



SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

- Belton/Raymore
- Blue Ridge Tower
- Clinton
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

IN THE CLINIC | Triathlon Training

It is summer and many Americans are finding ways to get back into shape. A growing trend in fitness is the multi-sport phenomenon known as triathlon. Your first reaction might be "Are you crazy?!", but the truth is triathlon is very safe and quite enjoyable. It is one of the only sports in which young and old rub shoulders, challenge each other on the road and cheer one another on to the finish.

With four distances—Sprint, Olympic, Half Ironman and Ironman—Triathlon allows people of all fitness levels and competitive drive to conquer their fitness goals. Triathlon training is unique, in that you train a different discipline every day. This allows for a balanced muscular foundation and reduces the chance for injury. Different muscle groups are utilized, helping to prevent overuse injuries.

Despite the variance in training, injuries can sometimes occur. Without proper rest and recovery, muscles and other soft tissue can break down. Common injuries with swimming include shoulder impingement or bursitis. With cycling, knee pain, "hot foot" and back or neck pain can occur. Running ailments may include knee pain, IT band syndrome and shin splints.

If one of these occurs, the staff at SERC are highly trained to help you stay on your schedule and meet your goals. We have therapists trained in proper bike fitting to help reduce injuries from inefficient biomechanics on the bike. An evaluation to uncover muscle imbalances can help prevent those nagging running injuries. We also have experts in swimming mechanics to help reduce the stresses on the shoulder and improve your ability to propel through the water.

Whether you are considering becoming a triathlete, or you are a seasoned multi-sport professional, contact us to see how we can help you reach your goals. It truly is an addiction that will last a lifetime, and likely a longer lifetime at that.



MEET THE STAFF

David Dowdy, DPT

David Dowdy is a physical therapist at SERC of Odessa, which opened in December of 2009. David graduated from the University of Kansas Medical Center and has been with SERC for 5 years. He specializes in shoulder rehabilitation, Functional Capacity Evaluations and vestibular rehabilitation.

In his spare time, David enjoys fishing, karate and camping with his family. He is also an amateur triathlete.