

# The Side Road

March 2014 Edition

"A more personal approach to your health"

## National Nutrition Month



Nutritionist Stacey, gives tips on how to be the healthiest version of you with 10 simple steps!

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## Spotlight on Staff...



Agape Therapy is excited to welcome Doctorate of Physical Therapy Kristin Iehl back to the team full time!

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## I'm physically fit do I need Physical Therapy?

Physical Therapy and fitness go hand in hand. Read about how our Key West location is perfect for all your fitness buffs!

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if we had no winter  
if we did not *sometimes* taste of adversity  
the spring would not be so pleasant  
prosperity would not be so *welcome*

## Visceral Mobilization

Visceral (organs) Mobilization (to make move)

Instead of trying to reinvent the wheel, here is an excerpt from the prestigious Barral Institute on the description and use of Visceral Mobilization. They often use the word manipulation or VM. It can be a lot to try and understand.

"VM assists functional and structural imbalances throughout the body including musculoskeletal, vascular, nervous, urogenital, respiratory, digestive and lymphatic dysfunction. It evaluates and treats the dynamics of motion and suspension in relation to organs, membranes, fascia and ligaments. VM increases proprioceptive communication within the body, thereby revitalizing a person and relieving symptoms of pain, dysfunction, and poor posture.

An integrative approach to evaluation and treatment of a patient requires assessment of the structural relationships between the viscera, and their fascial or ligamentous

## Spotlight on Staff



## Kristin Iehl, DPT

Kristin, the daughter of Agape owners Cal and Deb Iehl, grew up in Cedar Falls and received her Bachelors from the University of Northern Iowa. During this time she worked at Agape Therapy as a Wellness Specialist/Therapy Aide. Kristin recently graduated from the University of Iowa with her Doctorate of Physical Therapy. When asked why she decided to come back to Agape she stated, "I wanted to carry on the legacy of what my parents have developed with Agape Therapy for over 30 years. The Cedar Valley was a great place to grow up, and I wanted to continue to be a part of the community." She is excited about working along side Agape's Therapists because of the wide variety of styles and creative ideas shared as a team. She is also excited about the progressive and collaborative treatment approach making up the Access care plan.

Congratulations Kristin and we are excited to have you on board!

(Visceral Mob cont'd)

attachments to the musculoskeletal system. Strains in the connective tissue of the viscera can result from surgical scars, adhesions, illness, posture or injury. Tension patterns form through the fascial network deep within the body, creating a cascade of effects far from their sources for which the body will have to compensate. This creates fixed, abnormal points of tension that the body must move around, and this chronic irritation gives way to functional and structural problems.

Imagine an adhesion around the lungs. It would create a modified axis that demands abnormal accommodations from nearby body structures. For example, the adhesion could alter rib motion, which could then create imbalanced forces on the vertebral column and, with time, possibly develop a dysfunctional relationship with other structures. This scenario highlights just one of hundreds of possible ramifications of a small dysfunction - magnified by thousands of repetitions each day.

There are definite links between somatic (body) structures, such as the muscles and joints, the sympathetic nervous system, the visceral organs, the spinal cord and the brain. For example, nerves innervate the intervertebral disks and have direct connections with the sympathetic nervous system (fight or flight), which innervates the visceral organs. These certain nerves and sympathetic nervous system are linked to the spinal cord, which has connections with the brain. In this way someone with chronic pain can have irritations and facilitated (turned on) areas not only in the musculoskeletal system (including joints, muscles, fascia, and disks) but also the visceral organs and their connective tissues (including the liver, stomach, gallbladder, intestines and adrenal glands), the peripheral nervous system, the sympathetic nervous system and even the spinal cord and brain."

<http://www.barralinstitute.com/about/vm.php>

Do you have pain in the trunk and nothing has worked? Digestion/urination issues? Pelvic pain? This could help.



## March: Nutrition Month

By Nutritionist Stacy Runde

March is National Nutrition Month! These days it seems like everyone has an opinion about what foods are best or healthiest, and the information can be overwhelming. I'm often asked for the silver bullet – or that one food that really makes the whole difference. Unfortunately foods don't work like that! Don't be discouraged though; there are simple, easy, steps you can take to a healthier version of yourself. One of the best things I've found that really works for people is to simply **add in** wholesome foods – eventually the 'bad' foods **work themselves out** of your diet on their own. It's a sneaky way to eat better without feeling deprived! Usually what we start with are fruits and vegetables – Easy to find, easy to prepare, and almost universally recognized as healthy! Start small, but work towards making 2 cups of fruit and 2 ½ cups of Vegetables (or more) your daily goal. To the right I've shared with you 10 ways to enjoy more fruits and vegetables: Keep in mind that most experts say it takes **AT LEAST 21 DAYS** (that's 3 full weeks) to form a habit. So stick with it. You'll find yourself replacing the bad with the good in no time – and as a bonus you'll find yourself feeling better, and most likely making other positive changes in other areas!

If you'd like more information like this, or if you want even more personal coaching contact Stacey Runde, AADP Certified Health Coach by checking out [HealthSenseByStacey.com](http://HealthSenseByStacey.com) or emailing [HSBStacey@gmail.com](mailto:HSBStacey@gmail.com).

## More Fruits & Veggies

1. Pizza toppings: Get creative – try red, yellow, and green peppers, broccoli, spinach, tomatoes, or zucchini.
2. Smoothies: Low-fat Milk or Coconut Water, Frozen Strawberries, and a Banana.
3. Veggie Wrap: Fresh or Roasted Vegetables and a sprinkling of Cheese, rolled in a whole wheat tortilla.
4. In place of Chips: Try a crunchy vegetable with just a bit of your favorite dressing.
5. Kabobs: Slant your meal towards plants by adding more vegetables to your kabobs. My favorites are onions, tomatoes, mushrooms and peppers. Better yet – replace chicken or steak with 'meatier' vegetables like eggplant or portabella mushrooms.
6. Salads: Add some extra color and zest by adding grapes, cherry tomatoes, radishes, or mandarin oranges.
7. On The Go: Keep cut vegetables handy for mid-afternoon snacks – these are also useful for side dishes, lunch box additions or a quick nibble while waiting for dinner. My go to favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, or snap peas.
8. Snacks: Place colorful fruit where everyone can easily grab something for a healthy snack. I Keep a bowl of fresh, already washed, whole fruit in the center of my kitchen counter so no one can miss it.
9. Sauces: Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Toppings: Top a baked potato with beans and salsa or broccoli and just a sprinkle of cheese.



# Ball Bridge

**Main Muscle: Glutes**

**Equipment Needed: Exercise ball**

1. Lay on a ball so that your upper back is on the ball with your hips unsupported. Both feet should be flat on the floor, hip width apart or wider. This will be your starting position.
2. Begin by extending the hips using your glutes and hamstrings, raising your hips upward as you bridge.
3. Pause at the top of the motion and return to the starting position.



**Sarah's Tip:** To make it harder go to one leg.

## I'm Fit Do I Need Therapy?

Pictured is our Key West location. Try our Access Plan if you want assessment and some guidance by a PT. \$60. Easy!



Physical Therapy and fitness facilities can go hand-in-hand which is why Agape Therapy opened a location in Key West

Fitness at Black Hawk Village in Cedar Falls. We know that there are highly motivated individuals who engage in high-intensity physical activity. It is no surprise these activities can take a toll on the human body potentially interfering with your regular fitness routine. We encourage people to check out our Access Care Model to make sure their body is functioning optimally. You can determine if you need treatment before being sidelined with an injury. If an injury does occur, the Access Care Plan provides you with direction and the type of service your body needs to get back on track. We want you to be as healthy as possible. Our Physical Therapists Matt and Jordan are at this location to help you! Contact Agape Therapy to set up an Access Care Assessment today to see how your body is functioning! 277.3166

*Calendar  
of Events*

**March 3<sup>rd</sup>.**

2014 Wellness Challenge:  
*Battle of the Bulge!* (5 weeks  
in... highest % weight loss so far  
wins!)

**March 13<sup>th</sup>**

Last day of Zumba at the  
Den. Good Luck Mary!

**March 17-21**

The Den Instructor Spring  
Break No Classes at The  
Den  
TRX will still be held

**March 21<sup>st</sup>**

First Day Of Spring!!!

# Patient Communication



Agape Therapy



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agapetherapy.blogspot.com



agape@agapetherapy.com



319-277-3166 (Main Clinic)



The Side Road Newsletter



**Locations:**

Main Clinic: 211 W 6<sup>th</sup> St. Cedar Falls

Waterloo Clinic: 927 W 4<sup>th</sup> St. Waterloo

The Den: 668 Main St. Dike

Key West, Black Hawk Village, Cedar Falls