

# LA FITNESS

# PERSONAL TRAINING

An Informative Newsletter

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By John Platero

## **Lumbar Spinal Stenosis (LSS)**

LA FITNESS has started a Senior Fit Program called "the Silver Sneaker" in six of the clubs. I thought you should be aware of this common condition of the spine.

The most common pre-operative diagnosis in persons over age of 65 years who are undergoing lumbar spinal surgery is Lumbar Spinal Stenosis. Although LSS can be congenital, acquired forms of LSS can be degenerative, spondyloarthrotic, post-surgical, post-traumatic or combined, with the most common cause being degenerative. Stenosis can also be seen as a result of contact sports such as football.

LSS can be classified as central, lateral or combined. Central stenosis involves a narrowing of the spinal canal while lateral stenosis affects the nerve root canal.

Patients with LSS are usually at least 50 years of age with histories of prolonged back pain and recent onset of unilateral or bilateral lower-extremity pain. The symptoms are worsened with extension of the lumbar spine or even weight-bearing postures of the spine and decreased with flexion or non-weight-bearing postures of the spine. LSS as far as I know cannot be corrected with exercise.

So be careful with these seniors. Walking on the treadmill which is usually the first place you might put a senior, might cause them lower extremity pain. In such cases the pain might be relieved by sitting in a flexed position or by inclining the treadmill to a significant degree which will increase spinal flexion.

Be aware that the symptoms of a degenerative hip joint and LSS are similar and both conditions can occur simultaneously. A test you might try is the Patrick test. This is performed by lying your client supine with their hips and knees extended. The knee of the tested extremity is placed over the opposite knee bringing the tested hip into flexion, abduction and lateral (external) rotation. Pressure is applied to the medial aspect of the tested knee. Anterior groin pain or thigh pain can be considered an indication of

hip joint dysfunction.

If in doubt, refer them to another qualified Health Care Professional.

*Good News! The Post - Rehab Fitness Specialist Certification is a go. It will start on January 31, 1998.*

*It will consist of one Saturday a month for five months.*

*Each day will cover injuries, surgical procedures, criteria a client should meet before you see them and sample exercises for all the major joints of the body.*

*It will be taught by the Clinical Supervisor of the St. Charles Rehab Network and will be accredited by ACE, AFAA, ISSA and NASM. An oral test will be given at the end of the 5th day of the series. That's a total of 40 hours with a physical therapist!*

*The time span between each day gives you a chance to use and assimilate the information, plus unlike other 3-5 certifications there won't have to be such a loss of income.*

## **TRAINER OF THE MONTH**

### **MARY HETHERINGTON - LA WOMAN**

Mary comes by way of Boston Massachusetts where she competed as a swimmer in the 100, the 50 yd. butterfly and the mile.

After participating in some aerobic classes Mary decided she wanted to improve her workouts. At the suggestion of Paula Besson (Paula was the woman who not only wrote the Personal Training test for AFAA, but also wrote the Weight Room Training test as well) Mary became an aerobic instructor. Within the next two years she became certified as a Personal Trainer and started doing in-home clients and corporate wellness around the Boston area. But this wasn't enough for Mary. She wanted fitness full time.

So in 1992 Mary came to sunny California and started teaching aerobics at LA WOMAN. Within one year Mary became the aerobics coordinator and started Personal Training. She currently performs

about 45 sessions a week and still remains the aerobic coordinator after all this time. Some of her clients

Mary is certified through AFAA as a Personal Trainer, Weight Room Specialist, Aerobics Instructor, and a Senior Specialist, ACE as a Personal Trainer and Aerobics Instructor as well as a Personal Trainer through the NSCA and a NASM Advanced Personal Trainer.

When Mary is focusing on a client's goal she likes to "enlighten them to the health benefits of exercise and make them excited about reaching their goals by empowering them to do so."

Because of her enthusiasm and constant zest for learning, Mary is our Trainer of the Month.

## **OPPORTUNITIES**

### **Would you like to be on Television?**

Are you interested in modeling, hosting or participating in fitness informercials? I had a meeting with a large production company that does about 50 informercials a year. They are always in need of talent. If you are interested please send me a 8 x 10 picture and a bio to:

Future Fit  
3500 Overland Ave Ste 230  
La, Ca. 90034

## **IMPROVEMENTS**

**Do not use the LA FITNESS name or logo** on any of your flyers without the prior written approval from LA FITNESS. Also, the statement "**Independent Contractor not affiliated with LA FITNESS**" should be on all of your flyers, cards, price sheets or advertisements. If you need stickers, let me know

## **CLUB POLICIES**

- Please show your card to the front desk at least once a day.

- In event of an accident and someone is injured, please go to the front desk and ask for an "incident report". Fill one of those out, make a copy for yourself, fax a copy to me at 888-287-0801 and give the other to the front desk. This way your covered.

- If you have not received a "trainers card", or you have moved, call 800-600-2540, ext 561 and ask for Jim Irwin. Give him your correct address so you can

have been with her for over three and a half years! She loves it!  
be sent one.

**- This is a reminder, you will be charged a 10% late fee plus a \$10 bank charge if your rent comes back to us. We will also deny you entry to the club until you pay the balance. If your rent is \$300 it will cost you \$340 to get back in to the club. THERE WILL BE NO MORE EXCEPTIONS.**

## **UPCOMING EVENTS**

### **FUTURE FIT**

### **PERSONAL TRAINING SCHOOL**

Sat. and Sun. 8:30 am - 6:00 pm, November 22-23

LA FITNESS - Miracle Mile

213-934-6150 (for directions)

\$159 1-800-778-6060 to register

Please send any suggestions, comments, complaints, praises, accomplishments, articles or information you might find useful to the newsletter or training program to:

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