



BROSTROM PHYSICAL THERAPY

~MONTHLY NEWSLETTER~

November 2016

Strengthening & Conditioning at Brostrom Physical Therapy

From the desk of: **Corey McCue, PT, DPT, CSCS, TPI**

“Certified Strength and Conditioning Specialists are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance.” This definition can be found on the National Strength and Conditioning Association’s website (nsca.com), but what does it really mean? It’s one thing to watch videos online and attempt to complete exercises on your own, but what about feedback on your form and/or technique? How about developing a long term plan for your exercise/conditioning/sport goals? These are things a Certified Strength and Conditioning Specialist can help you complete.

Different sports require different demands to be placed on the athlete. In addition, based on when you are in-season versus when you are out-of-season will require different exercise regiments. This includes different repetitions, sets, weights, and times per week of exercise. For example, an out-of-season offensive lineman will be looking to add both size and strength in his offseason as his primary objectives. The football player in our example is likely to focus more time in the weight room lifting weights with sets ranging from 3-6 with repetitions ranging between 2-10. These parameters have been shown to improve muscle hypertrophy (muscle size building) and strength. In comparison, an in-season basketball player is likely to spend less time in the weight room and more time in the gymnasium improving their sport specific tasks (i.e. dribbling, shooting, and off the ball movement).

If you are interested in finding out more about a Certified Strength and Conditioning Specialist feel free to contact our clinic or visit the National Strength and Conditioning Association’s website. Remember to always practice safe weight lifting and exercise techniques.

Quote of the Month:

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”
- Melody Beattie



Recipe of the Month: Sante Fe Chicken Casserole

Ingredients:

- 3 cups shredded cooked chicken breasts
- 1 can (15 oz.) black beans, rinsed
- 1 can (14.5 oz.) no-salt-added diced tomatoes, drained
- 2 green onions, diced
- 1 tub (10 oz.) Philedelphia brand Sante Fe blend cooking crème, divided.
- 3 flour tortillas (6 inch)
- 3/4 cup Kraft Brand Mexican Style Finely Shredded Four Cheese, divided.

Directions:

1. Heat oven to 375° F. Combine first 4 ingredients in a large bowl. Add 3/4 cup cooking crème; mix lightly.
2. Spoon 1/3 of the chicken mixture (made in step 1) into 9-inc pie plate. Top with 1 tortilla, half the remaining chicken mixture, and 1/4 cup shredded cheese. Cover with second tortilla, remaining chicken mixture, 1/4 cup shredded cheese and remaining tortilla. Top with remaining cooking crème and shredded cheese. Cover.
3. Bake 20 minutes or until heated through. Uncover. Bake 5 minutes or until cheese is melted.

Recipe taken from: <http://www.kraftbrands.com/philly/recipes/cooking-creme/recipe-of-the-month/pages/november-2012.aspx>

In an effort to serve you better, we are thrilled to introduce our new, enhanced, mobile-friendly website! Please visit us at www.brostrompt.com to view information about our clinic, therapists, and to obtain contact information and patient intake forms.



Arriving February 2017

Congratulations to Samantha and her husband Sean... They are expecting a bundle of joy in February 2017!



Brostrom Physical Therapy

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