



# January, 2022

Sean Crandell PT DPT ATC



Welcome to an attempt at organizing my thoughts through the lens of a physical therapist. It is a space where I combine my interest in several audiences; **older adults and endurance athletes**. Although different in many ways, they are by no means mutually exclusive.

For those that are young, do not forget that you too will soon be old and you have the ability to shape what that may look like. For those that are old do not underestimate the energy you can provide to this world. I am forever impressed and encouraged by the older adults I have encountered, particularly given the hardships of these past two years. To all of you, thank you!

Lastly I intend to give you a piece of what my world has looked like in the past year outside of physical therapy; **adventure and reading**.



## Professional Development

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## Foley Physical Therapy

The most important professional news of the year is my partnership with Nancy Foley at [Foley Physical Therapy](#). When I first met Nancy it was clear she was elevating what physical therapy can be. There is a focus on *listening* and providing *meaningful intervention* without the fluff. Behind Nancy's many years of experience, I am excited to build upon this new vision and serve our Pittsburgh community at a grassroots level.

Providing accessible care continues to be difficult in a cash based model. Despite the low respective visit cost, we understand the appeal of using the insurance people work hard for. It is an issue entrenched in our nation where the buy in (insurance cost) does not always match the service provided (health care). This will surely be an ongoing challenge for both Nancy and me, one we do not have a sure answer for, yet.

If you are frustrated with the care you have received to this point and/or are interested in a revolutionary PT experience, use the link below and we can determine the best solution for you (not always me 😊).

[\*\*BOOK HERE\*\*](#)

## Exercise is the pill we all need to be on, but at what dosage?

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[@trainwithjoan](#) on instagram

**“Long term physical exercise is safe and effective in older adults... Sedentariness is the lethal condition.”** ([Izquierdo, 2021](#))

If exercise were a pill, it would be the most universally prescribed medication, young and old. Exercise can help reduce the risk of, or mitigate the effects of, cognitive decline, heart disease, diabetes, metabolic syndromes, sarcopenia (age related muscle loss), respiratory illnesses, depression, anxiety, pain and so much more. Two diseases that exercise has been shown to help where there is no medicinal intervention are sarcopenia (loss of muscle mass) and dementia. Yet, only 23% of people aged 18-80 in the US meet *minimum* recommended activity guidelines (150 minutes of moderate-vigorous aerobic training and 2+ days of resistance training).

[Read more here](#)

## Cyclists and Peripheral Running

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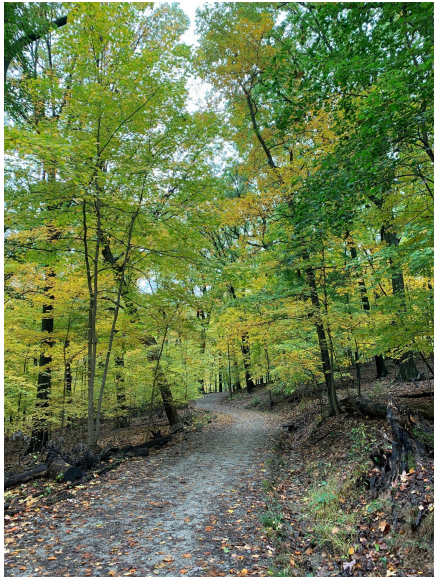
Running is a common cross training activity for cyclists, particularly during the colder months. Between clothing choices, limited light and road conditions, running can be the easier and safer choice. Despite the MANY pros of running, one potential con is the risk of injury. Runners are inherently injury prone. Studies report a range of 20-80% of runners get injured during a single training year (1). Cyclists are not immune and arguably at an increased risk. The question is what can cyclists do to enjoy running and limit injury risk?

The biggest mistake cyclists make is running at an intensity and volume their connective tissue is not prepared for. Cycling is a relatively low impact activity. There are high cardiovascular demands but limited anabolic stimulus for structures such as tendons, bone and cartilage. The unique downfall of a cyclist is their motors are massive, but the scaffolding is not prepared for the higher impact of running.

[Read more here](#)

## Living in Frick Park

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Frick Park: south clayton trail

As with many pandemic adventures, this one occurs close to home. Southwest Pennsylvania is well located for outdoor activity. The Laurel Highlands is just an hour east, Allegheny National is two hours north, Lake Erie another hour further and the great wild expanse of West Virginia just south of the steel city. That being said, one of the greatest natural gems of

western PA lies within Pittsburgh city limits, Frick Park.

In August, my partner and I moved from East Liberty to Regent Square. The new apartment's front entrance is just 50ft from a trailhead. As we sit in our sunroom the park is an orchestra of sound. Dogs joyously trot alongside chatty neighbors,

bicycle hubs buzz with rapid crescendos and the patter of runners slowly fade into the trees. It is unmatched entertainment for our cat, who spends his day perched in the window. The park is not new to me, but its newfound proximity has fostered a deep appreciation for its role in my life and those in this community.

I have a lot of difficulty answering the question, "where are you from?" I was born in Ecuador but I wouldn't consider myself Ecuadorian. I grew up in Kenya and the United Arab Emirates, but neither would feel like home. I have spent the last eight years in Pittsburgh and it is now the longest I have stayed in one place.

## Blog Posts: Adventure continued

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This transition from *nomad* to *domestic* has presented an adventure in itself. It is uncharted ground for me. My life space used to be so wide being a third culture kid, I missed the value of what was in front of me *in the now*. Everything was about what is next and how I can make it bigger.

Two major events emphasize how Frick Park has centralized what I consider to be *home*; acquiring a mountain bike and starting at Foley Physical Therapy.

Three months before the move, [Sean Handerhan](#), a local bicycle frame builder and close friend built me a mountain bike. He lives in Regent Square and is close to finishing a fully functional workshop in his personal garage. There is nothing better than riding a locally built bike, by a friend no less, on professionally built trails right outside my door. Frick Park has provided

a playground and natural escape for the public of Pittsburgh and I am happy to indulge.

Second, Foley Physical Therapy, located in the Engine House 16, is on the corner of Penn and Lang. My commute is a 15minute stroll through the park. It provides a moment of reflection and anticipation for the day. It also seems to connect me to the neighborhood, tying where I live to where I work in a way I don't get with a 30 minute drive.

The new adventure, it seems, is finding my purpose within this community as a neighbor, physical therapist and "athlete." There will be more travelling adventures to come, but for now, I look forward to connecting with Frick and the surrounding community.



Mountain bike built by Handeran Cycles

## Book picks from 2021

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### **Fiction:** The Island of Sea Women by Lisa See

*There are a lot of world war II books out there. This is unlike any I have read. This one follows a small South Korean island where the rural inhabitants suffer collateral damage of a devastating war. Lisa See illustrated such a human story that invoked a spectrum of emotions; elation, grief, nausea, familiarity, wonder.*

### **Non-fiction (sociology):** The Autobiography of Malcolm X as told by Alex Haley

*Malcolm X was a man ahead of his time. His early anti-integration stance was counter to most racial struggle platforms (at odds of MLK). Separate the propaganda and grandeur of Malcolm's influence and you find a man struggling desperately to find justice for black Americans. A widely hated man is humanized through his story.*

### **Non-fiction (athlete):** Good to Go by Christie Aschwanden

*There are so many recovery aides out there. How do you know what works and where to spend your time and money? This is a very practical and digestible approach to recovery that demystifies the mess that is recovery science.*

### **Non-fiction (health care):** Afflicted: How Vulnerability Can Heal Medical Education and Practice by Nicole Piemonte

*Technician or humanist? Nicole Piemonte takes a philosophical deep dive into how health care practitioners can not only provide better care, but get more out of their role through a more humanistic approach. Existentialism meets health care workers.*

