



# The Folsom Method

Brought to you by Folsom Physical Therapy & Training Center



"Walk lightly in the spring; Mother Earth is pregnant."

**Native American Indian Proverb**

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## Happy Spring!

Wednesday, March 20th was the first day of Spring!

As we celebrate the hope of springtime sun, we found it fitting to dedicate this month's newsletter to all the moms, dads, grandparents, and caregivers in our community who hope to spend some time outside with the children in their lives as the days warm up.

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## Soak Up The Sun!

**Fun, Kid-Friendly Activities In The Sacramento Area**

Folsom Physical Therapy loves to help people rehabilitate so that they can get back to doing what they love to do. If you love being outside with the children in your life, we found these great activity suggestions, along with more details, on [this](#) blog post:

- 1) Spend a day on Lake Natoma
- 2) Visit the Sacramento Wildlife Complex
- 3) Tour the Nimbus Fish Hatchery

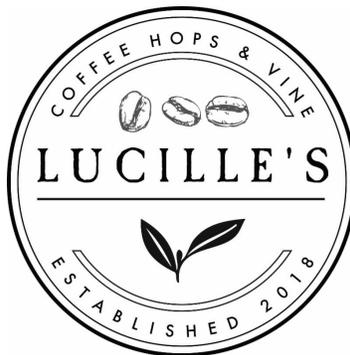


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## Fuel Your Body!

### Delicious, Plant-Based Food To Replenish Your Body After A Day Outside

Folsom Physical Therapy has recently fallen in love with Lucille's Coffee Hops & Vine, located on 25055 Blue Ravine Road, Suite 100 in Folsom. This family owned business offers a variety of plant-based options that have our staff swooning.



Our staff was raving about the assortment of plant-based pastries that Lucille's offers when we tried them earlier this month. Love+FLOUR bakery, located in Sacramento, supplies Lucille's with fresh deliveries of plant-based lemon pound cake cupcakes, pumpkin walnut muffins, blueberry muffins, funfetti cupcakes, chocolate croissants, coconut macarons, and almond biscuits. The chocolate croissants are an FPT favorite!



Lucille's also offers delicious lunch and dinner options. Avocado toast and soyrito vegan chili (pictured above) are on the menu, as well as a plant-based veggie sandwich to order and roasted garlic and cilantro hummus. They can also make their delicious strawberry salad without the cheese.

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## **A Message To The Caregivers: Make Your Health A Priority**

Folsom Physical Therapy wants to remind you how important it is to care for yourself as you care for others in your role as mom, dad, grandparent or caregiver. A strong, well-cared for body will allow you to enjoy the time outside with the ones you love.



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## **Carrying Yourself Well** Article by FPT's Brigit Moore Lim, M.P.T.

Becoming a new parent has been wonderful in so many ways, but for my ongoing back issues it has been a challenge to make sure I maintain proper body mechanics to avoid a flare-up. I was lucky to be able to continue working out up until my son's birth, and I was able to start exercising fairly vigorously 6 weeks later. While being strong is definitely a necessity for protecting my body from repetitive strain, maintaining proper postural alignment and body mechanics with daily tasks is equally imperative to prevent pain. Often in the physical therapy setting we see people who have impressive physiques from their workouts, but still have chronic pain due to poor posture and poor body awareness with their work and home life.

When you have an infant who would prefer to be held (versus being in a swing or on a mat), or when you are trying to do things around the house and/or running errands it is necessary to have an infant carrier that supports the baby's weight in a way that does not compromise your posture or interfere with body mechanics.

I realize there are hundreds of choices for carriers out there and many are marketed for different reasons, so I will give my perspective from a physical therapist's point of view. Depending on the individual who is taking care of the baby and their physical build, different carriers may feel different from person to person. I tried three different carriers out before I found one that made me feel that I was able to keep my body in good alignment and fit me the best.



[Ergo Baby Carrier](#),  
\$96.00



[Infantino Baby Carrier](#),  
\$29.99



[MiaMily Hipster Baby Carrier](#), \$129.99

### **Ergo Baby Carrier**

This carrier worked well when my son was content facing inward due to lack of head control, so from birth to about 2 months. The lumbar support and the shoulder straps are very thick and well reinforced so the baby's weight was well distributed, and I could pull the straps tight enough to keep his body close to mine so it would not throw my balance off when squatting down or walking outdoors.

Unfortunately after 2 months when he wanted to face outwards there was really no place for his feet to go other than balancing on the belt and often that did not work well. There are more expensive versions of Ergo Baby carriers, so it is possible that in other versions the baby can face out when they are younger, but I did not find any when I looked at the pictures online. I did not use the Ergo carrier past the 2 ½ month mark due to my son's desire to want to face out, so I can only review how it felt with a baby weighing 10-11 lbs.

### **Infantino Baby Carrier**

This carrier allows the baby to be carried facing inwards, outwards, on the hip or on the back dependent on the age of the child. I will say you get what you pay for in that the cheap price tag meant cheaper materials. The belt and pouch were very soft, and no matter how much I tried to tighten the straps on the shoulders and waist my son's weight would just hang on my shoulders. That then caused me to either lean backwards to support his weight hurting my low back, or to shrug my shoulders causing neck and shoulder tension. If you are not sure if your child is going to like a carrier, and you don't want to spend a lot of money, then maybe start with the Infantino. However, it is probably not ideal for prolonged use.

## MiaMily Hipster Baby Carrier

This carrier also allows the baby to face inward, outward, on the hip or on the back as they get older. Like the Ergo carrier it is well constructed with a very thick lumbar belt and shoulder straps to help disperse the baby's weight: there is also the addition of a seat for the baby to rest on with a very thick walled pouch which additionally takes off some of the weight off the shoulders and lower back. Because the baby's weight is well supported it makes it easy to maintain proper postural alignment with walking. The seat causes the center of gravity to be a little further in front of the body, so I had to work on retraining my balance with squatting movements for household and outdoor tasks. I would say it would be a worthwhile investment to get this carrier as it has helped support my son's weight well as he has gotten heavier.

Although I do feel having a carrier that supports proper posture is important, I cannot emphasize how important it is to have strong muscles and good body mechanic awareness to help protect one's body as the child grows heavier and more active. This education can be obtained with a thorough evaluation by a physical therapist. I would encourage any caregiver of young ones who find themselves reaggravating chronic injuries to look into such an evaluation so they can invest in keeping their bodies healthy for life's endeavors.



We love when our therapist, Brigit Moore Lim, brings Isaiah with her to teach one of our group exercise classes!

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## A Message To The Grandparents:

### Grandparent Fitness

Article by FPT's Michael Moore, P.T.

Several areas of activities will necessitate some grandparent fitness. The level of fitness or involvement is influenced by just how involved the grandparent is in the grandchild's life and also influenced by the age of the grandchildren.

## **INFANTS AND TODDLERS**

Changing diapers is an absolute necessity. We all know that. It is not in one's best interest to wait until the parents return from wherever they went. If the grandparent has gotten rid of a changing table decades ago or, in my case, the changing table is used for another purpose, then changing diapers on the floor is a safe position for the baby because there's no place to fall. Due to my own back defect, I avoid sitting on the floor to change diapers, but kneel instead. If your knees do not tolerate this position, I would strongly recommend an FPT consult with any PT to find out why.

A grandparent must be careful with respect to changing a baby's diaper while the baby lies on the bed. The risk to the grandparent is that if they bend over the baby while standing on the floor next to the bed, they could be positioning their back in a risky position. If they sit on the bed and then twist their torso to change the diaper as the baby lies on the bed, the back is also very vulnerable because of the sitting position in combination with twisting. I purposely choose to change diapers with the baby positioned on the bathroom floor in case the baby has additional release of liquids or solids. Clean up is easy and can be more thorough.

A second potential compromising position is installing a child car seat or putting a screaming child into one. If you do not think about your spinal alignment, your back could easily flex and twist which is statistically the most common mechanism of disc herniation. I find it less risky by stepping into the car and facing the child as the straps are connected. If the child is in a rear facing car seat such as infants and some young toddlers, --- squeeze your glutes vigorously! More recently I have seen a pedestal type car seat that swivels so the parent or grandparent can easily put the child in while the child is facing the adult at the open car door. Once secured, the child is swiveled and locked into place rear facing or front facing determined by age, weight, and the law.

## **TRANSFERS OF BABIES**

Squatting is an absolute necessity for picking up children!!! The most dangerous of these activities is trying to lay a sleeping child into a pack and play because you do not have a crib at your house any longer. The pack and play is almost at floor level and you are trying to not wake the child during this transfer. You must squeeze the glutes as the child is lowered to the mattress.

Carrying children upstairs/downstairs - I do not hesitate to use the handrail for either one of these activities for the safety of the child and myself. There is an added risk if the child makes a quick, unexpected move and throws you off balance.

## **OLDER CHILDREN AT THE PLAYGROUND**

With older children, I like to get them outside any day that we are in charge of them and this means going to a park frequently when the weather is cooler. In the summer playing in the pool on hot days is a good way to channel their energy so they sleep well at night. At least in the pool you are somewhat buoyant and low risk to hurting yourself when playing with beginning swimmers in the shallow end.

At the playground, flexibility becomes an issue when you are an adult climbing on jungle gyms and monkey bars that were fitted for children. You must have a

level of flexibility in order to partake in such activities or to accompany them when they are gaining their confidence to be able to do these activities independently. Once they gain their confidence, you hope that some other kids show up at the playground and your grandchildren can go play with someone who is not so slow to move as you and me. If you cannot even consider this activity due to flexibility issues, that deficit could also be addressed by any therapist at FPT.

### **BALL GAMES**

You may have thrown well decades ago, but have not thrown in a long time. I suggest starting out with underhand throw to warm-up. Be very careful when throwing overhead to make sure the distance is short and easy. Also be careful about throwing rocks into the river with your grandchildren which is one of our favorite activities. You may not have the same ability to skip a rock that you once did 50 years ago. If you injure your shoulder throwing, guess where you need to go???

Godspeed for all involved grandparents,  
Michael J Moore

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## **A Message To The New Moms:**

### **The Pelvic Floor And Childbirth**

**Article by FPT's Kristen Branham, M.P.T.**

The pelvic floor consists of the muscles, ligaments, and connective tissues that help to support the bladder, uterus, and rectum. Because of the gradual stretching and weakening of the pelvic floor during pregnancy when the baby is growing, as well as the strenuous act of labor and delivery, urinary incontinence and prolapse are two of the more common consequences of childbirth. Stress urinary incontinence is when your body leaks urine, usually when under exertion such as coughing, sneezing, lifting, jumping, or running. But it could take as little exertion as getting out of bed to cause a few drops to escape. Prolapse is the downward movement of the internal organs into the vaginal canal. It may be experienced as pressure to the lower abdominal and pelvic region or there may actually be a visible bulge in the vaginal opening.

During a time when all of the focus is on your precious new baby, don't forget your own body is going through a lot of healing in the first year post-partum. The goal is to allow the pelvic floor to return to its natural form of support, and so getting involved in a high-intensity workout or running program is usually counterproductive.

In the beginning, you can take the time to lie down and practice a kegal while blowing air out of your lungs. Then see if you can pull your lower abdominals in toward your spine during the kegal. There should be no bulging or pressure downward into the vagina. Now practice this coordination of your breathing, kegal, and abdominals as you exert your body. For example, when you are ready to pick up your baby, you will do a kegal and blow out as you lift him or her up for a snuggle.



Folsom Physical Therapy specializes in Pelvic Floor Physical Therapy. Please call our front desk for more details.

## Help Someone You Love Spend More Time Doing What They Love To Do



### Folsom Physical Therapy Gift Certificates

Folsom Physical Therapy gift certificates can be purchased and used towards evaluations, treatments, group fitness classes and independent gym.

**Please call our front desk for more details**

[Visit our Website](#)

## FPT Calendar



**April 8, 2019 @ 7 pm**

**"New Technique For Rotator Cuff Tear Management"**

Lecture by Dr. Lucas

**April 17, 2019 @ 7 pm**

**"Can We Talk? - It's Not Just Words That Matter"**

Part II Of Our Conversations On Aging Series

Lecture By Ginger McMurchie

Please call 916-355-8500 to RSVP