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Spelling Error
 Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winners!

Easton

"Hardship often prepares an ordinary person for an extraordinary destiny."
 ~ C.S. Lewis ~



Quote to ponder...

This month's Care to Share winner is **Angelo**

A **BIG** thank you to this month's winner for referring friends and family to us for care.



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Mark Your Calendar

Closings

NO CLOSINGS



Help us celebrate our 22nd anniversary this month.



Health HACK



TOP O' THE MORNIN' TROPICAL GREEN SMOOTHIES

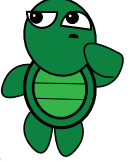
- About 3/4 cup spinach, packed (21 g)
- 1/2 cup kale, packed (14 g)
- 3/4 cup coconut water
- 1/4 cup milk of choice (I prefer almond milk)
- 1/2 cup water
- 3/4 scoop vanilla whey isolate protein powder
- 1 tablespoon ground flaxseed
- 1 tablespoon chia seeds
- About 1/2 cup banana slices, frozen (40 g)
- About 1/2 cup each pineapple and mango chunks, frozen (~45 g each)
- 1/4 cup avocado chunks, frozen (30 g)

Source: LJWorld.com

I'VE FALLEN AND I CAN GET UP

The Ideal Way to Perform Floor-to-Stand Transitions

WHAT YOU NEED TO KNOW



•Age-related impaired performance with floor-to-stand transitions is particularly troublesome following a fall.

•Fortunately, regardless of your age, the ability to perform floor-to-stand transitions can be improved with a series of simple exercises.

If you were around in the '80s and '90s, you probably remember those medical alert commercials in which an older woman calls for help because she can't stand up after a fall. We take it for granted when we're young, but the ability to stand up from the floor becomes progressively more difficult as we get older. While people in their 20s can stand up from the floor in just a few seconds, it takes the average 60-year-old four seconds to stand up, and it can take over 10 seconds for a 70-year-old to get up off the floor.

The Side-Sit Technique

While everyone has their own preferred way of moving during floor-to-stand transitions, the most common movement pattern is the side-sit pivot technique.⁴ (Fig. 1) This technique is particularly popular with older adults, as it allows them to maintain ground contact with their upper and lower extremities, which distributes force over a wider range of muscles, and maximizes stability and postural control.

The side-sit technique has the added benefit of requiring smaller ranges of hip and knee flexion to complete,⁷ making it the preferred technique for people with knee and hip arthritis. Finally, because the side-sit pivot technique requires less head motion than the other techniques, it is less likely to cause vertigo, which is surprisingly common during floor-to-stand transitions.

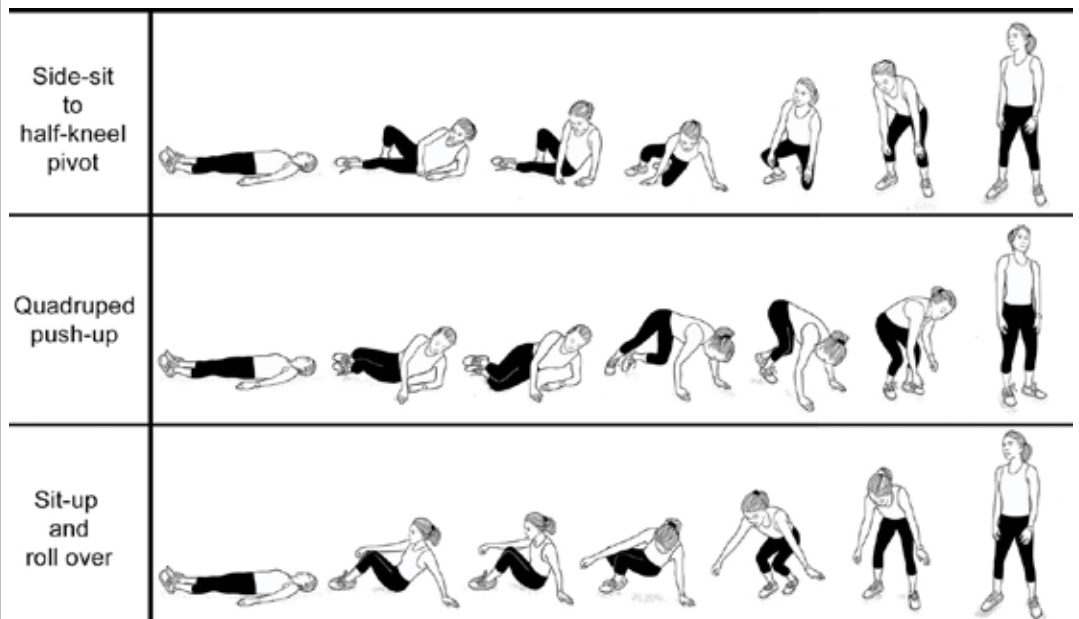


FIG 1. The three most common movement strategies used during floor-to-stand transitions: 50% choose the side-sit to half-kneel pivot, 35% use the quadruped push-up, and 15% stand up with the sit-up and roll over technique. Images modified from Bohannon, et al.

Source: Dynamic Chiropractic