



# The Dr. Glenn Report

Don't put up with pain.

www.denverback.com 303.300.0424

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## Is it really !@#\$\$% 2010?

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**S**eems like it was just yesterday that I was celebrating the millennium by storing water in my bathtub and stockpiling dog food, just in case. Was that really a whole decade ago? Really?

Well, another year is upon us. Time for fresh starts, new beginnings, blah, blah, blah.

I never believed in making New Year's resolutions. I always thought they were contrived bullbleep and an excuse to throw sensibility to the wind. I felt that way for about 37 years, until a few years ago.

That was the year I worked myself into exhaustion and kept getting sick (a sphenoid sinus infection AND acute gastritis in the same year). I went the whole year without taking a vacation or any extended time off. My body fell apart.

So that year (I think it was 2006) I made my first New Year's resolution. I resolved to take more time off in 2007.

And of course, I didn't. I pretty much worked straight through the year and forgot to take any time off.

Don't get me wrong, I love what I do, so I'm not complaining. But it does take a toll. That year, I blew off my resolution.

So of course, I vowed again on December 31<sup>st</sup>, 2007 to take more time off in 2008. Another resolution I didn't keep. Ditto last year. In fact as I write this, I've been working for 50 consecutive weeks without a week off. And I own the place.

And now, here I am, back again, vowing that in 2010 I will take more time off – this time from both work and from working out.

You see, anything that you do over and over for a long time will wear out your body.

Whether it's working hard or working out hard. Rest and recovery are critical for keeping yourself from falling apart. Few of us get enough, including me.

So this year, I vow to take at least 2 weeks of vacation, at least 3 weeks off from training, and try to let my body recover more from all that I put it through.

So I guess I'm resolving to try to slow down a little. We'll see how it goes. Sounds so simple doesn't it? Maybe this year I'll get it done. I'll let you know.

I'm looking forward to continue working with all of you in 2010. Thanks for taking the time to read this newsletter. I hope you like it.



Happy 2010 from my family to yours.

## How and why to strengthen your feet

### Why you really should be thinking more about your feet.

Have you ever tried to stand something heavy on a wobbly base? Maybe when you were a kid, but probably only once, right? You know why. The heavy thing would fall over.

Well, your body is affected by gravity in the same way, but it's a little different. It has other compensating muscles that can make up from the weakness in the base. Your base is your feet, and few people put proper effort into strengthening them until they start getting hurt. Weak feet are commonly the underlying problem behind foot pain, shin splints, knee pain, hip problems, and back pain. All of these areas help your body compensate for weaknesses.

Here are a few examples- a runner with weak feet has to use her calves and quads to absorb shock as she runs. The longer she runs, the more excess pounding these bigger muscles take. This causes knee problems, shin splints, or calf injuries. Many of you who are reading this know what I'm talking about.

Or consider a guy who does relatively heavy squats. If this tough guy has weakness in his feet, his arches will roll inwards. His knees will follow and rotate in. To compensate, his back will round a little bit, and he'll probably hurt his low back (my money's on the sacroiliac ligaments).

I could go on and on, but you get the point. The solution is to proactively work on strengthening your feet. I have a simple but surprisingly effective protocol for this. And here it is:

Step one. Lose the shoes. Shoes weaken feet. I've been writing about this for years, and now more and more research is supporting that idea. A shoe basically robs your foot of the opportunity to use the small muscles—and there are lots of them—that support a strong foot. In order to truly strengthen your feet, you need to do the following exercises and stretches sans shoes. For that reason, you should do them somewhere other than the gym.

Step two. Get yourself a balance pad. Again, lots of research supports the use of unstable surfaces to develop strength and coordination in a way that carries over to athletic activities. You can get these things at Amazon.com, just search for the Harbinger Core Trainer. This one cost about \$20. You can try it out at my office next time you're in.



Exercise # 1. Start this on the floor, and when you feel good and confident, try it on the balance pad. It's a variation of a popular gym exercise, the Calf Raise. The calf raise, when done on those machines, is a bad exercise. Your shoes once again cheat your small foot muscles any work.

By losing the shoes and doing this exercise on the floor, it becomes something completely different. With weights or without, simply stand on the floor and come all the way up onto your toes; as high as you can. It helps to concentrate on bringing the back of your heel as close to the back of your calf as you can. Seriously.

Lower slowly and repeat. Do sets of 20 to 25 reps. Do the first 15 slowly and the last 10 quickly. You'll probably feel it in both your arches and your calves.



## How and why to strengthen your feet

Exercise # 2. Foot Circles (as seen in the Dr. Glenn Email Newsletter. Sign up at denverback.com) Again, master this on the ground, then move to the balance pad.

Basically, you stand on one foot and make large sweeping circles with the other foot. Make clockwise circles for 30 seconds and then counter clockwise circles for 30 seconds. If you need to keep tapping the circling foot on the ground to maintain your balance, that's OK. But try to work up to not needing a foot tap.

When you can do this on the ground, move on to the balance pad. Do three sets of one minute for each foot, three times each week. You'll start noticing a difference pretty quickly.



The stretches. These two stretches are basic but effective. For the first one, Stand with your leg at an angle and your toes on the wall. Your foot should end up at about 45 degrees. Then bring your knee toward the wall. Hold for 30 seconds. For the second, start on all fours with your toes extended and in contact with the floor. Then sit back onto your heels. Stay here for up to 3 minutes. You will feel a stretch in your arches unlike anything you've ever felt.



## For your consideration: the Pushup.

So, I'm a little embarrassed to admit this. Some of you might be shocked. Some of you already know. I'm not sure how it happened. I bought P90X. And I like it.

Constance, it was your fault. You endorsed it and you're an awesome mountain biker whom I greatly respect. So I bought P90X and it's really great.

In the program, they do a whole heck of a lot of pushups. Tons of pushups in about 12 different ways. It reminded me that the pushup is an underrated exercise. You can do many things with a pushup. So I thought I'd deconstruct the pushup and help you, regardless of your fitness level, start using this awesome exercise.

We need to discuss a few basics, because they do get a bit sloppy with the pushups in the P90X program.

**Rule 1. Never bounce at the bottom.** A pushup moves through a shorter range of motion than a bench press or dumbbell press does, but the bottom position is still a fairly dicey one for the shoulder joints, particularly if you've ever had shoulder problems.

So it's critical to stop your downward momentum fully, even if for just a fraction of a second before you come back up. This minimizes rebound forces in the shoulders when they're in a vulnerable position.

**Rule 2. Understand hand spacing.** Quite simply, the closer you space your hands, the less strain you deliver to your shoulders. This doesn't mean that you must keep your hands close together, but you do need to understand the trade-off.

As you move your hands further and further from each other, the leverage from your arms change. Your pecs will become more involved, but your shoulders will have to deal with greater forces. So those of us with bad shoulders need to keep those hands in closer.

**Rule 3. Be honest with yourself about your strength.** The truth is that the pushup is a tough exercise, and some of you aren't ready for a full pushup. Many guys abhor the idea of doing pushups from their knees, but the reality is that a lot of you should, especially if you have chronic shoulder problems. The following progression will explain the ascending levels of pushup difficulty.

A good rule of thumb is this: until you can do 20 pushups at a given level, you should wait before hitting the next level.

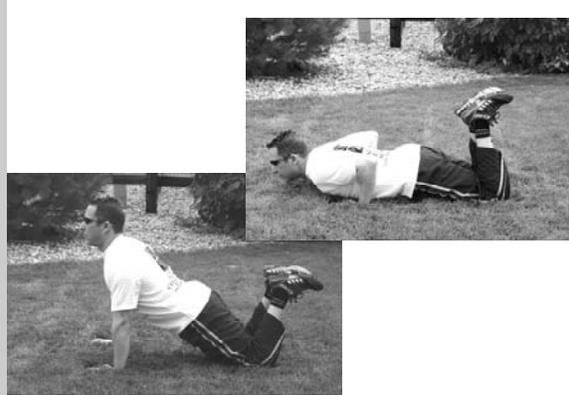
I like to do 4—6 sets of 20 pushups. As I get stronger, vary the intensity by going more slowly. I'll show you 4 levels of pushups on the next page. When you've mastered all of them, you can take it from there... Enjoy!

## For your consideration: the Pushup.

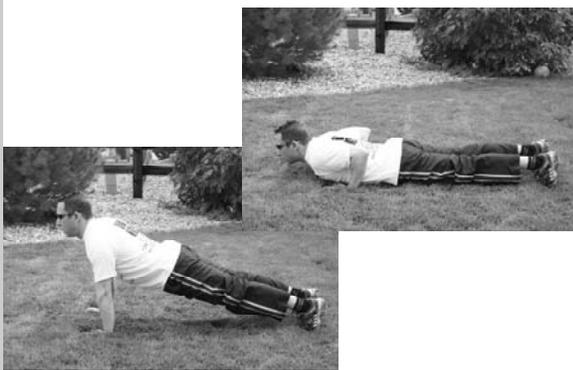
Level 1. Pushup into cobra. Start in the bottom position of a standard pushup. Slowly push yourself into a 'cobra' position with your hips remaining in contact with the ground. Slowly lower and repeat.



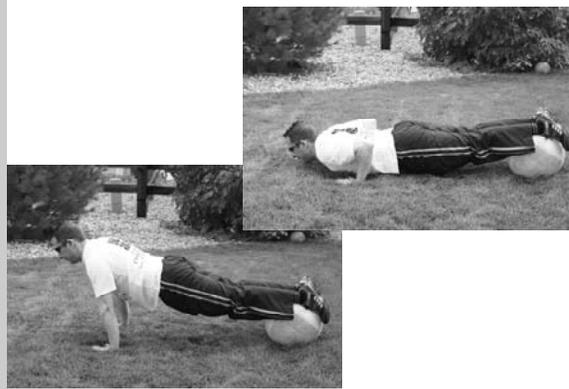
Level 2. Pushups from the knees. This is the levels that many of you, even guys should be using (if not level 1). Make sure you keep your core tight (avoid droopy back syndrome).



Level 3. The standard pushup. Make sure you don't bounce when doing these. See how close my hands are to my body, unless you have very healthy shoulders, that's where yours should be.



Level 4. Introducing unstable surfaces. You can take the pushup to the next level by using unstable surfaces, like a ball or even balance pads (for the hands or feet). Once you're strong enough, try a few varieties.





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## The Denver Chiropractic Center Top 10

People frequently ask me which problems I treat most. So, I counted. Here are the 10 conditions that I treat the most. If you or anyone you know is dealing with any of these issues, give us a call. Don't put up with pain.

1. Low back pain.
2. Shoulder pain / Rotator Cuff
3. Neck pain / Headaches
4. Mid back pain (between the shoulder blades)
5. Hip pain and sciatica
6. Knee Pain
7. Wrist and hand problems (carpal tunnel)
8. Foot pain
9. Shin splints
10. Tennis and Golfers' elbow

### Insurance 2010:

We accept and are in-network with the following insurance companies:

- Aetna
- Blue Cross
- United Healthcare & their subsidiaries
- Great West
- Kaiser PPO and Mail Handlers Benefits Program
- PacifiCare

Cigna- out of network, but we will bill them.

If your plan's not listed above, we may still take your insurance. Call us, 303.300.0424.

### Office Hours 2010:

Monday—Thursday 9-5.  
Friday 9-2.

We're looking forward to seeing you. Happy 2010!

