

In This Issue

Fascial Injuries

Words of Wisdom

Tales from the 2010 Chicago Triathlon

Client Profile

Peripheral Heart Action

Let's Get Those Kids Walking

Patient Testimonial

Greetings Friends!! We hope this newsletter finds everyone feeling great! Fall is just around the corner. Enjoy the cooler days ahead!

Fascial Injuries by Bob Gajda, RKT

One of the structures most commonly injured in athletics is fascia. Yet very few athletes or lay people know what fascia is or have even heard of it until they injure it.

Fascia is a fibrous membrane that covers, supports, and separates muscles, and unites the skin with underlying tissues. One of the reasons that skin can slide back and forth is that the layers of fascia slide on each other. Fascia is the basic packaging tissue of the body. All of our muscles are enclosed within sheets of fascia. It is the stuff that binds us together and holds our shape.

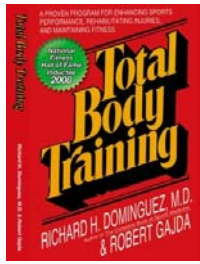
Fascia is important because in some parts of the body it is actually stronger than ligaments. Problems can arise when fascia is stretched, either by repeated pulling or by one acute stretch, or when it is torn by a direct injury or blow. In many cases it will heal fine, although in the healing stage the area of injury becomes inflamed as part of the natural healing process. This inflammation can be painful if stress is put upon the fascia by use of the area of injury, especially in the case of the fascia that covers the bottom of the foot (the plantar fascia). If this becomes inflamed, every step can be painful. When the healing is complete, the inflammation goes away. But in some cases the fascia heals incompletely, causing a chronically inflamed condition (fasciitis) that will remain painful until it is treated or rested for a prolonged period of time - usually months or years. Incomplete healing can also lead to the development of a hernia. When a muscle contracts, the fascia is supposed to hold it in place. If the fascia has a

weakened area where a hernia could occur, the muscle can bulge through and get caught, causing pain each time the muscle is used. There are only two satisfactory treatments for this type of problem: Taping, which may not be very successful, and surgery to repair the hernia or to make it larger so the muscle can't get caught.

Another major problem with fascia occurs when a muscle has been bruised or partially torn. The fascia may be too tight to accommodate the resultant muscle swelling, and it may cause additional muscle damage by cutting off the blood supply to the muscle. This is what is called compartment syndrome, and it happens whenever the fascia becomes too tight, for whatever reason. An acute compartment syndrome occurs when there has been an injury, usually with bleeding, and there is marked swelling within the compartment, causing severe pain (called ischemic muscle pain) because of the decreased blood supply. In athletes, however, the compartment syndrome is usually a chronic condition where the enlargement of the muscle caused by vigorous exercise causes a mild decrease in blood supply to the muscle, and the resulting pain leads to decreased performance. For either of these conditions surgery is the only satisfactory treatment. In an acute compartment syndrome, the surgery should be performed as an emergency, but for the chronic type it is elective.

Once fascia is injured, there are no exercises that will foster its healing. Rest from the activity that caused the injury and time are the only cures. In fact, virtually nothing is known about how to make fascia stronger. It is thought (but no one knows for sure) that with exercise and increasing activity, fascia becomes stronger. Therefore, the only preventives for fascia injuries are protection from injury, such as wearing protective pads, and through graduated training so that inappropriate swelling will not develop in muscles during training and exercise. Clearly the prime treatment is prevention.

Fascial injuries can be prevented by the training outlined in my Total Body Training book. These training routines will condition and train your body to avoid many of the positions that may lead to injuries of the fascia. Total Body Training is available for purchase at both our locations.



**Get Your Copy of Total Body Training Today!
Now Available at both GHPN locations!**

Words of Wisdom by Mary Lou Gajda

"When we have done our utmost to arrive at a reasonable conclusion, we still must close our minds for the moment with a snap, and act dogmatically on our conclusion"
- George Bernard Shaw

September Reading Recommendations:

"Mind/Body Healing"
Our body knows how to restore itself
by Francis Lefkowitz

"American Terroir"
Savoring flavors of our woods, waters and fields
by Rowan Jacobsen

"Life by Design"
Building the future of your deams
by Todd Duncan



Tales from the 2010 Chicago Triathlon **by Swim Director John Stelnicki, Physical Therapist**

This was my 21st year as Swim Director of the Chicago Triathlon, held this past Sunday. I also competed as a triathlete from 1983 to 1989. That's 28 years involvement in the world's most popular triathlon by number of participants,

over 10,000 registered this year. Along with Susie Lawrence's help, we set up the race staging area all day Saturday and prepared for the Sunday 6:00 am, predawn start time. The first 100 swimmers splashed into the balmy 74° lake water at Monroe Harbor. For the next 4 hours, another 100 or so would be sent churning through the surf every 4 minutes, swimming the choppy mile long course, with Chicago's beautiful skyline to peek at with every gulp of air they took.

Many swimmers are challenged by the swim due to the open water factor - no lane lines and no lines on the pool bottom to follow. Add to this the other thousands of swimmers, all of differing abilities, it makes for a fun bumper-car-like swim. Once they emerged from Lake Michigan's depths, they biked picturesque Lake Shore Drive for 25 miles. Finally, a 10 kilometer run (6.2 miles) awaited them through Grant Park and down by Soldier Field. With temperatures heating up to 94° and high humidity, this was a truly grueling race. For the most part, emergencies were minor, despite the heat. There were 20 reported hospital runs.

In the water, we had a few drop outs ranging from hypothermia, hyperventilation, to a blind athlete who suffered from an asthma attack, who we were able to help as Susie remembered the inhaler in our first aid kit. With the help of 50 volunteers, the swim race was again a success for all triathletes. Maybe next year, that could be you...

P.S. Congratulations to Jim Gebhardt, a Gajda client, placing 2nd in his age group of 81 triathletes. With the help of the G5 recovery massage in the past few months of training, Jim did a great job. (see related article)



Swim Director John and his able bodied assistant Client Susie



Swimmers are Ready!



Jim Gebhardt Triathlete/GHPN



Swimmers in Action



**Swim Director John
hard at work**



Anticipation

Client Profile by Susie Lawrence

Jim Gebhardt, one of our clients for the past two years, believes in the benefits of GHPN's methods utilizing the G5 Vibrational Massage to aid in muscle recovery after strenuous triathlon training. He worked with John regularly during his racing season, and sent us this recap of his impressive finishes...

"Another triathlon season has come and gone. It has been a very good one, the results are listed below. I just wanted to take this opportunity to thank everyone who helped me.

From my wife who washed my workout clothes hundreds of times, made good food and cut the grass when I was too tired.

To those who helped directly such as my training partners, many of them from the VCS Tri team.

To coaches I worked with, to John and Susie at Gajda Health Plus, to those who sold me equipment and to those who put together the Lake In The Hills open water swims.

And to those who helped indirectly such as some of my coworkers who helped me get through a very trying year at work."

**Leaning Tower Triathlon - 1st in Age Group
Hy-Vee International Triathlon - 5th in Age Group
Pleasant Prairie Triathlon - 1st in Age Group
Bangs Lake Triathlon - 1st in Age Group
Elk Grove Triathlon - 1st in Age Group (2nd Overall)
Champion's Run 10K - 1st in Age Group
Chicago Lifetime Triathlon - 2nd in Age Group**

Thanks again,

Jim Gebhardt



John Stelnicki and Jim Gebhardt

Call for more information on G5 Vibrational Massage Therapy for Recovery. Mention this newsletter and receive a 10% discount.

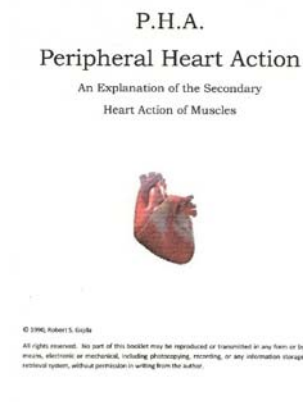
Peripheral Heart Action (PHA)

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.

Click on the link below to see a new Gajda PHA tribute on Steve Maxwell's Strength and Conditioning blog:

<http://www.maxwellsc.com/blog.cfm?blogID=55>

Bob Gajda's PHA Program is available for the low price of \$20. Contact us at 847-991-2222 or by email at gajdahpn@yahoo.com.



Let's Get Those Kids Walking by Robert Weil, Sports Podiatrist

It's been more than two years since I wrote, "Let's get those kids walking toward healthy habits" in the Naperville Sun Sportsdoctor article. And it is encouraging to see some real attention to the childhood obesity epidemic. Obesity, both in children as well as adults, is a topic that I've discussed on "The Sports Doctor" radio show with many experts for more than ten years.

Just how big is this problem? Well, for starters, obesity has tripled over the past two decades in children between 9 and 16 years old, and adults don't fare much better. Three years ago, in one of the largest studies of its kind showed that 90% of 9 year olds get more than two hours of physical activity a day. But fewer than 3% of 15 year olds do. This sharp drop of activity levels raises alarms about the lack of physical activity continuing into adulthood with all its significant health risks, including heart disease, diabetes and high blood pressure. Studies have proven that treating children with obesity is three times more costly than the average child and that affects health insurance costs for all of us, even those without children.

Of course, we know that nutrition and eating habits are key. The fast food industry has buried us with advertising over the last few decades. Even the "regular food industry", with its processed foods and forever shelf lives hasn't done us any favors. It's no secret - we eat too much and don't include enough fruits, vegetables and nutritious foods. We've got to pay attention to this. This is included in any solution whether it's for children or adults.

With the short-sighted decisions to cut back daily gym classes by our legislation to save money, here is what I know would be a major step toward a solution. It's called "Let's Get 'Em Walking!" It's a simple, national grass-roots school initiative. From kindergarten through 12th graders, all who are physically able should participate in a 30-40 minute walk every day. No special equipment, no competition, indoors or outside. Just do it.

The walking doesn't replace other physical activities, but it would be the norm. A 15-20 minute health related topic could be included if time allows. The daily walks would not affect team sports and school athletes. This would stay the same, but all athletes should participate.

Starting this habit of walking in early childhood and continuing through high school would dramatically change the mess we're in over the next generation. Chances are good that this "walking habit" would continue throughout adulthood and influence the parents of the kids who walk as well. Only the schools, with their tens of millions of kids, have the numbers to significantly change these dismal statistics.

So, school officials, parents, coaches and legislators, "Let's get 'em walking". It will work.



Check out Dr Weil's website at www.sportsdoctorradio.com

Patient Testimonial

by Esther Gutierrez-Sloan, founder SALSArobics, Inc.

I proudly refer to Bob Gajda as my mentor. The concepts of Total Body Training that I have learned from Bob permeate both my professional and personal life. Regardless whether I am working one-on-one with a personal training client or addressing a crowd of thousands of people widely ranging in age and fitness ability, the words that come out of my mouth echo Bob's teachings. I celebrate and honor the ground-breaking education that Bob has provided me and other fitness professionals, and the countless individuals he has helped through the Gajda Health Plus Network. The fitness industry is fortunate to have Bob Gajda as one of its pioneers.



Esther Gutierrez-Sloan



Bob and Esther

Discover ASEA

Discover your body's Strongest Defense, Natural Balance and Best Performance. Introducing ASEA...the only patented product that gives your body the natural molecules that assist the body to fight cellular inflammation, increase endurance, speed up recovery, and create chemical balance that is required for optimal immune function.

Log onto www.teamasea.com/ghpn for more information on this great new product!!



Free Injury Assessment!!

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



**Autumn is a second Spring when every leaf
is a flower.**

- Albert Camus



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

-The Gajda Health Plus Family