

The MIHP Think Tank

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Change is good!

Tracy Ryckaert, PTA, NSCA-CPT

“Variety is the spice of life-and the catalyst for growth.” This is a motto that needs to be considered in creating the optimal strengthening program. Those of you who have followed a training schedule to prepare for a race have become familiar with various forms of workouts such as a tempo, form, hills, speed workouts, long runs, etc... you have come to understand the science and need for variation in your workouts, in order to prepare you for race day. This training pyramid allows you to reach your overall cardiovascular capacity and fitness. A similar philosophy needs to be incorporated in exercise progression. If you don't regularly change your exercise program-your body will adapt- and the improvements will be limited. Notice how testimonies of weight loss and improvement are noticed when one first initiates an exercise program. Results come from adaptation induced by change.

Now this does not necessarily mean that your chosen exercises need to be changed every work out or even every week. Incorporating a small change in the layout of your exercises can challenge the body and result in new growth.

Here is an example of a one- month program on a 3x per week basis. First, choose 6-8 exercises that:

1. Address your individual weaknesses or tightnesses.
2. Compliment your chosen sport.
3. Restore rotation at the joints designed to rotate (ankles, hips and thoracic spine).

Begin by laying these exercises out in a **horizontal** pattern doing 2 sets of 10-12 repetitions of each exercise for your first two workouts. In your third work out increase your number of sets to 3.

The following week, perform your 6-8 exercises in a **vertical** format, also known as a circuit. Begin with exercise #1 for 45 seconds, then #2 for 45 seconds, #3 for 45 seconds, etc. After completing a full circuit of all 6-8 exercises start back at #1. Perform the entire circuit 3 times.

Your third week of the same 6-8 exercises will incorporate super-setting. Pair up your exercises in 2's (#1 and #2, #3 and #4, #5 and #6) perform one set of 12-15 reps of #1 and then 12-15 reps of #2, go back to #1 and then #2 for three sets of each exercise, then move down to the next pair.

Continue this super setting form in the fourth week but change up the paired exercise. After completing one month or four weeks, change your exercises and begin the cycle over again. You will be amazed with your results.

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Boston dreams come true

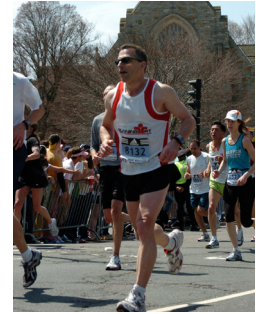
Most marathon runners have become familiar with the chatter of “qualifying for Boston”. I enjoy sharing in the journey of each of our Boston Marathon clients and 2008 brought 4 of our MIHP clients to the race.

Kim Sanner, a marathon runner and triathlete met her qualification goal in 2006 at the Bayshore marathon but unfortunately was held back from racing at the 2007 Boston Marathon due to a chronic injury. Kim spent a year correcting her biomechanical ailments with the assistance of MIHP and raced the 2008 Boston Marathon with a finishing time of 3:25:34 WOW! Congratulations Kim. Kim is also preparing for her first Ironman race in Louisville this summer.

Gary Godula set out to run a qualifying time at the 2007 Detroit Free Press Marathon. With the support of his Running-Fit co runners, Robin’s massages and MIHP to restore hip mobility, Gary was able to fulfill his goal, surrounded by his friends, finishing the DFP marathon in a time of 3:19:06, a “Boston Qualifier”. Gary finished the 2008 Boston Marathon in what he described as an “easy” 3:22:36. Congratulations Gary!

Corey Perez came to MIHP just a couple of weeks before his Boston Marathon debut with complaints of severe hip pain. He successfully completed the race without pain in 3:06:27. Congratulations Corey!

And one final mention. A former member of the MIHP Think Tank, James Lander, who is now attending chiropractic school in California, completed the Boston Marathon in 2:22:34, to place 17th overall! He ranked in the top 10 of American finishers with that time.



Gary Godula running in Boston

UPCOMING EVENTS:

September 6
 The Missing Links of the Knee
 William Beaumont Hospital
 Troy, MI

September 12
 The Missing Links of the Spine
 MIHP
 Warren, MI

September 18
 BackTalk
 Community House
 Birmingham, MI

Exercise of the month - Line walking

It sounds so simple, but don’t underestimate it’s impact. Do this exercise at least once a day and you will unlock the potential of loading your hips.

Walk on a line for about 50 feet. That’s it. Put one foot in front of the other in a heel/toe fashion. With every step you take, you are dynamically elongating the gluteus medius (hip muscle), improving ankle flexibility and improving your balance. Do this before you run or walk and you will immediately notice an ease of movement. Do it at work. Do it at home. Draw the line on healthier hips!

