

VOLUME 8

MAY
JUN

HEALTHY HERALD

2018

Fear

PT Corner

**Carol Hollenbeck,
PT, DPT, CEEAA**



Fear is one of 8 basic emotions according to many psychologists. It can take many forms: apprehension, terror and fright. It can lead to worry, anxiety, unease, dread, concern and distress. It is the root cause of many phobias which can vary in degree from annoying to debilitating.

Some recent studies have shown fear to be the strongest human emotion. It can prevent people from changing their lives in positive ways such as moving, getting a new job, or socializing. Fear can keep people trapped in their comfort zone. In my practice fear of pain and fear of falling are two impairments I see on a daily basis.

Fear of pain is obvious—who likes to hurt? Our bodies subconsciously protect us from physical pain. After surgery

we favor the arm, leg or area that had the surgery. We will try not to bend the knee or hip when walking or hold the arm against the body. This is the mind telling the body to move differently to avoid pain. As healing begins these movement patterns must be broken or they will become bad habits that can be hard to break. Fear of pain can also prevent patients from doing their rehab exercises regularly and properly. If they let it control them or don't manage their pain properly with ice, heat, medications, and gentle movement, it compounds the situation and in severe cases can lead to decreased functional outcomes.

Fear of falling is another primary impairment I treat regularly. Once a person falls, with or without injury, they almost always develop this pattern and it's very hard to overcome.

Getting stronger core and leg muscles, wearing good shoes (not slippers, flip flops or mules), testing sensation in the feet, improving balance and posture are some of the treatments therapists do to help improve one's physical abilities and confidence to minimize fear of falling.

Fear of doctors, surgery and germs are a few more factors I see regularly impacting people's decisions emotionally rather than logically. We all have heard of the extreme cases of these fears, but even minor phobias can affect a person's life.

I try to help people work through their fears with current information, specific treatments and patience. Sometimes progress is slow but gradual and that is all that matters in the end—the final result and conquering your fears!

TIP FROM A TRAINER *by Renee Elliott*

What Is Your Core?

The core of the body is broadly considered to be the torso. Functional movements are highly dependent on this part of the body. Lack of muscular development can result in a predisposition to injury. The major muscles of the core reside in the area of the belly and the mid and lower back. Minor core muscles include the hips, the gluteals, the latissimus dorsi (back), and the trapezius (back of the neck,

shoulders, and upper back).

The core determines to a large part a person's posture. The core muscles align the spine, ribs and pelvis. This is crucial for activities of daily living and assist in the reduction of lower back pain.

Next time you work the core, remember it is not just your abdominals. It is important to work the entire core.

Consider these Fit For Life classes that will help to strengthen your core: Cardio Circuit, Total Fitness, Pilates, Yoga, Yoyalates, and Tai Chi.

Our small group personal training classes in weights and TRX are also a good way to work these areas.

Working one on one with a personal trainer to target areas of your body you want to strengthen is another great option.

