

Launch of Catalyst Kinetics

"One of my favorite things was just doing all of the conditioning drills and knowing that they are improving our "motor control". Would definitely love to do it next year!"
~ M.B. 8/16/2019

"Thank you so much for coming and helping! I really liked the beep test and jump training....it was all really helpful. Please come back!"
~ M.M. 8/16/2019

This past summer, Catalyst Physical Therapy's Dr. Amy Messer, DPT launched our new injury prevention and conditioning program, Catalyst Kinetics! The Hamilton High School Lady Broncs soccer team were the first group to participate in the 6-week program spearheaded by Amy. Overall, 20 girls participated on and off throughout the summer, utilizing the new turf field at HHS.

Studies have indicated that adolescent female athletes are at a much higher incidence of sustaining a complete ACL injury compared to the male athletes in the same sport. With this in mind, the team performed drills designed to improve leg strength, landing mechanics, and knee position during dynamic activity to reduce the risk of ACL injury. Conditioning activities were catered to the demands of soccer - many combined footwork, ball handling skills and running. Participants were able to have one-on-one instruction and receive immediate feedback through the program.

Feedback provided by both coaches and participants along with the physical results from program activities were encouraging. We plan to provide this opportunity to the Lady Broncs again next summer!

Our Catalyst Kinetics program will continue this fall with a six-week session dedicated to youth in the 6th through 9th grades. The group will meet on Tuesday and Thursday afternoons at 4:00pm, starting October 14th at **ELEVATE: Fitness and Performance Training**. Contact us to register—space will be limited. The cost to participate is \$100.

If you or your team are interested in putting together a similar 6-week program, contact Dr. Amy Messer at Catalyst Physical Therapy for more information and to schedule. We can tailor the focus of the sessions to fit the sport and athletes' needs.

Catalyst in the Community

We are always looking for ways to give back to the community and take in every opportunity to enjoy our beautiful Bitterroot Valley! Our employees never cease to amaze us with everything they do on their personal time to strengthen and support our community and focus on personal growth! In our last newsletter, we gave you a brief look into Owner, Rebekah Stamp's community involvement. This time around, we wanted to share a bit about our 3 other favorite Physical Therapists:

Amy Messer, DPT: Amy has been volunteering all season as a strength and conditioning coach for the Hamilton JV and Varsity girls high school soccer team. Go Broncs! Off the soccer field, Amy can be found rock climbing in the Bitterroots.

Caleb Kemp, DPT: Caleb has been doing free baseline concussion testing for community athletes. Caleb also helps keep our downtown beautiful through the Hamilton Downtown Association. Thanks Caleb!

Angela Saporita, DPT: Angela recently volunteered as a river helper for Casting for Recovery, a retreat offering peer support and fly fishing instruction to women with breast cancer. When not fishing on the river, you can find Angela camping and hiking with her family.



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Eating Well...Perfect Autumn Salad

Photo & Recipe Courtesy of "Julia's Album" - 10/28/2016

Ingredients:

Roasted Brussels Sprouts:

- 3 cups Brussels sprouts, ends trimmed, yellow leaves removed
- 3 tablespoons olive oil
- Salt to taste

Roasted Butternut Squash:

- 1-1/2 lb butternut squash peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
- 2 tablespoons olive oil

Instructions:

Roasted Brussels sprouts:

- * Preheat oven to 400 F. Lightly grease a foil-lined baking sheet with 1 tablespoon of olive oil.
- * Slice Brussels sprouts in half. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine. Place onto the pre-prepared baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened.

Roasted butternut squash:

- * Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
- * In a medium bowl. Combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.

Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven.

Assembly:

In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pumpkin seeds and cranberries, and mix to combine. (OPTIONAL): For more sweetness, add 2- to 4 tablespoons of maple syrup, if desired—do not add all maple syrup at once. Begin in increments and add more if desired. Toss with the salad ingredients to combine.

Nutrition information:

Amount Per Serving: 232 calories (99 calories from Fat); 11 g total fat (1 g saturated fat); 13 mg sodium, 494 mg potassium, 34 g total carbohydrates (4 g dietary fiber, 19 g sugars), 3 g protein, 185.8% Vitamin A; 55.6% Vitamin C; 7.2% Calcium; 8.4% Iron

Yields 8 Servings
Vegetarian and gluten free

