

We are Certified by... National Strength and Conditioning Association

The CSCS certification is for professionals who design and implement strength training and conditioning programs for athletes in a team setting. It was established to encourage a high level of competence among practitioners.



Injured workers in the state of Ohio are allowed to see the provider of their choice. Lou Rossi, DC and Matt Trnka, PT are both certified by the Bureau of Workers Compensation. If you are injured at work and need care, we can provide both Chiropractic care and Physical Therapy. Other services are offered to help with your return to work such as transitional work programs or assessments of your work station to suggest changes that will prevent future injuries and decrease repetitive stress to your back, knees, wrists or other joints.



Is it muscle or bone that is causing my pain?

Often times it is a combination of both. Bones (joints) need to move freely or they will produce pain. If the joints are restricted or stuck, this puts added pressure on the muscles. If the muscles are strained or deconditioned then they can not contract normally to move the joints through complete range of motion. They will also be unable to provide the needed support to allow for proper function or posture. This is why we must think of both mobilization and stabilization. Manipulation/mobilization restores proper joint function. Stretching and strengthening improve the condition of the muscle to provide stability to the joints. When you are in pain mobilize and stabilize to get the best results.

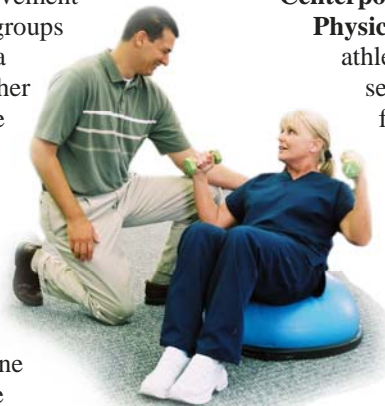
FUNCTIONAL STRENGTH TRAINING

Functional strength training has goals of training our bodies to perform the types of movement and tasks that we use everyday. This can be running, jumping or throwing for an athlete to lifting, walking or bending for typical daily activities. Any gains made with specific functional training have the most carry over or transfer to activities at home, work or the playing field.

Functional strength training focuses more on training or rehabilitation with emphasis on movement patterns and muscle groups opposed to isolating a single muscle. Whether we are an elite athlete or a 90 year old geriatric, we still move in multiple planes and must have muscles work in groups. Doing a hamstring curl or leg extension on a machine may make the muscle

stronger but may not always help someone who is having problems going up and down stairs or going from sit to stand. It typically does not make an athlete run faster or perform their sport better. This is because isolation of a muscle is not how the body functions when performing these tasks. Not that machines are bad, but as a patient or athlete progress' they should go from a machine to a more functional based protocol.

Centerpointe Chiropractic and Physical Therapy treats advanced athletes to weekend warriors to senior citizens following functional based protocol. The goals are simple, to make your movements or activities as pain free as possible and return you to your pre-injury level. You will always be instructed on a home exercise program upon being released from care.



Nutritional Facts

1 gram of fat = 9 calories, 1 gram of carbohydrate = 4 calories, 1 gram of protein = 4 calories, 3,500 calories = 1 pound

A well rounded diet will be made up of 40-50% carbohydrates, 30% fats, and 20% proteins
Choose carbohydrates from complex carbs and dietary fiber and choose fats high in omega 3

Weight loss, weight gain, weight maintenance is all about the ratio of calories in versus calories out. If you want to better know your "calories out", call our office and we can assess your basal metabolic rate as well as your current body composition.