



Summer, 2000

# Fit Bits

A Publication of Body Design to Promote Health & Well Being (949) 722-3555

**BODY DESIGN**  
The Womens' Athletic, Rehabilitation and Pilates Center of Newport Beach

## Ooh that pain!!! PHYSICAL THERAPY CAN HELP

If you have pain that interferes with your daily life, there could be a solution. Pain is present to help alert you of a dysfunction or injury. For example, repetitive activity such as typing can lead to painful wrist conditions. For resolution, it is imperative to evaluate the possible sources. Many people struggle daily with low back pain. This pain could be directly related to the following:

- **Inactivity**
- **Poor posture**
- **Improper exercises**
- **Poor foot alignment**
- **Weak abdominal muscles**
- **Muscle imbalances or overall tight musculature**

Physical therapy may be the key in finding a solution to your limitations. The practice of Physical Therapy is both an art and a science. At one point in time, the role of the physical therapist was limited to rehabilitation following surgery or a traumatic event, such as a fractured arm or a stroke. The following are just some of the conditions in which physical therapy can be beneficial:

- **Chronic and acute low back pain**
- **Osteoporosis**
- **Diabetes**
- **Degenerative joint disease**
- **Spinal curvatures - scoliosis**
- **Neck pain & headaches**
- **Pre-operative & post-operative conditions**

Physical therapists take pride in the level of personal care that they provide. It is important to consider that each person's condition, symptoms and personal goals are unique. The beauty of physical therapy is that it can provide personalized care through professional therapeutic intervention. After a thorough assessment and the indicated treatment is provided, the next important step is education. Education is a powerful tool used by the physical therapist.

**Proper knowledge is the key to injury prevention.** Through preventative measures, you will be able to control and determine the quality of your life.

Caren Sheffer P.T.

## SWEET SUCCESS Featuring Janet Brown



**T**hree years ago I was diagnosed with a ruptured disk for the third time. Having had two previous surgeries on my lower back, I could not bear to go through another one. The doctors wanted to again perform surgery, which was not an option in my mind. I decided on physical therapy, and found out about Susan and Body Design through a friend.

I started rehab, and was introduced to Pilates, which has literally saved my life. I was at a point where I could not get out of a chair or off the floor for stretching exercises that the doctor had given me. Throughout the years my body strength has improved tremendously, and I no longer experience any of the pain. **At this point I do not need surgery, and I am in the best physical condition in years. Thank God for Susan and Body Design.**

Janet Brown  
Grateful Body Design Client

## STAFF SPOTLIGHT featuring Caren Sheffer

**C**aren Sheffer is a licensed Physical Therapist with five years experience. Caren received her educational and clinical training from Long Beach State University, becoming a Licensed Physical Therapist in 1995. Experienced with all ages (pediatric through geriatric), Caren offers expertise in the following areas:

**Pre and post operative therapy**  
**Neuromuscular and cardiovascular rehabilitation**  
**Musculoskeletal related dysfunctions**  
**Orthopedic injuries**

Caren specializes in manual orthopedic Rehabilitation techniques. Through ongoing continuing education courses, she offers clients current research-based treatment approaches. Caren also offers a thorough assessment of postural alignment and provides customized orthotic fabrication of shoe insoles.

Caren's personal interests include gymnastics and running. Prior to her career in Physical therapy, Caren was an accomplished gymnast and gymnastics coach over a course of fifteen years. She hopes to reintroduce gymnastics into her life, by offering a youth gymnastics program at Body Design. Her most recent accomplishment was the completion of her fifth marathon.

# SPA BODY DESIGN

*offering world class products & services to Body Design members*

Body Design is pleased and excited to introduce our newest skin care line, **Kerstin Florian Inc.**, cosmetics, a world-renowned skin and body care line in the grand European spa tradition.

Normally only available in the most exclusive resort spas, we can now offer all of the wonderful facial and body treatments from Kerstin Florian. Mary Dellene has just become their newest esthetic trainer. She will be providing staff support and training to Kerstein Florian spas around the U.S. and Canada. Mary is very excited to be able to share the benefits of these wonderful products and treatments with everyone at Body Design.



## BODY DESIGN TO OFFER CHIROPRACTIC CARE

Chiropractic care is more than pain relief. Chiropractics is a holistic healing art that restores and maintains dynamic communication between the nervous system and every living cell in the body. **Body Design is pleased to announce the addition of Dr. Cheryl J. Ketner to our staff.**

Dr. Ketner graduated Magna Cum Laude from Los Angeles College of Chiropractic and served her internship caring for athletes on the California AIDs Ride and at La Habra High School. She taught at the Cleeta Harding School for Brain Injured Children and has coauthored a book.

As an introductory offer, Dr. Ketner will perform a complimentary postural analysis and spinal screen for Body Design clients through the month of July. Appointments available on Tuesdays and Thursdays. Call now to reserve your appointment.

## Asparagus and Citrus Salad

Serves four

This bright and simple salad tastes best with a good, fruity olive oil and true balsamic vinegar.

2 Tbs. finely chopped shallot  
1 Tbs. good-quality balsamic vinegar  
1 tsp. sherry vinegar  
3 oranges, preferably blood oranges

1 1/2 lb. asparagus, trimmed  
2 to 3 Tbs. extra-virgin olive oil  
Freshly ground black pepper to taste (optional)



In a small bowl, combine the shallots with the vinegars and let the shallots macerate at least 20 min. Meanwhile, zest 1 of the oranges (avoid the white pith). Finely chop the zest and add it to the shallots. Juice the zested orange to yield about 1/3 cup and add the juice to the shallots and vinegar. Slowly pour in the olive oil, stirring to mix.

Bring a pot of salted water to a boil. Add the asparagus and simmer until just tender, about 5 min. Drain and spread the spears on paper towels to cool.

Cut off the ends of the remaining 2 oranges and peel them by running a sharp knife down the fruit vertically, following the contours. Slice the peeled orange horizontally into 1/4-inch slices. Just before serving, toss the cooled asparagus with the vinaigrette. Arrange the spears and the orange slices on salad plates. Sprinkle with pepper, if you like, and serve immediately.

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