

Ramblin's with Coach Rozy

How To Handle The Daily Grind And Feel Better

BY MARK ROOZEN, M.ED, CSCS, *D, NSCA-CPT, FNCSA

The daily grind of working, training, daily activities and other "life" tasks can take a toll on your body. Sitting down for too long (experts say sitting is the new smoking) can really cause problems and mess up how the body moves and functions. That's why it's important to be proactive and to incorporate injury prevention exercises into your training program.

With folks that train at Coach Rozy's Performance Center and those we speak with around the country when working with LIVE PAIN FREE-The RIGHT MOVES, we advise them to regularly maintain the following areas of their bodies to stay healthy, durable and pain-free.

1. KEEP MAJOR MUSCLE GROUPS MOBILE

One of the most important tools in your training toolbox is a foam roller. When you get in the habit and practice of foam rolling on a regular schedule, it releases tight spots in your muscles, lengthens fascia and increases blood flow, all of which increase mobility and help prevent injury. We recommend foam rolling before and after workouts, if you have sport practices and for games — and even when you have some free time at night. Roll your major muscle groups or common tight spots, such as your quads, hamstrings, IT Band, calves, glutes and upper back for 30 to 60 seconds each. (For a guide on how to foam roll — email Coach Rozy at rozyroozen@gmail.com and ask for your FREE FOAM ROLLING GUIDE)

2. LOOSEN UP TIGHT HAMSTRINGS AND HIPS

We sit too much throughout the day. Whether in school, an office or on the couch at night, odds are we are spending too many hours in a chair every day. Unfortunately, sitting — although it might be comfortable — is not great for your body, causing hip flexors and hamstrings to tighten up, which can lead to a number of problems, including low-back pain, poor exercise form, reduced speed and power, and an increased risk of injuring a muscle.

To increase mobility in your hips and hamstrings, Coach Rozy's Team recommends the following two exercises, which dynamically move your hips through a full range of motion.

Single-Leg Windshield Wiper

- Keep your legs straight while you lay on the ground
- Bring one leg up, straight to the ceiling
- Rotate through your hips, and bring the leg you have in the air across your body as far as possible, then bring it back the other direction.
- Touch the toes of your swinging leg to the ground, or as close as possible going both direction. Make sure to work both legs

Scorpion Kicks

- Lay on the ground on your stomach, with your legs straight and your arms stretched out to the side in a "T" position.
- Take your right leg and swing it over to touch your foot to your opposite (left) hand.
- Rotate through your hips, and come back to start position.
- Make sure to work both the right and left leg and hips

Sets/Reps: 1-2x10 each side, each exercise

3. SHOULDER JOINT INTEGRITY

The shoulder joint is primarily supported by the muscles around it. This gives it incredible mobility, but at the cost of stability. That's why it's important to strengthen your rotator cuff and other shoulder stabilizers in your training program. Here are two exercises to strengthen the muscles on the backside of the shoulder, which helps maintain joint integrity and function.

Hitchhikers

- Use lightweight dumbbells or other resistance (cans from the cupboard).
- Keep your shoulders back and head in a neutral position.
- Hold the resistance in both hands and have your hands by your side — standing tall.
- Bring one arm at a time across your body with your thumb going to your opposite hip, as if you are making a motion like a "hitchhiker" to get a ride.
- Alternate between the right arm and left arm for set number of reps.

Sets/Reps: 1x20-30

Scarecrows

- Use lightweight dumbbells or other resistance.
- Keep your shoulders back.
- Rotate your shoulders from the side up so your hands go a little higher than your shoulders.
- At the top of the motion, you should look like a "scarecrow" or in a "T" position.
- Change your hand position to build specific strength

Sets/Reps: 1x20-30

4. LOWER BACK

Lower-back pain is one of the most common complaints among adults, and even young athletes are not immune. Many things can cause lower-back pain, such as poor posture, tight hip rotators and a weak core. It may not be acute pain, but steady low-back pain can lead to a degenerative injury. Plus, who wants to play their sport or go about their day in pain? These exercises will help fix it.

Pigeon Pose

- Sit on the floor.
- Bend your right leg and position your front shin across your body.
- Extend your left leg back behind you, working to keep it straight and sit up tall
- DON'T LET YOUR HIPS ROLL TO THE SIDE
- Press your hips to the ground.
- If comfortable, bend over to increase the intensity of stretch through the hips.
- Change legs and work the other side.

Sets/Duration: 1x30-60 seconds each leg

Penguin Walks

- Start by taking a piece of resistance tubing with handles on grab it on each end, place it down on the floor and step right onto it.
- Next, cross the handles over one another resistance to X shape so you have some nice tension in that forming tubing.
- Now slowly shuffling from side to side taking a step about two to three feet wide steps back and forth.
- Make sure that you have control as you move from one side to the other

Sets/Reps: 1x10 each side

5. NECK

The neck is probably the most overlooked area of the body in a gym or training facility. It needs to be trained, especially if you do high level activities or sit in front of a computer all day straining your neck. A stronger neck reduces the amount of force transferred to your head when it's in different positions and can help reduce the chance for injuries.

Neck Flexion Bridge

- Place your hands on your forehead.
- Gently push your forehead forward into your palms.
- Maintain a tight core.

Neck Extension Bridge

- Place your hands on the back of your head.
- Gently push your head back into your palms.
- Maintain a tight core.

Neck Lateral Bridge

- Place your hands on the side of your head.
- Gently push your head sideways into your palms.
- Maintain a tight core.

Sets/Duration: 1-2x20-30 seconds each exercise

By doing just two-three of these exercises each day, which will take 2-5 minutes, you'll be able to maintain good posture, tone and live pain free and feel great.

Oz And Roizen

Being Overweight Raises Your Pain Sensitivity

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

home Fs.

Now, we aren't saying that a passing grade means the food is generally healthy (way too often, your order is NOT), but it's something important to consider.

DON'T MISS YOUR MISDIAGNOSIS

In the 2014 movie "The Angriest Man in Brooklyn," Henry Altmann (Robin Williams) was able to set his life straight after a doctor mistakenly told him he had 90 minutes to live. Unfortunately that's not the case for the multitude of people who are misdiagnosed annually.

According to a new Institute of Medicine report, "failure to establish an accurate ... explanation of the patient's health problem(s) or...communicate that explanation to the patient" is pretty widespread. Other studies have reported: On average 10 percent of post-mortem exams reveal diagnostic errors possibly affecting patient outcomes; among medical malpractice suits filed with one insurer, 9 percent of claims for misdiagnoses came from obstetrics, and 61 percent from pediatrics; and one study estimated that every year, 5 percent of adult outpatients experience a diagnostic error. Fortunately, it's possible for you to help prevent diagnostic error.

1. Provide your doc with your medical history, including medications, supplements and herbs you take. Check your medical records for errors and oversights; lab results can get overlooked, says the IOM.

2. Ask about any diagnosis, "Could it be something else?" and "What did you rule out?"

3. Get a second (or third) opinion. We strongly believe that anytime you're told to do something — from taking pills to P.T. — for more than a couple of days, you should get a second opinion.

And remember, misdiagnosis can come as the good news you want to hear. Sometimes it's smart to double-check that you're really OK.

VACCINE AS TREATMENT: A GREAT NEW TWIST

The use of vaccines to prevent disease dates back to around 1000 A.D., when the Chinese used smallpox material to inoculate folks against the scourge. Since then, scores of new disease-preventers have been developed; one of our latest vaccines blocks infection from some strains of HPV (human papilloma virus), which can lead to cervical, throat, anal and penile cancers.

But the powers of vaccines are expanding in amazing ways. Scientists are

exploring therapeutic vaccines to treat already existing diseases such as HIV, Alzheimer's, solid tumors, herpes and cervical cancer (the last two are almost always associated with HPV). These vaccines use various approaches to force the immune system to recognize and then KO a disease. There's already an approved therapeutic prostate cancer vaccine. And, although the findings aren't conclusive and seem highly individual, it appears that for some people, either temporarily or permanently, an HPV vaccine may banish HPV-associated warts.

The most recent report in the Journal of the American Medical Association says that for one otherwise healthy guy in his 60s, a quadrivalent HPV vaccine cleared his chronic battle with oral warts in three months, and the researchers found other reported successes as well. There are more than 150 strains of HPV, and the vaccine only contains four ... but that may be enough to prime the immune system against infections not found in the inoculation. It will take carefully designed clinical trials to determine exactly who might benefit. But the fact remains, for some folks it seems to help, and that's intriguing news.

HEAL TENNIS ELBOW WITH SOME TIME OFF

Roberta Vinci's shocking victory over Serena Williams in the semifinals of the U.S. Open this year set up an all-Italian finale. That contest saw Vinci lose to 33-year-old Flavia Pennetta, who, after her victory, promptly retired. And Serena, after writing Flavia a nice tweet, also decided to just stay off the court (although she's a long way from retirement), skipping the China Open in Beijing and the WTA Finals in Singapore. Sometimes it's smart to put that racket down.

If you're also thinking about taking some time off from your tennis game (or some other arm-stressing activity) this winter because you have tennis elbow, that's a good idea. A new study from the University of Oslo in Norway found that 75 percent of folks who took three to six months of time off, ended up in significantly better shape than those who got a cortisone injection to relieve their elbow inflammation. Six to 12 weeks eased the distress for around 66 percent of those in the study.

Tennis elbow, or lateral epicondylitis, triggers pain on the outside of your upper forearm, just below the bend of the elbow. It's a repetitive-use injury and can come from many activities, including gardening and golf. Only you and your doc can determine the best treatment for you (after looking at an MRI). Just remember, there's a good chance that sufficient rest, gentle massage, ice (for 20 minutes three times a day at least) and anti-inflammatory meds can get you back to your favorite activity right in time for spring.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Yankton's Avera Sacred Heart Hospital To Provide 3-D Mammography

Many women age 40 and older at one point have experienced a phone call alerting them that they need further testing after a screening mammogram found an area of concern. While in many cases these turn out to be non-cancerous, the stress and worry are real.

A new technology coming soon to Avera Sacred Heart Hospital — 3-D mammography — will provide better images of the breast to cut down on such calls.

While this new technology provides a slight increase in detection compared to 2-D mammography, the real benefit is the ability to cut down on callbacks for further testing, said Michael Peterson, MD, a radiation oncologist at Avera Cancer Institute Yankton.

In fact, women who receive a 3-D mammogram are 15 percent less likely to be called back for more testing.

"While a 2-D image might detect a questionable finding, if you look at it on a 3-D image you can determine better what is a cancerous versus a non-cancerous growth," Peterson said. "Every time I have to share an abnormal result with a patient and their

loved ones, I see the concern it can cause. I'm happy we can avoid a lot of needless anxiety by bringing this technology to Yankton."

LIKE SLICES OF BREAD

Also known as digital breast tomosynthesis, 3-D mammography will be available to Avera Sacred Heart Hospital patients starting in January. The difference in technology is that tomosynthesis is able to take several images from multiple angles.

It's similar to slices in a loaf of bread where you can pull out one individual slice and see if there is something in there. That provides the ability to distinguish between real lesions and superimposed tissue which can mimic a lesion.

Certain women will especially benefit from 3-D mammograms — women with dense breast tissue, those who have experienced call backs for diagnostic imaging, and women at high risk due to family history of breast cancer, lobular carcinoma in situ (LCIS), atypical hyperplasia, and/or difficult breast exams.

HELPFUL FOR DENSE BREAST TISSUE

The ability to see individual slices is a major reason this new technology is extremely helpful for women with dense breast tissue.

3-D is the newest version of digital mammography technology. The mammography experience for patients is very similar. The 3-D mammography unit sweeps around part of the positioned breast. 3-D mammography takes images using nine slightly different angles, and each view shows different depths of breast tissue.

Avera also adds a fourth dimension of care across its facilities in the region.

"The fourth dimension of Avera breast care is care for the whole person — body, mind and spirit," said Jill Schultz, director of Breast Health at the Avera Breast Center in Sioux Falls. "Our expert and compas-

sionate team is here to ensure the patient's experience is the best it can be."

Peterson said 3-D mammography will ensure Avera Sacred Heart Hospital has the best cancer detection rate possible while also making life easier for many patients. Every time the new technology eliminates the need for a call back, it saves patients time, money and another dose of radiation.

"I always want the best for our patient population," Peterson said. "I'm proud of Avera Sacred Heart Hospital administration and medical staff who have a long history of encouraging state-of-the-art technology. Yankton has long benefited from a medical staff and administration that has not been afraid to invest in and take advantage of new technology, and I think this is another example of that."

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