



Back To Function

Fall 2009

Office Happenings

2009 has been a great year for Back to Function (BTF). We have been busier than ever but still have been able to provide you with timely appointments so that you do not have to wait long to get care.

We had another dynamic and productive summer training camp for hockey players. This year we had many of the pros return from prior years, as well as a big influx of elite level young women. These motivated young hockey players came to us from a variety of hockey powerhouses such as Providence University, R.I.T., Trinity College, Niagara University, Manhattanville University, Minnesota State University,

Norwich University and the LA Hockey Club.

At BTF we have a new addition to our staff. Cheyenne Norstrom joins us at the front desk. We are pleased to have her here.

If you have not recently visited our website, backtofunction.com, we have made many changes and updates. It links to several videos clips so check it out.



Squats for leg strength



How fit are you?

Take the BTF Fitness Challenge now. It consists of a testing sequence designed by the BTF docs to measure your overall fitness. We will give you a fitness score and you can compare your results to other BTF members. There will be prizes for the top male and female! The current top score is a 1027/1100!



Deadlifts for back strength

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Did you take the Nutrition Challenge?

Earlier this year we offered the **21-day BTF Nutrition Challenge to our clients and athletes**. The goal of the program was to help them lose weight, body fat and decrease blood pressure if needed. We recorded each participant's

body weight, body fat and blood pressure prior to the start of the 21-day program and then again after it was completed. 19 people completed the challenge and you won't believe their results. Check out the re-

sults from the BTF Nutrition Challenge.

If you are interested in trying the BTF Nutrition Plan, it is available at our office for \$50.

Highlights of BTF Nutrition Challenge:

- Average body weight loss: **6.3lbs**
- Greatest body weight loss: **19.5lbs**
- Average body fat loss: **3.4%**
- Greatest body fat loss: **6.7%**
- Average blood pressure decrease: 10.2/7 (i.e. **decrease from 140/86 to 120/79**)
- Greatest blood pressure decrease: 30/22 (i.e. **decrease from 150/102 to 120/80**)
- **Like these results?? Take the 21-Day challenge for only \$50**

Speed Development Part 1: Technique by Erica Witter, D.C., C.S.C.S.

To be able to perform well in any sport, there needs to be a component of speed. Speed is the rapidity of movement and is an important aspect of all sports.

Speed is developed in athletes by using their strength, flexibility, endurance and technique. The technique is performed numerous times at slow speeds and then transferred to maximum speed, so that the skill set is repeated, the timing is perfected and the movement becomes second nature.

Today's topic is sprinting technique. Proper sprinting is divided into three phases, start, acceleration and maximum speed.

1. Start

In this phase, the athlete's body weight is evenly distributed between the hands and the feet. The front knee is at 90° and the back knee at 120°.



Next the athlete explosively pushes from both feet driving the back knee forward into a high knee position.

The arm swing is performed aggressively with the elbows at 90° which helps propel the athlete forward.



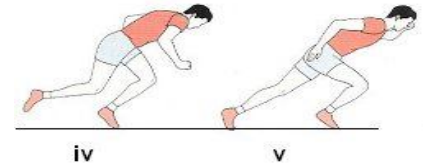
Dr. Witter leads by example

2. Acceleration

The athlete continues to move by pushing each step into the ground, thereby creating the forward motion.

Head is relaxed, eyes focused straight ahead.

The forward body lean gradually decreases as the athlete slowly assumes the upright running position. (Think of an airplane during take-off.)



3. Maximum Speed

Torso remains upright.

Shoulders stay in a neutral position and do not rock from side to side.

Elbows are at 90° and are kept close to body.

The arm swing is done by the shoulders only and is performed aggressively.

Hands pass forward and up to the height of the shoulders and go down past the hips.

Have a high knee lift, while the opposite foot strikes the ground with the ankle slightly dorsiflexed. (Toes up)

The head is aligned neutrally with the shoulders.

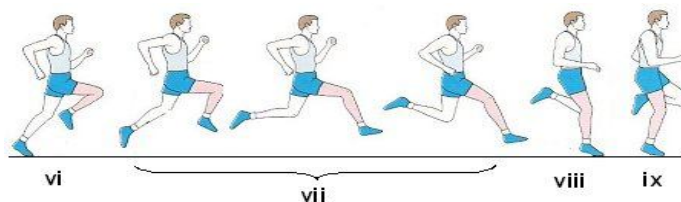
Stay relaxed throughout the neck and facial muscles. Once the body becomes tense and strained, the athlete will run slower.

Be sure to decelerate slowly out of the run; do not come to a sudden stop.

"Speed is the rapidity of movement and is an important aspect of all sports."

Dr. Erica Witter

Each sport has a high level of technique that needs to be mastered for an athlete to be able to perform at their optimal capacity. Learning a new skill or perfecting one takes time, focus and determination. Practice, your skill and in time you will see results.



Has it Been a While Since We Have Seen You?

If you haven't been to BTF for a while maybe it is time for a visit. We are the only office in the South Bay that combines chiropractic and soft tissue therapy with elite level exercise and nutrition programs. These are programs that are actually supervised by doctors that have extensive professional and Olympic level experience in multiple sports. What that means to you is faster recovery times from injuries and superior fitness training results.

*"At Back to Function we will guide you to feel and perform better."
Our mission statement*

Give us a call if you are suffering from one of the following:

Low back, mid-back or neck pain

Shoulder or wrist pain

Elbow pain including tennis elbow

Hip pain

Knee or ankle pain

Headaches

We are also used extensively by orthopedic surgeons in the area for the post-operative soft tissue therapy and rehabilitation of their patients. If you have had a recent surgery and require therapy, schedule a consultation with one of our doctors.

If you have experience working out at BTF, you have probably performed this exercise. Here it is expertly demonstrated by pro hockey player Sheldon Souray. At BTF we develop functional programs for people at all levels, based on safe, scientific movement patterns.



Nutrition Tips: Not More Salad?!



Are you trying to eat more big salads but cannot seem to stomach them without covering them in goeey, fat and dairy laden dressings? Try these tips:

1. Use a big scoop of low-cal nutritious salsa and cut way back on the fattening dressings. For variety, buy fresh prepared

salsas, some are made with green or red tomatoes and even mango or pineapple.

2. Use a big scoop of nutritious hummus instead; it contains tahini, made from sesame seeds, which is rich in calcium, and garbanzo beans, a good source of protein

Athlete Profile: Morgan Thomas

One of the athletes we have had the privilege to work with over the past several years is Morgan Thomas. She is a tennis player at Palos Verdes High School, where she has been varsity team captain all 4 years. For the past 3 years straight Morgan has won High School Bay League and has been a Division 1 CIF Semifinalist.

She first came to BTF struggling with some aches and pains. Those quickly resolved and she has stuck around to participate in our sports specific training program.

Morgan is a focused and highly motivated athlete. Some of her achievements include beating the 8th seed at

Winter Nationals and qualifying for the quarter finals after beating the 17th seed. One of her goals is to obtain a position on the tennis team of a competitive athletic and academic university. This is what Morgan has to say about working out at BTF: "After being out of tennis during my crucial Junior year from a lower back injury, I bounced back to reach the top and beat many high ranked players that used to beat me before my injury."

"I give all the credit to BTF for making me stronger physically and mentally." Morgan Thomas



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We will guide you to feel
and perform better

Fall Recipe: Green & Bean Soup

*This recipe is featured in the
BTF Nutrition Plan
Recipe Handbook*

Ingredient List:

- 2 cups **broth or water**
- 2—**Leeks**, wash well and chop white and green parts
- 1—**Red Potato**, cut in 1/2 inch pieces
- 1—**Zucchini**, chopped
- 1 can **White Beans**, drained and rinsed well
- 1 cup fresh **Spinach**

- 1/2 cup **Orzo**
- 1 teaspoon **dried basil**
- 1 teaspoon **dried oregano**

Black pepper to taste

Tobasco to taste

Place 1 cup of the broth or water in a soup pan and cook the leeks for 3 minutes.

Add potatoes and remaining broth and spices, cook for 5 minutes.

Add the orzo and beans and cook for 5 more minutes.

Add remaining ingredients, cook until the spinach wilts.

If desired, spice to taste using more pepper and Tobasco.

Makes 2 servings.

