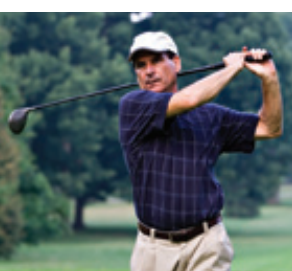


# [Active Bones]

MAY 2011



## ORTHOPAEDIC SURGERY AND SPORTS MEDICINE TEACHING AND RESEARCH FOUNDATION

### THIS ISSUE INCLUDES:

Travel  
Workouts



### *Upcoming Topics:*

Tommy John Surgery • Heat Illness  
Football Workout • Concussions

Dear Reader,

ACTIVE BONES is the official newsletter of the Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF). The newsletter is a brief, easy-to-read educational piece that provides continuing education about musculoskeletal injuries, health performance, and new research and development in the field of Orthopaedic Surgery and Sports Medicine.

Please contact us at [www.otrfund.org](http://www.otrfund.org) or [stevenchudikmd@hoasc.com](mailto:stevenchudikmd@hoasc.com) with any questions, suggestions for any specific topics that may be of interest to you, or if you just wish to be added to the distribution list to receive this publication directly.



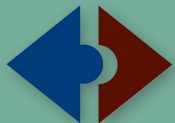
Sincerely,

Steven C. Chudik MD.  
Orthopaedic Surgeon  
OTRF Founder and President

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TO RECEIVE THIS  
NEWSLETTER DIRECTLY



## Travel Workouts

*For the Traveler or for Someone Always On-the-Go*



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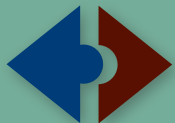
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While watching TV or browsing the internet, you have probably been witness to the multitude of infomercials advertising different supplements, diets, and exercise programs, all GUARANTEED to produce incredible results in short periods of time. Most advertise false claims, many are unhealthy and even dangerous, and for those that can produce results, most are not practical nor sustainable and risk injury for the everyday person trying to stay healthy and active. The reality is that these advertisements are trying to sell something and to sell they need to market a highly desirable product, not necessarily real product. Most of

these programs lack the key ingredients of moderation, sustainability, incremental progression and personalization.

Just as with New Year's resolutions, most try to build Rome in day and often fail. Successful diet and exercise programs need to be moderate and sustainable. Programs that are too extreme are not sustainable because people cannot afford the time, get injured, or the program is too difficult and quickly becomes aversive. It is best to start slow and progress incrementally regarding frequency, duration, and difficulty. Ultimately, the goals and expectations are different for different people and depend on age, general health, time available, and personal aspirations. A young athlete may afford several hours a day of intense sport-specific training and extensive diet planning, whereas, the 45 year-old travelling business person with 3 kids, a mortgage and other responsibilities may be limited to less than 1 hour per day of general fitness training and is just trying to avoid fast food.

OTRF is working in this area of Health Performance to promote safe goal-oriented exercise programs and nutrition information for the community. Disseminating this knowledge will ultimately help the members of our community lead more healthy and active lives.



## Travel Workouts continued

To begin, OTRF is introducing the first workout of our series. If you are on the road multiple days a week, have limited time and need to travel light, the Traveler's Basic Workout, with minimum of equipment needs, may be just what you are looking for. It is a 20-30 minute workout using only your own body weight and an exercise band to get a good, well-balanced, full-body resistance and cardio workout right in your hotel room.

With any possible known or unknown health risks, please make sure to consult a physician prior to starting any exercise program.

### Brief Warmup

Roll your neck in big circles slowly, feeling a stretch, for 10 rotations clockwise and counterclockwise.

Place your arms straight out to the side and perform medium size arm circles, 10-20 forward and 10-20 backward

March in place for 15-30 seconds bringing your knees up without rounding your lower back.

Perform 20-40 smooth jumping jacks with soft landings. Don't wake your neighbor below.

### The Workout

Attempt to perform each exercise for 30 seconds, one after the other in a circuit format, resting 30-60 seconds between each circuit. You may repeat the circuit 2-5 times based on how much time and energy you have for the workout.

### An Alternative Workout

Perform 2 exercises in a pair for 12-20 repetitions each, resting 30 seconds between each pair of exercises with no rest between the exercises of a pair. Again, the complete circuit of exercises can be repeated 2-5 times in this paired fashion based on how much time and energy you have for the workout.

### EXERCISE 1

#### Y Squat



From a standing position, raise your arms overhead in a Y position and position your feet just wider than shoulder width apart. Reach back

with your hands rotating your arms so your elbows point forward. Bend your knees and push your hips back like sitting in a chair as you squat down, stopping just short of bending your knees 90 degrees.

### EXERCISE 2

#### Hip Raise, either 2 leg or 1 leg

Lie on your back with your hips on the floor. Lift your hips to the ceiling pushing into the floor with your heels. Contract your Gluteus (buttocks) muscles and hold the position, keeping your hips straight and your knee bent approximately 90 degrees. For increased difficulty, grab your one knee and pull it into your chest.



### EXERCISE 3

#### Split Squat

Start with your left foot out in front in a split stance position. Bend both knees to lower your body, keeping your upper-body tall. Make sure the front knee stays directly above the front ankle. Hold for 30 seconds then switch legs.

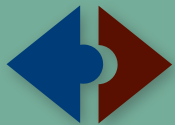


### EXERCISE 4

#### Side Plank

Lie on your left side with your left elbow directly under your left shoulder. Lift your hips up and push them forward to keep your body straight in all planes from your shoulders to feet.





## Travel Workouts continued

### EXERCISE 5

#### Plank to Press-up



From a pushup position, lower your body to one elbow and then the other. Return to your hands, one after the other, on the way up. Alternate elbows 1/2 way through.

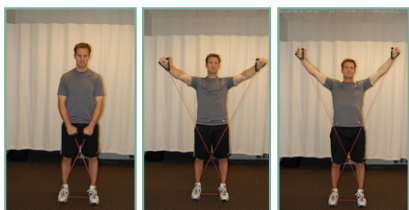
### EXERCISE 6

#### Standing Row

Wrap the band around a pole, door hinge, or something to anchor the band that won't move. From a slightly squatted position, pull your shoulders back squeezing your back muscles between your shoulder blades. As you pull the band into your body, rotate your hands from the palm down position to palm up.



### EXERCISE 7



#### Super X Pull

Stand on the band, feet shoulder width apart. Grab the opposite handles so the band has an X through it and equal tension in each hand. Pull up and back with your shoulders. As you widen your hands, keep your shoulders down until your hands are over your head.

### EXERCISE 8

#### Bent-over Tricep Kickback

Place your feet in a split stance. Lean over your front leg so your body is straight from the shoulders to the heel. Keep both heels on the ground, and your weight on the front foot. Bring the same elbow as the front foot by your side near your ribs. Straighten your elbow by pressing your hand up.



## IMPORTANT TIP FOR ANY EXERCISE

During each exercise, it is important to relax your neck, jaw, and facial muscles and maintain good spinal posture by keeping your spine relatively straight and in line from your neck to your pelvis.

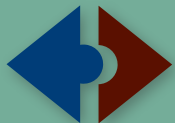
## IMPORTANT NOTICE

Not all exercises are suitable for everyone. So please consult your physician before beginning this or any other exercise program.

You should always warm up for a few minutes before beginning any workout, and you should never exercise beyond the level at which you feel comfortable.

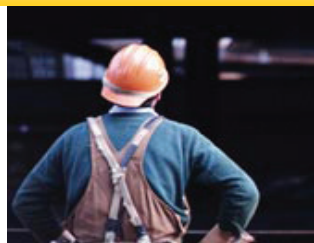
This work-out program should not be attempted by anyone who does not meet minimum fitness requirements or who has a history of hip, knee, ankle, shoulder, elbow, wrist, or spinal (neck or back) problems. This warning is not to be discounted. There are many other fitness alternatives if you have weaknesses or are prone to injuries. The user assumes all risks of injury in the use of this program.

If at any time, you feel you are exercising beyond your current fitness abilities, or feel discomfort, you should discontinue exercise immediately and reconsider your participation in this program.>>



ORTHOPAEDIC SURGERY AND SPORTS MEDICINE  
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## DONATION REQUEST

### We Need Your Help

OTRF can't do it without you. There is no question that health-care is expensive and difficult for most to afford; however, to continue to make important advances in healthcare, we need everyone's help to fund research and education. To conduct its work, OTRF has been fortunate to receive large donations from larger, more affluent parties and organizations; but, it still thrives mostly on small donations from many different individuals. Most donations come from the many patients and families that Dr. Chudik directly touches in his practice. Often, it is no more than the price of a Starbucks cup of coffee; but every donation, large or small, makes a difference.

**Thank you  
for your support.**

**1-630-794-8668  
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## ACL TEARS ARE ON THE RISE

### OTRF is Partnering with Good Samaritan Hospital

**on Tuesday, May 24 at 7 - 8 p.m.  
to Bring You a Seminar on ACL Injuries**

Anterior Cruciate Ligament (ACL) Injuries are serious knee injuries that affect the young and most active members of our community, resulting in knee instability, cartilage and meniscus damage, premature degeneration of the knee, and functional limitations.

Dr. Steven Chudik, an orthopaedic surgeon and expert in the field, will share how ACL injuries occur, risk factors involved, and treatment options. Learn how you can prevent and manage these injuries in the most effective manner.

To register for this FREE program contact Health Advisor 1-800-3 ADVOCATE or 1-800-323-8622 and mention class code 4G42.

### Faculty for the Seminar

**Steven C. Chudik, MD, SSC**  
*Orthopaedic Surgeon*  
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