

WESTGATE ORTHOPAEDIC PHYSICAL THERAPY & EXERCISE INC., P.S.



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HAPPY HALLOWEEN!



If you have low back pain, stay as active as you can. Until about a decade ago, doctors often advised people with back pain to rest in bed or “take it easy.” A recent review by the Cochrane Collaboration confirmed that **bed rest can be counter-productive**, while staying as physically active as you can helps reduce pain and improve mobility. The evidence is not clear that staying active helps people with sciatica, though it’s reasonable to think that they too are likely to benefit, the researchers said. Physical movement may help speed recovery by increasing blood supply and nutrients to soft tissues in the back.

Weekend Warriors

A weekend warrior is someone who exercises, works out, or plays a sport only on weekends, usually because of a busy schedule. Nobody knows how many of us fall into this category, and there has been surprisingly little research on the health effects of once– or twice-a-week exercise sessions.

A few years ago, the Harvard Alumni Health Study looked at a group of older men classified as weekend warriors because they burned only 1,000 calories weekly in recreational activities and did it in one or two bouts. It turned out that healthy weekend warriors lived longer than their sedentary counterparts. But men with at least one risk factor for heart disease (such as high blood pressure or cholesterol) who exercised sporadically did not live longer. Those who burned 2,000 calories a week in daily or almost daily exercise fared the best of all.

One problem with occasional workouts is that the risk of injury is greater, especially if

MAKE YOUR OWN FROZEN GEL PACK FOR ICING INJURIES by partially filling a heavy-duty plastic freezer bag with a mixture of one-quarter rubbing alcohol and three-quarters water. Seal the bag, then seal it inside a second plastic bag. Place it in the freezer. The gel will remain soft (the more alcohol you use, the softer it will be), making it gentler and easier to mold to/around various body parts/injury sites.

you are cramming in intense activities. Your muscles may not have time to adapt to the stress of exercise. And a hard workout can leave you sore, which may discourage you from exercising for a while. The best plan is to make time for some exercise most days, not just weekends. Walk, swim, bike, do calisthenics. If you have to limit your vigorous workouts to the weekends, try not to push too hard.

*University of California, Berkeley Wellness
Newsletter, Sept 2010 and Oct 2010*

SOUR CREAM PUMPKIN PIE

Weight Watchers® New Complete Cookbook 2006

BASIC PIE CRUST:

1 cup all-purpose flour
2 tsp sugar
1/8 tsp salt
2 Tbsp cold unsalted butter, diced
2 Tbsp cold vegetable shortening
1 tsp cider vinegar
3 Tbsp iced water

Makes 8 servings

1 (15-oz) can pumpkin puree
2/3 cup light sour cream

1/2 cup sugar
1/2 cup fat-free egg substitute
1 tsp cinnamon
1/2 tsp ground ginger
1/4 tsp ground cloves
1/4 tsp ground nutmeg

1 Basic Pie Crust, unbaked

Per Serving (1/8 of pie): 217 Cal, 8g Fat, 4g
Sat Fat, 1g Trans Fat, 14mg Chol, 84mg Sod,
32g Carb, 3g Fib, 5g Prot, 62mg Calc

1. In a large bowl, combine flour, sugar, and salt. With a pastry blender or 2 knives, cut the butter and shortening into the flour until the mixture resembles coarse crumbs. Stir in the vinegar and then the water, 1 Tbsp at a time, until the dough begins to form. Press the dough together and shape into a disk. Wrap with plastic wrap and refrigerate at least 1 hour.
2. On a floured surface, roll out the dough to a 12-13 in. circle; fit into a 9-inch pie pan, pressing to fit and crimping the edges to form a rim. Freeze 20 min. Prick the bottom with a fork.

1. Preheat oven to 400°F.
2. In a large bowl, with an electric mixer @ medium speed, combine pumpkin, sour cream, sugar, egg substitute, cinnamon, ginger, cloves, and nutmeg until well blended.
3. Pour into the pie crust and bake 15 minutes. Reduce heat to 350°F and bake until the center is firm, ~40min. Cool completely on a rack, then chill before serving.

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