

## Research Roundup



### Put your phone down if you want a successful workout

Multi-tasking may help you get ahead at work, but not at the gym. In fact, a [study](#) published in the *Journal of Performance Enhancement and Health* revealed that talking or texting on a cell phone can affect your stability and lead to falls and injuries.

According to Dr. Steven Chudik, president and founder of the Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation (OTRF), multi-tasking is not always productive and can result in bodily harm. “The study revealed texting and talking negatively impacted balance by 45 percent, while talking on the phone decreased it by 19 percent,” he explained. “It can distract us to the extent that it affects even our postural

stability which can place people at risk for injury from stumbling, losing their balance and falling in situations that might not otherwise create a problem,” he added.

The venue also doesn’t matter. Dr. Chudik said people who answer the phone while walking on a treadmill or even on a sandy beach are more likely to stumble, fall and twist an ankle or knee. “Clearly, the takeaway message is that people should be careful to avoid talking or texting on their cell phones while performing other tasks, especially walking, exercising and driving,” he cautioned.

### No time to exercise—take the stairs

A study in *Medicine & Science in Sports & Exercise* details stair-climbing research on sedentary, but otherwise healthy women. Researchers found that brief, intense stair climbing is a practical, time-efficient strategy to improve cardiorespiratory fitness.

The study tested the effect of two different stair-climbing exercise routines that included warm-up, cool down and recovery periods for a total investment of 10 minutes, three times a week. The first routine involved three, 20-second bouts of continuous climbing in an “all-out” manner. In the second test, participants vigorously climbed up and down one flight of stairs in one-minute intervals. Researchers found both routines produced major benefits for heart health.



According to Dr. Steven Chudik, president and founder of the Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation (OTRF), the underlying science behind these results is what we find with interval sprint training which involves short bursts of vigorous exercise with short resting periods.

No stairs at work or home? Dr. Chudik recommends stationary standing or walking lunges which are similar in technique and target the same muscle groups as climbing stairs. He also suggests that before starting any new exercise program to first consult your physician, regardless of age and particularly if you have heart, joint or balance concerns.

# Play, participate at peak performance with sport-specific OTRF programs

Through the Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation (OTRF), Dr. Steven Chudik and his Health Performance Team provide reliable and proven training information to help athletes of all ages and abilities compete and perform at their best—no matter if it is a state athletic championship or a weekly golf outing with friends. One of the most popular resources is OTRF's sports performance programs. Research-based, these programs incorporate appropriate exercises, weights and stretching into weekly training schedules to maintain strength and help minimize injuries.

The health performance programs are electronically distributed with the OTRF *Active Bones* E-newsletter. To automatically receive new programs, email OTRF and request to be added to the *Active Bones* mailing list. Sports performance programs previously developed by OTRF are available as PDF downloads.

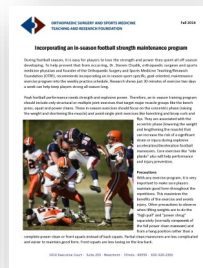
To download any of the free sports injury programs from Dr. Chudik and OTRF, visit the OTRF website, [otrfund.org](http://otrfund.org) and click on the sports performance tab. Or, email [contactus@chudikmd.com](mailto:contactus@chudikmd.com) for a printed version. Make sure to include your mailing address.



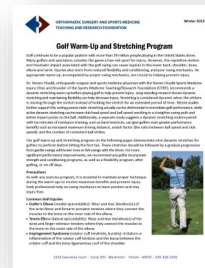
Baseball



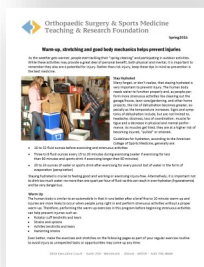
Basketball



Football



Golf



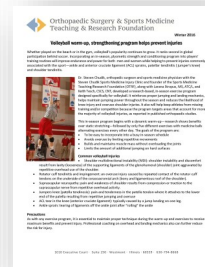
Getting out the Cob Webs



Lacrosse



Soccer



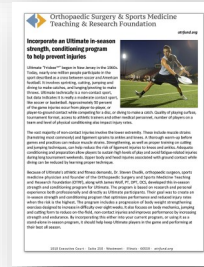
Volleyball



ACL 5



Youth Sports



Ultimate

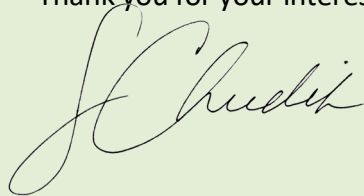
## Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation helps people stay fit and healthy

Dr. Steven Chudik, orthopaedic surgeon and sports medicine physician with the Steven Chudik Shoulder, Knee & Sports Medicine Injury Clinic, founded the Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF) in 2007. OTRF is a nonprofit, 501 (c)(3) organization dedicated to funding research and education for the purpose of keeping people active and healthy.

Dr. Chudik saw a growing demand by patients, athletic trainers and clinicians for up-to-date medical information and unbiased research on injury prevention—especially for children—as well as facts on arthritis and wear and tear on joints, cartilage, tendons, ligaments, etc. To fulfill these requests, OTRF produces and distributes this newsletter, shares information about health performance-related issues like nutrition and fitness, hosts athletic training educational programs, and conducts seminars for healthcare providers and the community. Most important, OTRF funds unbiased research and development particularly in emerging areas such as arthroscopic and minimally invasive surgery for injuries to the meniscus, labrum, rotator cuff, ACL and cartilage.

However, none of this is possible without ongoing financial support. We are extremely grateful to all those who have contributed in the past. Many of the donations came from patients or their family members who benefited from Dr. Chudik's orthopaedic and sports medicine expertise. If you might be interested in helping us continue our educational programs and research, please visit our website, [otrfund.org](http://otrfund.org) and click on the donation link. Or, if you prefer, email me at [contactus@chudikmd.com](mailto:contactus@chudikmd.com)/. Also, many companies sponsor programs that match their employees' charitable contributions. Some even match donations made by retirees and/or spouses. Matching gift programs are a great way to double your generosity. Regardless of the amount, every contribution helps make a difference.

Thank you for your interest in our E-newsletter, **Active Bones**, and the ongoing work of OTRF.



Steven C. Chudik, MD  
OTRF Founder and President  
Orthopaedic Surgeon and Sports Medicine Physician