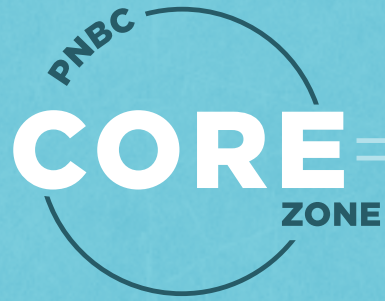




Physicians Neck  
& Back Clinics

HealthPartners Family of Care



**3RD QUARTER**

July - September 2013

**CORE SPINAL FITNESS  
PILATES (ROSEVILLE)**

**JULY**

**THURSDAYS INTERMEDIATE**

11, 18, 25 6:00 - 7:00 p.m.

**SATURDAYS BEGINNER**

13, 20 10:00 - 11:00 a.m.

**AUGUST**

**THURSDAYS INTERMEDIATE**

1, 8, 15 6:00 - 7:00 p.m.

**SATURDAYS BEGINNER**

3, 10 10:00 - 11:00 a.m.

**SEPTEMBER**

**THURSDAYS INTERMEDIATE**

4, 11, 18 6:00 - 7:00 p.m.

**SATURDAYS BEGINNER**

7, 14 10:00 - 11:00 a.m.

Class dates are subject to change at any time.

**MEET THE CORE COORDINATOR - GINA PEARSON**

Hello CORE members - my name is Gina Pearson and I am happy to be the Coordinator at the oldest CORE site, Woodbury as well as the newest CORE site, Edina. I've been with PNBC for over 7 years, spending my first 5 years doing rehab at our Eden Prairie Clinic.

I am originally from and still live in the Bloomington/Richfield area. I attended the College of St. Scholastica in Duluth, MN and received a degree in exercise physiology as well as a minor in gerontology. I knew that I wanted to have a career in the health and fitness industry as I grew up with the chronic disease of Juvenile Rheumatoid Arthritis (JRA). At a young age, I learned the importance of staying active and strong even though I had pain, swelling and weakness in multiple joints every day. Therefore, PNBC has been a great fit for me as is it an honor to educate and help strengthen PNBC's patients and CORE members that deal with chronic pain. I truly enjoy seeing our members and patients "work, play and live their lives to the fullest."

In my time away from work, I love fishing, duck and grouse hunting, snowmobiling, watching sports, reading and spending time with my family and friends.

**THE WEEKEND WARRIOR - COMMON INJURIES, PREVENTION AND MANAGEMENT**

If you are someone who engages in rock climbing, DIY landscape projects, water skiing and other physical activities during the weekends you might consider yourself a "weekend warrior."

**WAYS TO PREVENT INJURY**

1. Know your limits
2. Maintain a base level of fitness
3. Stop if you experience sharp pain



## EXERCISE OF THE QUARTER EXERCISE BALL LUMBAR EXTENSION

Lie over an exercise ball. Try to place it as far under your hips as you can. Place your feet against a wall or better yet have someone hold them for you or you can wedge them under something sturdy so that you do not “teeter-totter” over the ball as you do the exercise. Slowly lower your head and shoulders as far forward as you can. Lead with your head first by looking up, then follow with your shoulders and arch your back up as far as you comfortably can without hyperextending. Repeat.

## COREathlon WINNERS

**Edina:** 1) Robert K. 2) Paula S. 3) Bruce M.

**Maple Grove:** 1) Anne A. 2) Kevin O. 3) Marge M.

**Roseville:** 1) Marty D. 2) Howard S. 3) Carrie W.

**Woodbury:** 1) Anne B. 2) Kim A. 3) Dan S.

## QUOTE OF THE MONTH

*The three great essentials to achieve anything worth while are: Hard work, Stick-to-itiveness, and Common sense.*

Thomas A. Edison

Here is a list of a few common injuries for weekend warriors to be cautious of:

**Rotator cuff** – possibly a tear or damage to one of the four tendons and muscles that stabilize the shoulder joint.

**Tendonitis** – Inflammation of a tendon mostly from overuse or repetitive movement.

**Ankle Sprain** – Ligaments that help support the ankle structure can be partially or completely torn.

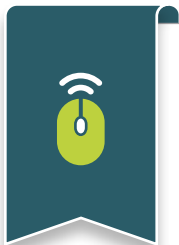
If you do suffer from an injury use PRICE method for injury management:

- **Protection** – stop your activity or wear a brace or ACE wrap.
- **Rest** – take it easy for a few days; try not to overload the injury.
- **Ice** – apply ice to an acute injury 10 min – 15 minutes until the treated area is numb. Let the tissue rewarm before applying another round of ice.
- **Compress** – use an ACE wrap around the area to help decrease swelling.
- **Elevate** – raise injured area above the heart to allow increase fluid to go back into the body instead of pooling in the extremities and joints.

## REFRESH AND REVIEW

Have you had a flare up or unsure of your progress? Talk to your Core Coordinator, we can help!

Are you going on vacation this summer? Refresh you memory on your form with the RC or head weights.



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