

Disclaimer: This newsletter is not a substitute for medical advice.

## THREE BY FOUR CHALLENGE (3 Times Per Day, 4 Repetitions Each)

Below is the fitness challenge for this month.

1. Bring Your Shoulders Back And Squeeze Your Shoulder Blades Together
2. Tighten and Release Your Abs
3. Tighten and Release Your Bottom
4. Raise Your Heels

### MY TOM CRUISE SUMMER

By LISA FISHER

I wrote the following last summer, shortly after watching the new "Top Gun" movie. It is about a newfound love for running I discovered during the pandemic. As a physical therapist part of my mission is to help people re-experience their passions, whether that be golf, yoga, traveling or something else.

I have decided this summer I am Tom Cruising it. Let me explain. I have decided I no longer identify as a woman of a certain age, weight and dumpy build. Rather, I identify as my 35-year-old self (Not my real age.) In order to flourish fully in my lived experience, I have decided to end my relationship with the bathroom

scale. It is not a healthy relationship. No matter how much I exercise, no matter how healthy I eat – the numbers on the scale do not change. This is simply not right. So I have decided I will simply choose to live in the body I had 20 years ago. I did not appreciate the body I had, in fact most certainly abused it so I am reclaiming it back and this time I will take much better care of it.

Tom Cruise is roughly my age and clearly delusional in some lovely respects. But I have to say I loved Top Gun last summer - and pretty much everyone agrees he actually looked good with his shirt off at the beach with super fit guys 20 or 30 years younger than him. Now surely the studio could have hired a body double – and maybe they did - if so please do not tell me. The character he played was a little pathetic for never having fully grown up but also admirable, perhaps for the same reason.

So here's my plan for my Tom Cruise summer:

1. I will not scoff at him for yet another Mission Impossible — and I'll give him another chance; I did really like Top Gun.
2. I will not look at the scale.
3. I will continue to eat food that makes me feel good — which if I'm being honest is healthy food.
4. I will focus on strength training - on days that I don't run I will do 15 mins of weight training like a woman — more on this in the next article.
5. I will run like I'm in a Mission Impossible movie (except for running across rooftops in Europe.)

### Addendum

In the shower, I realized I couldn't keep track of the 5 things I resolved to do, so I will just stick with these two — an amicable divorce from the scale and I will train like I'm in a Tom Cruise movie. By the way, while thinking about my Tom Cruise summer I ran my best 5 mile pace ever. 9 min 12 sec!

## COMMUNITY REVIEW: RAMP

By ROXANNE FISHER

- located at: 7232 Columbia Pike, Annandale VA 22003; contact info: 571-574-3382

I went to RAMP, a local physical training center which is in walking distance of Little River Physical Therapy, for a personal training session. I am a 23-year-old who stays physically active by running and stretching on a regular basis but I would never call myself an athlete because I don't actually enjoy any sports. I also have scoliosis and some previous back injuries. The session began with the instructor asking if I had any previous injuries so that he could personalize the session and I told him about my back issues. Next he asked that I do some squats and lunges. I did them in front of a mirror so I could see how I was doing and he gave me tips on how to position my feet and back for the best result. After that he asked me to lay on a table so he

could show me some stretches for my legs to help with running. By watching as I held my legs in the air one by one he was able to notice that one of my legs is substantially stronger than the other, which is true. Then he gave me some tips for stretches I could do before running to help even out the difference between my legs. An advantage of Ramp is that they give advice tailored to your specific problems and strengths. A disadvantage is that they are more focused on helping you train for a specific sports than overall wellness. If you are a patient at Little River Physical Therapy who is interested in booking an appointment at Ramp, you can request that Dr. Fisher have a consultation phone call with Ramp to brief them on your specific issues, to help them further tailor the session to your needs. Additionally, Ramp offers a 20% discount for all Little River Physical Therapy patients. Please contact thelittleriverpost@gmail.com for more information on applying the Ramp discount.

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## A SEATED POEM

By GRACE FISHER

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**Dr. Fisher's daughter, Grace, is studying dance and literature in Philadelphia. This poem is one of four 'movement poems' she wrote to share with friends and anyone else who'd like to try them out.**

**I**

1. sit on a chair, couch, or bench, with your feet on the ground, hands in your lap, and no expression on your face. imagine you are a judge presiding at trial.

2. lift up your right hand and curl the middle three fingers so that only the thumb and pinky are extended, in the 'y,' surfer, phone, or yolo sign.
3. scratch that; curl only the fourth and fifth fingers to make the sign of the trinity.
4. now make the surfer sign, bend forward, and place it on the back of your calf, so that your thumb is in the crease as the back of your knee and your pinky is further down your leg. if you cannot reach that far, place it wherever you wish, for instance on top of your head. try not to be constrained by feelings of foolishness.
5. roll your head counterclockwise and stop when you have returned to your original position.
6. bare and champ your teeth or smile, depending on your mood.
7. embrace your existence.

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## PRODUCT REVIEW: SHOULD YOU CONSIDER A STANDING WALKER?

### PROS/CONS

By ROXANNE FISHER

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#### PROS

1. The standing walker will improve your posture. (Benefits of improved posture include improved breathing, reduced pain, increased energy, and improved confidence.)
2. With a standing walker, there is less risk of falling.

3. The standing walker will give you more stamina for walking longer distances. I talked with Jim who recently started using a standing walker. Jim noted "you can walk really fast with it, which is fun." Now that Jim has the standing walker, he is able to go out for walks more often than he used to. He loves to go for walks using his standing walker in neighborhood parks such as Green Springs.
4. The standing walker provides more arm support than a traditional walker.
5. The seat option of a standing walker typically has a more supportive backrest than the seat option in a traditional walker.

#### CONS

1. The standing walker is less portable than a traditional walker.
2. The standing walker is typically more expensive than a traditional walker. A traditional walker is around \$60 and a standing walker is around \$120.
3. Another downside is that it can be difficult to navigate tight spaces such as narrow hallways.
4. You also might have trouble going down steep hills. Jim said he struggles to maintain control of his standing walker on his steep driveway.

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**Disclaimer: Consult with a medical professional before making any of these purchases on your own.**

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