

EAGA Business Builder

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September 14, 2021

Today's speaker was Kale Isaacson—Fyzical Therapy & Balance Center Albuquerque



The place to receive quality physical therapy in Albuquerque is Fyzical Therapy & Balance Center. The chief physical therapist there is Kale Isaacson. He is a native New Mexican and received a physical therapy degree from the UNM in 1988...and Mr. Isaacson owns the joint.☺ In today's presentation, Kale provided a lot of information regarding muscles, nerves, posture (good and bad) and balance (having it and not having it). Mr. Isaacson has over 30 years of clinical experience in the physical therapy world, and he knows an incredible amount about how human muscles, nerves and bones are supposed to work; and he knows how to help his patients correct issues when those things don't work. Kale knows all the medical terms and the technical names for the many moving (or supposed to be moving) parts of a body. And he definitely knows how to help his patients with their individual therapy or rehabilitation needs. Whether the folks are dealing with a genetic disorder, recovering from an injury, rehabbing after a surgical procedure, or find themselves in the 'further along on the life chart' crowd, Kale and his team can assist with any appropriate physical improvement goals. Although there are a variety of circumstances that cause a need for physical therapy, overall, most of the actual problems can be categorized into about four types: Posture, balance, flexibility and strength. Today Mr. Isaacson provided us with examples of the maladies that he and his team see on a regular basis, and he also provided detailed explanations of why there is a problem, and what therapies could be used to remedy the situation. He had some examples of the ideal posture; then noted that it is very rare to encounter people that actually have it. Most often, humans have conditions called 'Hyper Kyphosis' (an abnormal curvature of the upper back that causes a hunched back) and 'Lordosis' (an abnormal inward curvature of the lower back-also called swayback). He also had examples of cervical stenosis (narrowing of the nerve canals in the spine), shoulder impingement, rotator cuff impingement, subacromial bursitis, and many more of the problems presented by his patients. Whenever Kale provided an example, he also provided a detailed and thorough explanation of what was causing the issue (sometimes down to the microscopic view of nerve activity). Mr. Isaacson has an incredible knowledge of the human muscle, bone and nerve systems, and he is able to explain things in a very understandable way. If you were at the meeting, you know how interesting and informative Kale's presentation was. There is a problem, however, when having one of the 'further along the life chart' guys try to summarize the great presentation into a few lines of information, while trying to provide a clear explanation of something that the old note taker doesn't really understand without Kale's exact explanation. There are a few things that can be somewhat easily understood, though: like the fact that ankle, hip and upper neck issues are the most common issues that Fyzical's staff encounter. And it may also be clear that a human body uses three ways to maintain balance: sight (does it look like you are upright); the inner ear (its three canals are each oriented so as to analyze which way their fluid is trying to flow); and the cerebellum (part of the brain that coordinates eye movement, muscle contraction timing and smooth motor coordination). OK maybe that last statement is one of the not so well translated pieces of information. Kale also had very good explanations of the need to compare a person's front muscles to their back muscles to determine the level of muscle imbalance. And he did a great job of showing how improper muscle use, lack of proper exercise and poor sitting posture can result in a variety of physical maladies. He told us what needs to be done to properly change habits, techniques and general thought process; and he explained how to better exercise in order to have a more healthy life. He was very clear and thorough, but he used terms like 'proprioception', 'mechanoreceptors', 'hyaline cartilage', 'sarcomeres', gravity (I understood that one), and some micro-somethings that get tripped to an off position, but can be turned back on with proper exercise. Perhaps it is best to just note that you should attend all the meetings. Actually hearing and seeing the presentations provide a wonderful learning experience that you obviously won't get through this bulletin. The best that you can get here is to read a couple of kind-of understandable snippets of data: * Having a poor sitting posture for long periods of time can mess with your muscles; but there is not really an ideal sitting posture so it is best to change your posture regularly and even get up and move around periodically throughout the day. Sitting on one of those balance balls could also be useful. * Exercise is good; and often the inversion devices can be of a benefit. Just don't rotate them so you are totally upside down. Instead set them to be at a bit of an angle so that the blood doesn't rush to your head so quickly. There aren't any really useful back braces, but there are a few 'reminder' braces that could be beneficial. They cause discomfort when you vary from a proper posture, so you are reminded to make corrections. * Yoga is good for flexibility, but resistance training is also important. * Another easy to understand concept is that it is important to properly care for your neck muscles. They are part of an apparatus that has to constantly maintain the correct balance of a 12 pound bowling ball on 7 moveable blocks. Most Important—remember that, if you are in need of physical therapy, your very best option in Albuquerque is Fyzical Therapy & Balance Center. Mr. Isaacson and his team have the experience, knowledge and desire necessary to get you the treatments and exercise programs to best benefit your situation. They also have some of the most advanced equipment and devices to assist in accomplishing the goal (like harnesses on an overhead rail for clients that need to safely work on their balance). You can contact Kale via phone at 505-292-3317, or you can visit their website fyzical.com/Albuquerque. There is also some useful information about sitting posture available via the calculator tools and other data at ergotron.com. Kale was kind enough to provide us with a link to some quite beneficial exercises, too. That link should have arrived via a separate email the evening of Thursday, Sept 16th. Thank you to Kale Isaacson for the very informative presentation, and for the helpful exercises.

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Leads:

- TAILORED IT SOLUTIONS IS OPNING AT 7200 Montgomery, Suite B1.
- FED EX is moving one of their offices from 706 Central SE to 2700 Central SE.
- CENTER FOR VEIN RESTORATION is moving from 717 Encino Place to 801 Encino Place Suite C.
- CAREER SPARKS outpatient practice recruitment is opening an office at 177 Bellamah NW Suite C.
- WECK'S RESTAURANT (breakfast & lunch) will open at 5115 Central NE

- Lionel Specter—ZEON Signs

- ◆ Trap Shoot important information: The event will be Friday, September 24th. It begins at 7:30am (EAGA provided breakfast, getting your ammo and final registration). There will be a MANDATORY safety meeting at 8:00am followed by a short practice period (5 shots due to limited ammunition). Competition will begin between 8:30 and 9:00 am.

Directions to the Alb Trap Club (at 9617 Broadway SE): Take I-25 south and then Exit 215/Broadway. Take the right fork to head northbound on Broadway, but immediately get into the left lane. Take the first left (only about 700 ft after getting on Broadway). Follow the paved road back to the Trap Club entrance. [Link to Google Map](#).

- ◆ Trap Shoot Raffle tickets, \$100 each, with all proceeds to be used on the event, will be on sale at only one more breakfast (Sept 21st), and then just before the event on Friday. That will be your last chance to get a shot (pun intended) at the \$1,000 grand prize. See TJ Maloy to get a ticket.
- ◆ We will soon print a new EAGA Roster. Please make sure that Mario's file has your correct information. Remember—the roster is a paper document, so cannot be readily changed after it has been printed. If you have edits to data in the last roster, or if you are just not sure, send Mario an email (eagaed@gmail.com) with your correct information. Please do that as soon as possible. Also note that information in the roster may be different from that on our website. If you made changes to your data on the website, you still need to give those changes to Mario.
- ◆ Some insightful thoughts from Lionel Specter: "What if there were no hypothetical questions?"
"If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?"
"If you try to fail, and succeed, which have you done?"

Badge Board Greeters

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| Sept 21 st | Lance Darnell—Darnell Cable & Fasteners |
| Sept 28 th | Kale Isaacson—Fyzical Therapy & Balance, Albuquerque |
| Oct 5 th | Hass Aslami—Pizza 9 Franchise System |
| Oct 12 th | |
| Oct 19 th | |
| Oct 26 th | |
| Nov 2 nd | |

Upcoming Speakers

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| Sept 21 st | Rich Rosley—A-TECH Security |
| Sept 28 th | Guest Speaker Carla Sonntag—New Mexico Business Coalition |
| Oct 5 th | Kevin Lorenzen—Aflac |
| Oct 12 th | |
| Oct 19 th | |
| Oct 26 th | Scott Lardner—Rocky Mountain Stone |
| Nov 2 nd | |

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