

# Congratulations Chicago Blackhawks Stanley Cup Winners ! !



Gajda Health "Pulse"

June, 2010

Greetings To All Our  
Friends!  
Summer's just around the  
corner. Be sure to get  
outside and take  
advantage of the nice  
weather!

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## The Wonder of the Oscillating Beam by Bob Gajda, RKT

**The Oscillating Beam, or O-Beam, is a tremendous tool for developing balance, stabilizer strength, and movement patterns that can dramatically improve your performance in activities ranging from baseball to skiing, from bowling to football. Not only is the O-Beam helpful for building you up and developing your motor skills, but it has another element that is hard to beat - it is fun!**

**Bill Buckner won his first National League batting championship after he learned better balance on the O-Beam. Eric Solderholm was another greatly improved hitter and fielder following training. If you want further motivation, consider that the champion tennis players we have worked with do very well on the beam - they have the correct type of movements - but they also get even better. Whatever your sport, you will move better after training on the beam.**

**The O-Beam is used to practice a wide variety of postures and movement patterns. Training on the O-Beam will help you develop stronger ankles and knees. It will also help you**

develop the muscles of your head and neck, spine and ribs, and spine and pelvis. Ultimately, working on the O-Beam will give you a finely tuned sense of balance and enable you to perform any activity at higher levels.

The O-Beam is, by its nature, an effective method of rehabilitation or preconditioning for the prevention of injuries in all sports that involve running, jumping, and squatting. Progressions range from static work - simply standing on it, on two feet or one foot - to dynamic work involving walking, hopping, and jumping. Movement-mastery exercises range from stable standing, either erect or in a crouch, to accomplishing complex direction changes with eyes opened and, finally eyes closed.

Since the O-Beam is 3" x 3.5", you can start out working on the broader surface, which does not oscillate (shake) as much as the narrower surface. After you have mastered the routines working on the broad side, you can turn the beam to its 3" side and hone your skills even finer. The important thing is to develop an awareness of structural integrity - proper alignment, stabilization, and strength, the feeling of motion and control; and careful wakefulness.

O-Beams are currently being used in sports rehabilitation clinics and athletic training rooms by teams at all levels. The beam can be used at home, preferably on a rug area and in front of a mirror for posture feedback. While we always recommend supervision by a physical therapist, certified athletic trainer or corrective exercise therapist, we believe that an individual can work alone out of necessity - mindful that progression and a careful adherence to form are the keys to success.

There are a wide variety of exercises, from pre-basic to skilled as detailed in my book, *Total Body Training*. (Available at either of our locations.) Each progression should be mastered completely before advancing to the next level. The progressions should also be used as warm-ups for the more advanced movements. The activities should be done in slow motion at first. Alternate movements frequently to keep up the interest, bearing in mind that the goal is mastery of each movement. Always give yourself enough time to make adjustments within your body to the unstable nature of the beam.



***Wayfarer, there is no way  
the way is made by walking  
There is no way to peace and happiness  
Peace and happiness is the way.  
- Buddha***

***June Reading Recommendations:***

***"The Bach Flower Remedies"***

**Unique healing treatment: Why it works and how  
to benefit from it's 38 powerful essences  
by Dr. Edward Bach**

***"How to Know God"***

**The soul's journey into the mystery of mysteries  
by Deepak Chopra**

***"The Little Black Book of Connections"***

**Networking your way to rich relationships  
by Jeffrey Gitomer**



**Top 10 Prevention Measures by John  
Stelnicki, Physical Therapist**

**TOP  
10  
LIST**

**Following these 10 prevention techniques can keep you physically healthy and prevent injuries from occurring, keeping you off the treatment table, not that we wouldn't like to treat you. Most Gajda patients are familiar with these techniques. To find out more or if you have questions, contact me to discuss further.**

**1. ICE.**

2. CRP-continuous rest position, least stressful position for back. Lying on back, support legs up at 90° hip and knees for 15 minutes, relaxes back and allows healing.
3. DROM-active motions for limbs/core for warming-up prior to exercise, improves flexibility, balances muscles across joints.
4. POSTURE-constant awareness, strengthen and endurance exercises. *DON'T LET GRAVITY BEAT YOU!*
5. ORTHOTICS-custom shoe inserts. (See Dr. Weil.)
6. RESETS-for tight muscles, by exercising the opposite muscle group through full range of movement
7. MASSAGE
8. Sport Specific Training-performance training the Gajda way will maximize performance, minimize injury.
9. CORE-train it to the fullest, it's not just abdominals.
10. LISTEN-to your body, when it hurts, your body is talking to you. Apply these techniques and if it does not improve, come and see us.

(11. Don't stretch-too much stress to injured or healing tissue can further damage fascia, and can damage nerves, joints, cartilage, ligaments, and tendons. Spasmed muscles do not release with stretching. The protective mechanism of the stretch reflex is dampened from stretching before sports. Traditional stretching is being phased out. Substitute Gajda's DROM program, #3 above.)

## 4 Summer Weekend Workouts by Susie Lawrence

Change up your workouts and have fun on the weekends. Here are 4 workouts that will keep you in shape and feeling great this summer!

- 1.) KAYAKING. Kayaking burns about 340 calories per hour. It targets your shoulders, triceps, biceps, back, and core. The Fox River, Skokie Lagoons, the Des Plaines River and Lake Michigan are some popular kayaking destinations.
- 2.) HIKING. Hiking can burn up to 400 calories per hour. Your thighs will become stronger and leaner and you'll firm up your rear end. Moraine Hills in McHenry is great for hiking and one of my favorite places is Starved Rock in Utica.
- 3.) INLINE SKATING. Inline skating burns about 816 calories per hour. It's less jarring than other high-intensity sports like jogging, and sculpts your rear end and thighs without pounding the knees. Any bike path will do but my favorite place to skate is along Chicago's lakefront.
- 4.) CYCLING. Cycling burns 500 to 700 calories per hour depending on speed and terrain. Improves cardiovascular fitness as well as giving you solid legs and rear end. Forest preserves and the lakefront are popular.

Go to [www.trails.com](http://www.trails.com) for excellent information on hiking, kayaking and biking destinations and routes.

Get out there this summer and have some fun!!



## Peripheral Heart Action (PHA)

Peripheral Heart Action, or PHA, is a philosophy that entails a comprehensive physical approach to exercise program, planning and training. PHA maximally develops total fitness or "Strength Fitness", for example: strength, endurance, coordination, joint ROM, and speed. PHA also develops strength for injury prevention and performance enhancement.

Each PHA session utilizes the whole body during strengthening exercises, rotating through different body parts, not working the same body part sequentially, working to fatigue in each exercise, maintaining intensity throughout the whole session, thus effecting a cardiovascular response, maximizing muscle tissue utilization for full development. Our muscles act as a peripheral pump, or heart, to hasten recovery during the workout.

Bob's paper is available for the low price of \$20. Contact us at 847-991-2222 or email us at [gajdahpn@yahoo.com](mailto:gajdahpn@yahoo.com)

P.H.A.  
Peripheral Heart Action  
An Explanation of the Secondary  
Heart Action of Muscles



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## Celebrating Three Years of the Sports Doctor by Robert Weil, Sports Podiatrist

It's been three years this May that I've done the monthly Sports Doctor articles. Here are some topics from past articles.

**ORTHOTICS** - Orthotics could be the right fit for you. The importance of foot type, mostly inherited, cannot be overemphasized. Flat type, pronated feet are often the cause of aggravated foot, shin, knee and back problems. Prescription orthotics are used to redistribute weight, control abnormal motion, and properly align the lower extremities. A common misconception is that orthotics are arch supports, they do much more than that. Pay attention when your young athletes, or you have ongoing foot or leg problems. Orthotics can improve speed, balance and stability.

**FEET, THE MECHANICAL MARVELS** - In sports, it all starts with the feet. Our feet are mechanical marvels. Foot mechanics involve our feet acting as shock absorbers and ground shape positioners called pronation to rigid level propulsive positions called supination. If the foot is in the wrong position at the wrong time, muscles and tendons and joints can be abused, stability and balance can be compromised, and speed and quickness are affected. Orthotics can really help to properly position the feet and control abnormal motion causing problems. Having the right shoe for your foot type is important, especially if you are a runner. Make sure you're fit properly

**BALANCE** - Master your balance to become a much more complete athlete. Can you think of a sport that doesn't require balance and stability! Neither can I. Working balance, called proprioception, using unstable surfaces is great training. Using mini trampolines, wobble boards, bosu balls are some of the ways to do this. I call it "instability training". What's great about this is that almost all ages, at all levels, can benefit from balance work, from Olympians (Hey Evan!) to grandmothers. A good trainer or therapist can show you how.



## Exclusive Mapping Tool Helps Create Walking Communities

Health Enhancement Systems is offering a free wellness campaign tool. Get employees moving to improve health with MapWalk, created by Health Enhancement Systems. Using Google Maps technology, MapWalk helps worksite coordinators and walking participants map routes near work and home, then share the routes with coworkers and team members. The MapWalk Coordinator Toolkit is available for free at [www.MapWalk.com/toolkit](http://www.MapWalk.com/toolkit). It contains promotion ideas such as how to communicate with employees, train for community runs and walks, and lobby legislators to create more walkable routes.



## *Free Injury Assessment!!*

Got a nagging injury that won't seem to go away? Call us at either location and mention our June newsletter and receive a free 15 minute injury assessment.



*Happy Father's Day*



He didn't tell me how to live; he lived,

**and let me watch him do it.**

**- Clarence Budington Kelland**

**As always, we'd all like to thank you for  
your continued trust in us.**

**The Gajda Health Plus Family**