learn more about correct posture, watch this short [video](#).



### It is Summer and it is time for Ice Cream

The warm weather is here and it always makes me crave ice cream. The problem with ice cream is that it is loaded with fat and calories. I have found

a "lighter" alternative that does not compromise the taste. Skinny Cow ice cream with just 2 grams of fat and 150 calories per serving is a smarter choice than the premium brands with 18 grams of fat and 290 calories. Cookies and Cream is my personal favorite.

[Read More](#)

### Calories Counter for iPhone

[MyNetDiary](#) is an iPhone app that is designed to keep track of daily calories, nutrition content of the food you eat, calories burned via exercise and weight loss. It is a free app, you can upgrade to Pro for \$1.99. The free app is easy to use allowing you to input the food you eat. When you track your calories it is easier to make healthy food choices because you know what you are putting into your body. The app calculates how many calories you need, how many you have eaten that day and nutrient values. Check it out.



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### Drinking Your Calories



A study from Obesity showed that Americans were consuming 21% of their calories from liquids. About 460 calories a day from drinks.

If you want to lose weight, swap your high calorie drinks for zero calorie alternatives. A margarita can have as many as 890 calories.

### It is not all in the name, but in the details....

#### [Almonds - 1 oz.](#)

167 Calories, 15 grams of fat, 6 g protein, 3 g fiber

#### [Popcorn—1 cup](#)

527 Calories, 30 grams of fat, 9 g protein, 10g fiber

If you are looking for a healthy snack that will keep you satisfied for hours, look no further than almonds. 1.5 oz. has 14 g of fat, but 13 g are unsaturated (good fat to have in your diet). Popcorn has 30 grams of fat, your daily allotment is 40 grams.