



# The Folsom Method

Brought to you by Folsom Physical Therapy & Training Center



"The more grateful I am, the more beauty I see."

**Mary Davis**

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## Gratitude & Actively Choosing Joy



Folsom Physical Therapy would like to encourage our community to focus on gratitude and actively choosing joy.

The concepts surrounding joy and gratitude that are discussed below are based on the ideas written in the book, *The Gift Of A Happy Mother* by Rebecca Eanes (Happy Belated Mother's Day to all of the moms out there!). Although the book is written to moms, we believe that these concepts about joy and gratitude do not just apply to mothers, but to our FPT community as a whole.

In her book, Rebecca states that we have a choice as to how we perceive our life experience. Let's not set ourselves up to dwell on the difficulties but to dwell on the joys.<sup>1</sup>

### Here are three tips for actively choosing joy.

1. **Value what you do.** So much of our own frustrations come from feeling undervalued. It is paramount that you find significance and satisfaction in how you spend your days.<sup>1</sup>
2. **Guard your mind and your mouth.** Is what you're reading or watching each day encouraging you or is it discouraging you? Determine what kind of attitude you want to have and what kind of person you want to be. Whatever isn't leading you toward that, let it go. Likewise, watch the language you use and in whom you confide. This *isn't* about holding in your frustrations but letting them out and then moving through. Make wise choices that move you forward.<sup>1</sup>
3. **Move from complaining to problem solving.** If you find yourself discussing with your partner or friend how difficult life is, move to find a solution so that you don't stay in that negative space. If you're struggling because you are sleep deprived, brainstorm ways to get more rest. If feeling overwhelmed is the problem, work to lighten the load. Don't remain stuck. There is too much beauty to be seen in your days.<sup>1</sup>

1) Eanes, R. (2019). *The Gift Of A Happy Mother*. New York, NY: TarcherPerigee.

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## What Are You Grateful For?



We asked the FPT team to list the top 5 things they are grateful for. Here are some of our answers.

- Silence
- The promise the future holds
- People who have given me support and guidance during my journey

- Faith
- Love
- My church
- My mom
- Whole food, plant-based lifestyle

- The obstacles I perceive on my path
- The warm relationship I have with the people in my family
- Camaraderie shared within the FPT family/community
- Able bodies
- Good health
- The fact that there is always potential for improvement with everything
- Sunny weather
- That I am well enough to ride a bike

- Outdoor activities
- Music
- Art
- Well written words
- Swimming in the ocean
- Getting a chance to know my dad better and form an adult relationship pre and post his recent illness
- Living in a place with so much variety in natural beauty
- My kids
- All the wonderful patients that come in to FPT

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## The Joy of Riding a Bike

Folsom Physical Therapy loves to help people rehabilitate so that they can get back to doing what they love to do. If being outside and active brings you joy, Folsom has an abundance of trails and bikeways to explore. Did you know that Folsom offers more than 50 miles of paved trails for cyclist and pedestraints to adventure on? How amazing! We have listed 3 trails below (click on the trail names for more details), or you can click [here](#) for the official Folsom Trail Map.

- 1) [Johnny Cash Trail](#)
- 2) [American River Bike Trail Via Historic Folsom](#)
- 3) [Folsom Point Park & Hiking Trail](#)



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## Joy Shared is Joy Multiplied

### Join us for the Spring-into-Summer Plant-based Potluck

FPT loves to encourage plant-based nutrition and we believe that one of the only things better than eating a delicious plant-based meal is eating it with a group of friends. Our potlucks are an opportunity to share one of your favorite plant-based dishes and to get inspired by the dishes brought by others.

Feel free to bring either a homemade dish of your own or to bring a dish you purchased from a local restaurant or grocery store.

**Spring-into-Summer Plant-based Potluck**  
**Friday, June 14**

*See you there!*



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## Grateful For Outdoor Activities

Grateful for time spent using your body while enjoying the outdoors? Your FPT physical therapist can help your body be as strong as possible so that you can do the outdoor activities you love as much as possible. Whether your favorite activity is ultimate frisbee, soccer, basketball, kayaking, skiing or swimming, FPT wants to help you reach your outdoor goals.



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Is golf your outdoor activity of choice? Folsom Physical Therapy's Christina Moskala, D.P.T. offers tips on how to stay on the golf course this summer.

## How To Stay On The Golf Course

Article by FPT's Christina Moskala, D.P.T.



Warm weather and sunny days bring with it the hope of more time on the golf course for many people. Unfortunately bad weather is not the only thing that can keep you away from the course. Painful injuries can keep you from swinging your golf clubs for the season or maybe even for life.

A study surveyed 1,144 amateur golfers and found that 62% had sustained one or more injury. The injury rate was slightly higher at 67.5% among low-handicap amateur golfers (handicap less than 9) than it was for less-skilled amateur golfers. Also, the typical injury forced the amateur golfer to miss on average more than 5 weeks of playing time.<sup>1</sup> The most common sites for injury among amateur men are the low back (36%), elbows (32.5%), hands and wrists (21.2%) and shoulders (11%). Most common sites for injury among amateur women are the elbow (35.5%), followed by the low back (27.4%), shoulders (16.1%) and hands and wrists (14.5%).<sup>2</sup>

So one requirement in order to improve your golf skills is to stay as injury-free as possible.

### **Tips For Injury Prevention With Golf:**

**1) Know Your Physical Health History and Status:** Some of this is obvious to most of us...if you have a history of a stroke with remaining one sided weakness, your swing is going to be affected and stress your tissues. If you have a heart condition, monitoring your heart rate while you play is important to avoid further injury to your heart. But many people don't realize more subtle nuances can have a big impact as well. If your lead hip is a little stiff and has an internal rotation range of motion deficit, your chance of a low back injury is higher.<sup>3</sup> If you have weak parascapular muscles or tight pectorals and upper trapezius muscles, golfing can cause shoulder impingement pain. The best way to know the status of your musculoskeletal system is to have an evaluation done by a physical therapist. Your physical therapist can tell you where you may have range of motion, flexibility, or strength deficits and show you what exercises can address those deficits.

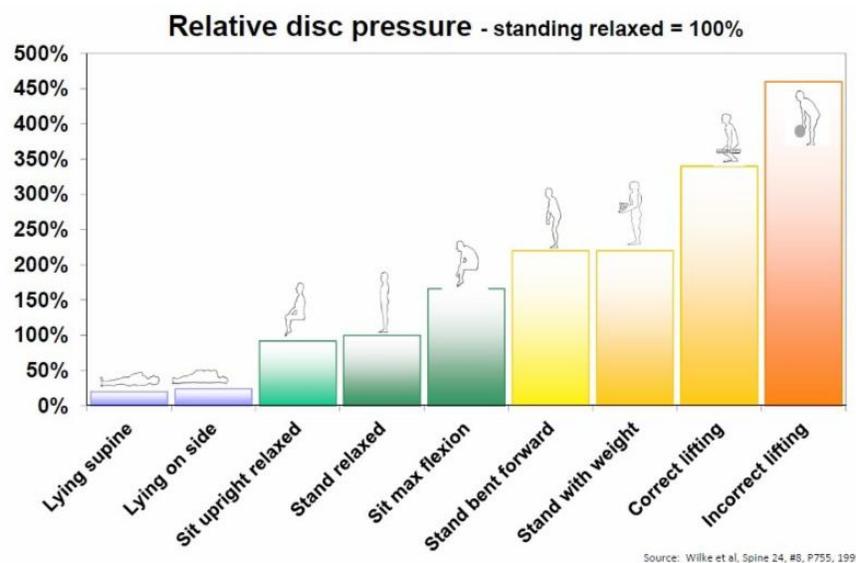
**2) Have Your Swing and Technique Analyzed:** There are many theories on how to best hit a golf ball. The reality is, we all have slight variations in our stance and swing. Not everyone can afford a golf coach. However, you can show your local physical therapist your stance and swing and after evaluating your specific musculoskeletal system, they can educate you on the pros and cons of your technique, what injuries to watch out for, what exercises to do to prevent injury, and any modifications you may be able to make to prevent injury.



**3) Train Up to Longer and More Frequent Rounds:** You wouldn't run a marathon without slowly building up your running distance through many weeks or months. At the same time, you cannot avoid exercise for 6 months

during the winter, and then suddenly play a golf tournament the first sunny weekend of the summer and expect to have no aches and pains. If you are looking forward to a multi-day tournament or a one week vacation with your buddies with tee times booked everyday, do your body a favor and build up to those high frequency of golf swings and increased time on your feet. Build your swing endurance at a driving range and increase your ambulatory endurance by going on long walks over various terrain.

**4) Cross-Train and De-stress Your Stressed Tissue:** Cross-training is to engage in two or more types of exercise to improve fitness in your primary sport. There are many exercise options for cross-training. Because golf is an asymmetrical sport with extreme spinal rotation, cross-training with strengthening exercises specific for rotational forces while working in a safe, neutral spine position is highly advised. You can build your cardio endurance with biking or swimming. Golfing requires many hours standing bent forward (which increases spinal disc pressure)<sup>4</sup>, gripping, and creating rotational stress on the spine.



To reduce the chance of an overuse injury, make sure to take time to decompress the spine by performing self-traction, stretch the forearm and hand muscles that are tightened with gripping, and strengthen your core to stabilize the spine against rotational stress. If you are unsure how to traction, stretch, and strengthen, your local physical therapist can show you how.

**5) Warm-up:** According to a post by the Andrews Institute of Orthopaedics & Sports Medicine, “one survey showed that more than 80% of golfers spent less than 10 minutes warming up before a round. Those who did warm up had less than half the incidence of injuries of those who did not warm up before playing.”<sup>5</sup>

Knowing what is the best way to warm-up can be confusing. Like everything else in the health world, there seems to be a variety of opinions on this topic. Recent studies have found starting with a light cardio exercise such as jumping jacks, light jog, stationary bike, etc should be done first to warm up your internal temperature, pump blood to your muscles, and prepare the tissues for the stretches and stress that are about to come. Follow that up with some dynamic active range of motion exercises. Stretches before you play should be held for a short duration. Recent evidence has found warm-up involving static stretching is detrimental to immediate performance in golf as opposed to active dynamic stretching.<sup>6-8</sup> However, after you are done playing for the day, the focus can be

on flexibility rather than sports performance, so long-hold stretches, such as 30sec to 1min holds, are recommended. There are many videos and blogs online with instructions on what each phase of the warm-up can look like, but remember, every person's body is different with it's own strengths and weaknesses. Contact your local physical therapist to know what cardio, dynamic active range of motion, and stretches are safe for you.

**6) Listen To Your Body:** Aches and pains are your body's way of telling you that something is different than the norm. Delayed onset muscle soreness that lasts 24-48 hours is normal and typically should not be of concern. However, if there is a pain that consistently comes on with a certain move or the soreness lasts > 48 hours, it is time to rest and possibly consult your physician. Popular sayings such as "no pain no gain" and "pain is weakness leaving the body" while motivating at times, can be detrimental to your health.

Golf is an excellent form of exercise and can be good for balance training, strengthening, flexibility, and endurance. You also have the additional benefits that come with being out in nature and socializing with friends. Stay proactive with your health, and golf can be a game you can enjoy for many years to come!

- 1) McCarroll J, Rettig A, Shelbourne K: Injuries in the Amateus Golfer. *The Physician and Sports Medicine* 18(3):122-26, 1990.
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- 3) Murray E, Birley E, Twycross-Lewis R, Morrissey D. The relationship between hip rotation range of movement and low back pain prevalence in amateur golfers: an observational study. *Physical Therapy in Sport*. 2009;10(4):131-135. doi:10.1016/j.ptsp.2009.08.002.
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- 5) Stopssportsinjuries.org. (2019). *Golf Injuries | Golf Injury Prevention & Treatment*. [online] Available at: [https://www.stopssportsinjuries.org/STOP/Prevent\\_Injuries/Golf\\_Injury\\_Prevention.aspx](https://www.stopssportsinjuries.org/STOP/Prevent_Injuries/Golf_Injury_Prevention.aspx) [Accessed 29 Apr. 2019].
- 6) Gergley JC. Acute Effects of passive stretching during warm up on driver Club head Speed, Accuracy, and consistent Ball Contact in Young Male competitive Golfers. *J Strength Cond Res* 2009;23: 863-867.
- 7) Gremion G. Is stretching for sports performance still useful? A review of the literature. *Rev Med Suisse* 2005;1:1830-34.
- 8) Moran KA, Mcgrath T, Marshall BM et al. Dynamic Stretching and golf swing performance. *Int J Sports Med* 2009;30:113-18.

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**Help Someone You Love Spend More Time  
Doing What Brings Them Joy**

**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



**June 5, 2019 @ 7 pm**

**"Getting Your Life Balanced"**

Lecture by FPT's Brigit Lim, M.P.T.

**June 14, 2019 @ 6:30 pm**

**Spring-into-Summer  
Plant-based Potluck**

Hosted By Folsom Physical  
Therapy

**June 19, 2019 @ 7 pm**

**"Healthy Living For Your Brain  
& Body"**

Part III Of Our Conversations On  
Aging Series

Lecture By Denise Davis of the  
Alzheimer's Association

**July 20, 2019**

**Upper Quadrant 2 Series**  
Folsom Physical Therapy  
Continuing Education Course

Please call 916-355-8500 to RSVP