



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Director/Owner

644.8334

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Patient Of The Month Jaidan Bergeron

I have always been very active in playing sports and just running around having

fun whenever I can. I'm in 7th grade now and have been playing basketball on a team since the first grade. About 3 years ago my ankle really started hurting. It took 3 years and an MRI to finally get it diagnosed as an OCD lesion. Osteochondritis dissecans (OCD) is a rare condition, especially in children, which was probably why it was hard to diagnose. Part of the bone in my ankle was dead and the cartilage was detaching from the bone. Because of its rarity they had to find a surgeon. It took awhile to find a pediatric orthopedic surgeon who had experience with OCD. I was on crutches during the search so that we could find a good surgeon and not further injure my ankle. We finally found a great surgeon, Dr. Kramer from Boston Children's Hospital.

Following my surgery I was in a cast and on crutches for another 12 weeks, then in a boot for 4 weeks. I then started my physical therapy at Family Physical Therapy. We picked Family Physical Therapy after my sister received care there. We liked how they described things so we could understand them. We liked how they made it as fun as they could. At first the most I could do was struggle to walk. With Tom's help I could run and I feel the muscle in my leg again. I never (cont. on page 2)

Caring For Your Teen Athlete



From The Desk Of Our Clinical Staff Manager

By Tom Fontana, MSPT

Warning Signs Of Teen Athletic Injuries

Adolescence is a time of extreme change and growth, in many ways. Some of these changes are wonderful and welcome and others are painful (and I'm only talking about the physical pains here, the psychological ones require a different kind of therapy!). But, while this pain may be common, it is not "normal" for a teenager to have chronic pain.

We see a lot of teens who have pain and have recently undergone a rapid growth spurt. There's nothing "wrong" with them structurally, it's just that their skeleton has grown faster than their muscular system can keep up with (the classic "gangly" kid). Muscles strain and joints are stressed beyond their capacity while trying to move those long bony levers. The demands that athletics place on the body only accentuate this situation. Because boys are experiencing large increases in testosterone, and muscle growth, they are somewhat more immune to this than girls but not entirely so.

If you have a teen who has shot up recently and looks more like Olive Oil than Brutus, and who consistently complains of pain in their shoulders/upper back or knees, look for the signs in this month's insert for a possible musculoskeletal cause (if you don't see these signs, and especially if your teen has more generalized complaints of pain or lethargy, or a bullseye shaped rash, consult your pediatrician for conditions such as Lyme disease or mononucleosis).



Ross A. Lurgio Info Corner

For the start of the spring season Family Physical Therapy will be offering **pre-season injury prevention** screenings to the Lurgio athletes. The goal of the screening is to identify any insufficiencies or imbalances the athletes have and correct them before a larger problem or injury occurs. If your child is a student but not participating in a spring sport please feel free to contact FPTS to schedule a free screening.

In The News At FPTS



The repairs are finished and we are back to full operation! For those of you who haven't been in to see us for the past two months, we had a devastating flood from a burst sprinkler head in the office directly above ours. All is back to order now, so come on in to see us.

(cont. from page 1) thought it would be so hard to come back from an injury but doing the physical therapy made it so much easier and the people there made it fun too!



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Does Your Adolescent Have OSD?

Does your son/daughter complain of knee pain? Are they between the ages of 8-15 years old? Do they play sports and/or are very active? Then you may want to think about Osgood Schlatter's Disease (OSD), a scary name for an "overuse injury." Age, gender and sports involvement are the three main risk factors. Although it is more common in boys, as girls' participation in sports increases, the prevalence is becoming almost equal.



OSD is the inflammation of the tendon, bone or cartilage that attaches to the tibial tubercle or top of the shinbone. This condition is very common in children and adolescents, because it occurs during their growth spurt. The tendon that runs over the kneecap—or patellar tendon—is irritated because the bones and muscles grow quickly, but not simultaneously. Hence, the bone will lengthen before the muscle has time to catch up creating a painful tug where the tendon meets the bone. Symptoms usually occur in one knee; however, both can be affected.



When it comes to pain, it can range from mild to unbearable and can resolve itself anytime from a few weeks to one to two years. Sports such as basketball, soccer and gymnastics can bring on and aggravate the symptoms because of all the bending, running and jumping that is involved. This repeated stress causes the tendon to pull away from the bone and leads to pain and/or inflammation. Pain can be intermittent or constant. Exercise will worsen the symptoms and rest will relieve the pain. The knee may become red, warm and swollen and the tendon below the kneecap might be tender to the touch. This may result in a limp, especially after activity. If any of this sounds familiar, it may be time to have it looked at by a physical therapist to confirm.

Helping Hands Honoree



A very special thanks to our Triple H winner during the first stages of our flood, Judith Jolton. Without our patients we are nothing, so a heartfelt thanks to all of you who endured the rebuilding process with us. And because the rebuilding process took so long, we are entering all of your names again for our next drawing!

As a side note, after pleas to replace our mascot beta fish who succumbed to the nasty flood waters, we welcome (aptly named with the help of Judith) Tsunami. Don't forget to say hello to Tsunami on your way in or out of FPTS!



Therapeutic Work Solutions Info Corner

By Steve Lisowe, MSPT

Adolescents In Sports - Too Much Of A Good Thing?



Spring sports are underway and youth athletics and summer programs are filling up fast. There are many benefits to these activities, including improved coordination, strength and conditioning. There can be too much of a good thing, however.

Youth between the ages of 13-15 are particularly susceptible to overtraining. HIGHLY active kids in this age group who have had a sudden growth spurt may need to DECREASE sports activity levels modestly in those years while they are developing into their bodies. Hormone changes accompanied by variations in bone and muscle development during this time period can strain the musculoskeletal system leading to problems now or later in life.

Here are some strategies to try:

- Playing time in practice and games should be broken up by regular breaks instead of playing a whole game
- Add an extra day off from sports during the week
- Limit one-sport activities to 3 of the 4 seasons of the year
- Mix in complementary sports or activities that stress different body parts and encourage different movements

A study in 2012 showed that 10-12 year-old boys who played a variety of sports instead of specializing in one sport were better fit and had more coordination. Moreover, specialization has been shown through multiple studies to promote burnout and overuse injuries, and it has been shown to hurt skill development. Specialization also does not guarantee future athletic success.

Muscle, joint and nerve problems occur in athletes of all ages, even adolescents. Adolescents may not feel or report pain associated with trauma or damage as readily as adults, so there may be fewer signs of a problem. This makes it more important to take a proactive approach to training and stay alert for warning signs of musculoskeletal breakdown.



Health And Fitness

By Dan Baram, PTA, CSCS

From The Desk of Our Owner And Director

By Cathy J Leer, PT, MBA

Nutrition For Lean And Mean Teens

Making sure teenagers eat healthily can be a real challenge. There are so many influences and options that are unhealthy that without a little direction the odds are against them. When it comes to active and athletic teens it is extremely important that they understand how to properly fuel their bodies when preparing for exercise whether it be working out in the gym, sports practice, or a competition. Hopefully a little advice will prevent them from thinking that a slurpee is a good pregame meal before a soccer game like I did in high school (a loss was always blamed on the slurpee flavor we chose). So pass along these guidelines to your teenager and help them fuel up properly.

1. Make sure to eat something 1-2 hours prior to exercise. **Calories are the fuel** for our body like gas in a car. If lunch is at 11:30 and practice is at 4:00 and nothing is eaten in between I can guarantee poor performance.



2. Make sure to get some **complex carbohydrates** in the pre-exercise window. Carbs are our #1 fuel source. Although carbs have been villainized as the nutrient that causes us to gain fat, the truth is that whole grains are a key energy source. So make sure your teen has some whole grains as part of their pre-exercise meal.



3. **Stay away from junk.** Of course this is always good advice but especially important prior to exercise because the body takes a long time to process the junk food we eat. I can't remember how many times I have heard a teen athlete say things like, "Oh man, I shouldn't have eaten that ice cream" or "That piece of cake feels like lead in my stomach."



4. After exercise, have another **balanced meal.** Eating a meal with some protein and carbs post exercise will help refuel a teenager's body and help them recover. This will make sure they are ready to perform at their best the next time they exercise.



From Crisis To The Silver Lining(s)

From the bottom of my heart I thank you all for your unending support and words of encouragement after the flooding of our office. I am extremely proud of my entire staff and how they came together in a crisis, and I am forever grateful to all of our patients who exercised great patience during our rebuilding process (no pun intended of course).

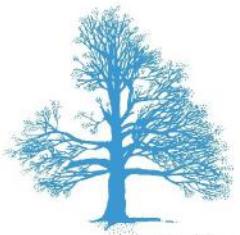
It all began when I was awakened at 4:30 on the morning of February 16th reporting that the "fire alarm was triggered" at our office. Having gone through the devastating fire to the same office nearly 10 years ago, the property manager was quick to assure me that it wasn't a fire however, but a burst pipe in the space above ours. Although I was slogging through 4 inches of water and stepping over fallen ceiling tiles and broken frames and pieces of glass from our "Wall Of Fame" at 6 AM it was originally thought to be a relatively minor problem and one that could be fixed within 5 days. Unfortunately, it turned out to be an 8-week ordeal.

Of course the water had to be mitigated first, with the drying process of the walls, carpet and everything in between. Damaged furniture, electronics, office supplies, records, marketing materials, publications, reference materials all had to be disposed of. The entire dropped ceiling in the front half of our office needed to be completely removed and replaced and eventually wall board had to be cut and replaced as well, which then necessitated that the walls be repainted. New carpets were installed in the entire office which meant that furniture, patient records, and various and sundry supplies had to be stored in locked containers. Everyone seemed to be on top of each other, but somehow we made it work.

Despite the chaos, we managed to stay open throughout the process and provided the same superior level of care to our patients in need. I've been saying that the one silver lining in all of this was an office that now looks brand new...but I have been wrong all along. There are really three silver linings. Of course the first is the new appearance of the office. More important and significant though, are the other two "silver linings": 1) our patients and 2) my entire staff and all of their "helpers" that came to our rescue. I am truly blessed to be surrounded by wonderful and caring people. Without all of you these last 8 weeks would have been impossible and meaningless.

Thank you for giving me meaning, clarity, and an opportunity to serve you all.

Cathy



Family Physical Therapy Services, Inc.

Bedford, NH 03110 Chichester, NH 03258

603.644.8334

www.familyptservices.com

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- DO YOU HAVE TEEN ATHLETES AT HOME?
- ARE YOU CONCERNED ABOUT THEIR ABILITY TO PARTICIPATE IN MULTIPLE SPORTS?
- ARE YOU CONCERNED ABOUT THEIR ABILITY TO PARTICIPATE ON MULTIPLE TEAMS OF THE SAME SPORT?
- ARE YOUR TEENS PRACTICING OR PLAYING GAMES EVERY DAY OF THE WEEK?
- DO YOU THINK THAT YOUR TEENS MAY BE OVERDOING IT?
- HAVE YOU SEEN EVIDENCE OF AN INJURY OR CONCERNED THAT YOUR TEEN MAY BE PLAYING HURT?

If you've answered yes to any of the above questions, then we can help.

Schedule your **FREE pre-season injury prevention screening TODAY.***

Identify insufficiencies or imbalances in your teen and correct them before a larger problem or injury occurs.

* even if the season has already started.

Call 644.8334

Before And After Photos of the "Tsunami of 2016"

