



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

April 2018

Newsletter

Inside This Issue

Happy Spring
 Health & Wellness Educational Series
 Benefits For Business
 The Dreaded Hamstring Strain
 Injured Already-You're Pulling My Leg!
 Is Your Knee Keeping You From Running?
 Patient of the Month
 Ouch...My Knee Hurts!!
 Ross A. Lurgio Info Corner
 Helping Hands Honoree
 Community Activities

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From The Desk of Our Managing Director

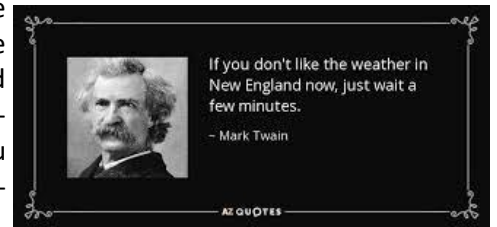
Cathy J Leer, PT, MBA

It's April and I'm really excited about spring and summer. Warmer temps, longer days, and more sunshine. What's not to like about that?!



These past few weeks I've had the opportunity to witness Mother Nature play her wonderful tricks on us while looking out my windows. Many of you may know that I am blessed and fortunate to live on one of the 944 lakes in NH. As such, I get to watch the ice slowly melt and turn to the ever-dangerous "black ice" before eventually breaking up and melting. Some years it seems like an overnight occurrence. Other years, it seems like the process takes several weeks. Regardless, when it is finally "ice out" we know that spring is officially here!

But not so fast! This morning it was in the low 20s again, and a skim of ice was evident on the surface of the lake. Do you ever feel like you are on a roller coaster? In New England that's not necessarily a foreign concept. Mark Twain once said, "If you don't like the weather in New England now just wait a few minutes."



With spring in the air though, we all tend to get excited about the many activities that spring time and good weather bring. Unlike the weather though, what I don't want to see is YOU on the roller coaster ride of entering into a new activity too abruptly or aggressively.

Be careful. Listen to your body. Learn to "hear" what your body is telling you and make adjustments, so you don't overdo it. Over training not only causes damage to your tissues, it can also damage your opportunity to perform at your best and ultimately ENJOY the activities you are so excited to resume.

Happy Spring!!

Health & Wellness Educational Series

SPRING INTO RENEWED HEALTH AND FEEL GOOD ABOUT YOURSELF: BODY, MIND, & SPIRIT

With warm weather and sunshine comes renewed energy and commitment to become a HEALTHIER more POSITIVE you.

Don't get caught on the "I'm going to take care of myself or else" rollercoaster!

Upcoming programs will be focused on safety and learning how to "listen" to what your body is telling you and not just hearing it in the background.

Return to love, life and activities without the emotional and physical ups and downs.

Join us for these FREE programs

THURSDAY EVENINGS 6:30-7:30

207 Meetinghouse Road

644.8334

Visit our [FB page](#) for future presentations and please post comments to request certain topics!
We are here to serve you!

FREE INJURY SCREENING

- Joint Pain
- Back & Neck Pain
- Tendonitis
- Running Injuries
- Muscle Strains & Pulls
- Hips, Shoulders, Knees & Ankles



Family Physical Therapy Services

207 Meetinghouse Rd., Bedford, NH

603.644.8334 - info@familyptservices.com - www.familyptservices.com



YOU DO NOT NEED A REFERRAL

&

PATIENTS HAVE THE RIGHT TO CHOOSE





Benefits For Business

Cathy J Leer, PT, MBA

WEBNC and WOSB certified!

It's official! We are now certified as [Woman Owned Small Business](#) (WOSB) and [Women's Enterprise Business](#) (WEB) which means that we have greater access to federal contracting opportunities, and we are [committed to working with other](#) WEBs and WOSBs. So if you are one of those businesses that are committed, mandated or obtain benefits from doing business with a women minority owned business, we'd like to do business with you!

But what exactly does that mean for you and how can you take advantage of what we are offering? We aren't a retail store, or have products to sell, but we do offer services that can improve your health or the bottom line of your business.

As an independent physical therapist owned out-patient physical therapy practice, we aren't subject to the many bureaucratic decision making practices or mandates that often times detract from patient care. Instead, we remain focused on the only thing that really matters - the patients. We are also considerably less expensive than hospital-owned facilities, and in some cases up to 4 times less expensive, AND we strive to schedule all new patients within 24-48 hours.

If you are an employer looking to do business with us, our [benefits for business](#) are many. We offer:

- On-site seminars
- Injury prevention programs
- Exercise programs
- Workers compensation intervention
- Industrial Rehabilitation services
- FREE Injury Screening programs
- Remote services
- Priority scheduling
- Ask-A-P.T.

If you'd like to learn more contact me directly:

Cjleer@familyptservices.com or call **644.8334** and ask for Cathy

ATTENTION BUSINESS OWNERS

- Would you like to save time and money on retraining employees to take over for an injured worker?
- Would you like to rid yourself of the worry associated with not knowing how to service your clients when you are short-staffed?
- If you are a business owner, would you like to alleviate the risk of injuries in your small business?

If you know of business owners who would like to save time, save money, and save their customers so they can continue to make money, Hero Healers, our telemedicine division can help prevent injuries and maximize performance of their greatest investment... their workers.



Health And Fitness

By Jenn Millen, PTA, ATC

The Dreaded Hamstring Strain

If you are watching sports and you see someone sprinting and suddenly grab the back of their leg – typically they have pulled a hamstring muscle. “Pulling your hammy” is a fairly common injury, especially in athletics. A hamstring injury can be very difficult to come back from due to the large part the hamstring plays in controlling and slowing the body down from fast speeds. Of those who strain



their hamstring, approximately one third will reinjure that same hamstring in a short period of time.

There are a few risk factors for hamstring injuries; the first being a poor strength ratio between the hamstrings and the quads. Many people like to focus on strengthening the “mirror muscles” (the muscles on the front of the body—for example, the quadriceps, biceps, pectorals and abdominals—that you can see in a mirror) and because of this a person will often have stronger quadriceps than hamstring muscles, which can predispose you to injury. Making sure you strengthen both the front and back of your thighs will cut down on your injury risk.

A lack of hamstring flexibility can also increase your risk of injury. For three examples of how to stretch your hamstrings, go to the stretching section of our website [here](#) (and look for S1, S2, and S3 hamstring stretches). It has also been shown that most hamstring strains occur towards the end of a work out or sporting event due to fatigue. Refraining from that last ski run, asking to be substituted for in an athletic contest, etc. may keep you in the game in the long run.

If injured, the most effective type of rehabilitation for these injuries is focusing on what we call “eccentric strengthening” – or strengthening the muscle as it is getting longer. This has been shown to help reduce the risk of reinjury and return the active population back to their hobby faster and safer. If performing a resisted hamstring curl, focus on the down (or lowering) phase, sometimes also called “negatives.” If you find that you have a hamstring strain, no matter how minor, it is important to get it rehabilitated properly, or it may become a recurring issue for you.



Check out our [blog!](#)

If you know of companies that fall into this category I would love an introduction to tell them about an offer to implement this program FREE of charge.

Call me! **603.325.5123** Ask for Cathy or email me: cjleer@familyptservices.com

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Injured Already—You're Pulling My Leg!

It's a real drag, whether you've been running all winter long indoors or are emerging from hibernation, to start running outside and get injured. A particularly difficult injury to run through is a "pull" (or micro tear) of the hip flexor muscles, which run from the front of your spine (at about the belly button level) across your pelvis and end on the inside front of your upper leg.

A hip flexor pull is characterized by pain in the front of the hip, typically where the leg comes into the body; and a discomfort/pulling sensation when taking long strides, running, or while lifting your leg like you were marching in place.

This muscle can be injured traumatically when the leg gets over-stretched behind you (e.g., your leg slipping on gravel as you try to forcefully push off) or from an excessively forceful contraction (e.g., a football player trying to lift the leg while a tackler is holding onto it). It can also get injured due to repetitive use. It's hard to prevent random traumatic injuries (run on stable surfaces only—be on the lookout for end of season black ice, sand or loose gravel in the road; and give up those NFL dreams!) but there are things you can do to limit your likelihood of repetitive use problems (other than slowly increasing mileage).

Aside from strengthening the muscles that surround the hip joints, ensuring adequate flexibility is paramount both for the muscle itself and for general posture. With one foot on a chair, position the other leg behind you, toe turned in slightly. While keeping your stomach muscles tight, slowly shift your weight toward the front foot until you feel a stretch in the front of the back leg (and hold for 30 seconds 3 times).



If injured, like other muscle pulls, they respond well to rest (yeah, I know—no such thing to a runner) or at least relative rest (and, no, that doesn't mean going from 100 miles per week to *only* 40); 10-15 minutes of ice over the affected area (in the acute stage); gentle massage (about 5 minutes to the area); gentle stretching; and light exercise, such as lying on your back, tightening your stomach muscles to flatten your back and small marching steps, all to assist healing and remodeling the muscle fibers.



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Is Your Knee Keeping You From Running?

Is it safe to say that Spring is here? I'm sure those avid runners sure hope so. As you return to outdoor running, you notice that knee pain that started a few months ago is still there. Pain in the patella tendon (the tendon that connects your knee cap (patella) to your shin bone (tibia) can be a deceitful injury—seemingly improved with rest, only to return later. Find out if you have it and what you can do to resolve it.

The patella tendon is used when you extend your knee. It can get inflamed from repetitive stress, which can then lead to weakness. In addition to running, it can become aggravated with kicking or jumping. Therefore, athletes involved in soccer, basketball and volleyball also suffer with this. Initially, the pain occurs when you start an activity or after an intense session. As the pain worsens, it will interfere with your sport while performing it and impede your day-to-day function.

Pain anywhere along this tendon from the bottom of the patella to your shin bone and pain when you try to straighten your knee are good indicators you have it. If so, you will want to rest and ice your knee (10-15 minutes at a time) for 1-2 weeks. If symptoms continue to linger, you should consult with your doctor or physical therapist. Otherwise, the longer you wait, the weaker your knee becomes.

If you see your doctor, they may refer you to physical therapy. Your PT will evaluate your knee and determine which stretches and strengthening exercises will be appropriate. Specifically, stretching your quadriceps (front of thigh) and hamstrings (back of thigh), may be in order (go to the stretching section of our website [here](#) and look for stretches to the hamstring (**S1, S2, and S3 hamstring stretches**) and rectus femoris (**S3-Rectus Femoris Stretch**). In addition, they may use modalities to help decrease pain and inflammation. Proper footwear and body mechanics in your sport will be other areas that your therapist will address. Ultimately, the goal is to rest the tendon and improve biomechanics to unload the tendon and eventually strengthening to build it back up. This combination will help to resolve your pain and improve your overall mobility to get you back to running or other activities you enjoy.



Patient of the Month

Taylor Guibord

CONGRATULATIONS

TAYLOR!

"I started coming to PT because my knee was bothering me in sports. I play basketball and Lacrosse so it would really bother my knee. My knee would hurt whenever I started running or jumping. When I started seeing Tom I got a lot of different exercises from him. My knee started feeling a lot better! Now I am more flexible and my knee does not hurt because of Family Physical Therapy. Thanks Tom!"



Come on in any time and visit our WALL of FAME and learn about other success stories at FPTS!

Don't get on the exercise rollercoaster!
Schedule your
FREE INJURY SCREENING!
Call 644.8334 today!



Injury Prevention & Sports Performance

By James Goodwin, PTA, CSCS

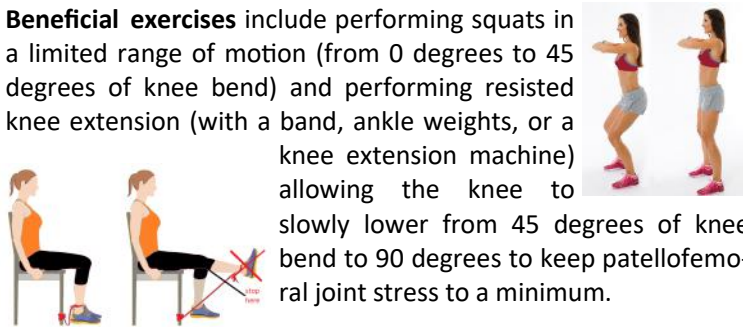
Ouch...My Knee Hurts!!

The knee is one of the largest and most important joints in the human body. It allows the lower leg to bend and straighten relative to the thigh as well as supports the body's weight during everyday activities including standing, walking, jumping and running. The structure and function of the knee joint allows for substantial stability and mobility; however, its repetitive usage and constant loading (i.e., bearing weight) renders it **susceptible to increased pain and tenderness**. Anterior knee pain, commonly referred to as **patellofemoral pain syndrome (PFPS)**, is one of the most common musculoskeletal conditions seen in family medicine, sports medicine and orthopedic clinics around the world. Although its etiology remains elusive, it is usually defined as pain around the patella (knee cap) that occurs during or after highly-loaded knee bending and extending, leading to impaired function. Symptoms include pain, giving way and clicking, occasionally with swelling and stiffness.

Treatment methods, including eccentric quadriceps strengthening (that is, strengthening of the muscles of the front of the thigh while they are lengthening), use of taping techniques to facilitate optimal patella alignment and tracking, proprioceptive neuromuscular facilitation (manual therapy), and improved strength and control globally of the hip and knee muscles, lead to positive treatment outcomes.

Patellofemoral pain syndrome can be commonly misdiagnosed as chondromalacia of the patella (softening of the cartilage behind the kneecap), osteochondritis dissecans (cracks in the cartilage and underlying bone), Osgood-Schlatter disease (irritation where the patella tendon meets the shin bone, mostly in adolescents), peripatellar tendonitis or bursitis, and other rarely occurring pathologies. It is essential to conduct a thorough history and physical examination by a skilled physical therapist for proper diagnosis. The goals in the acute phase of PFPS are to reduce pain, minimize patellofemoral joint stress, decrease inflammation and irritation, and prevent muscle atrophy.

Beneficial exercises include performing squats in a limited range of motion (from 0 degrees to 45 degrees of knee bend) and performing resisted knee extension (with a band, ankle weights, or a knee extension machine) allowing the knee to slowly lower from 45 degrees of knee bend to 90 degrees to keep patellofemoral joint stress to a minimum.



NO TIME?...THINK TELEMEDICINE!

- Treatment where and when you need it.
- Covered by Insurance.

NEED ADVICE?...THINK ASK-A-P.T.

- Your physical therapist has the answers!



Ross A. Lurgio Info Corner

GO LIONS!!

SPRING SPORTS ARE HERE

SOFTBALL, BASEBALL AND TRACK & FIELD. If your young athlete is participating in any of these sports, and is serious about staying injury free and getting increased playing time, then make sure they get involved in the introductory [Injury Prevention Program](#) that we will be offering to the teams at Lurgio.

FPTS is committed to helping PREVENT injuries before they happen. If you'd like to know more about this, or any other aspect of training or recovery, please feel free to reach out.

IF YOU'D LIKE TO KNOW MORE - SEND INQUIRIES TO:

JGoodwin@familyptservices.com or call: 644.8334 - ask for James



- DO YOU WANT TO KEEP YOUR CHILD SAFE FROM ATHLETIC INJURIES?
- ARE YOU INTERESTED IN HELPING THEM INCREASE PERFORMANCE?
- DO YOU WANT YOUR ATHLETE TO HAVE THAT COMPETITIVE ADVANTAGE OVER THE COMPETITION?

If you answered YES to ANY of these questions, we have the programs for you!

- INJURY PREVENTION PROGRAM FOR YOUNG ATHLETES

COMING SOON...

- ELITE SOCCER DEVELOPMENT PERFORMANCE TRAINING

Call us for more information: 644.8334

REMOTE PHYSICAL THERAPY SERVICES

HELP YOURSELF OR SOMEONE YOU LOVE

Get treatment and answers about injuries, aches, and pains related to your muscles, joints, bones and ligaments - **without leaving home!!**

Stop sitting on the sidelines and start living the life you want to lead. If you are unable to prioritize your life so that you get the care that YOU need, then [Telemedicine and remote physical therapy services](#) are for you.

IF YOU'D LIKE TO LEARN MORE

call: 603.644.8334 or

email: cjleer@familyptservices.com

Helping Hands Honoree

CONGRATULATIONS!

Our Helping Hands Honoree for April is **Carol Walsh**. We are pleased to be able to show our appreciation to clients who have demonstrated their trust and confidence in us and our ability to care for friends and family. We are also pleased to be able to offer our clients a choice of awards from our [most trusted associates](#).

Thank you Carol for lending a HELPING HAND to a friend and showing how much YOU CARE!!

You can be a Triple H winner too! Each time you refer a friend, family member, or associate to us, your name is entered into our monthly drawing. The more you refer the greater the chances of winning.



Community Activities

James Goodwin, PTA, CSCS

our **Director of Injury Pre-**

vention & Sport Performance, will be offering **6-week Injury Prevention Programs** for the young athlete. As part of our commitment to Ross Lurgio Middle School, James will be working directly with the coaches and players in the spring sports programs to help keep your young athletes safe and performing at their top level.

For organizations, students and parents looking for a more in-depth program **for the serious and elite athletes**, contact James directly: JGoodwin@familyptservices.com or call [644.8334](tel:644.8334) and ask for James.

Cathy Leer, PT, MBA was at the [20th Annual Granite State Human Resource Conference](#) on March 26-27th at The Manchester Downtown Hotel. She was representing The Wellness Project, connecting businesses and their staff to a variety of Wellness Partners who offer knowledge on their specific areas of expertise in short workshops. For information on The Wellness Project, contact Sara Janes Hoag - sara-janesrhoag@gmail.com

Ask our experts!
Get **FREE** answers to
your questions
Call **644.8334**

YOU CAN PREVENT YOUR CHILD FROM SITTING ON THE SIDELINES.

Find out how: [INQUIRE TODAY!](#)



Family Physical Therapy Services, Inc.

Specializing In

General orthopedic injuries, pre & postnatal services, lower back pain, stenosis, sciatica and herniated discs, neck pain & headaches, tendonitis & bursitis, arthritis, plantar fasciitis, sports injuries, rotator cuff, sprains & strains, pre & post surgical, exercise prescription, and more...



207 Meetinghouse Rd, Bedford, NH 03110 603.644.8334 www.familyptservices.com

Share me with a
friend!



Patients have the
right to choose!

**YOUNG ATHLETES
ALL SPORTS
ALL SKILL LEVELS**

**ALL
SPRING
sports
REGISTER NOW!**

**GET YOUR
GAME
ON**



LITTLE LEAGUE

FOOTBALL



6 WEEK INJURY PREVENTION PROGRAM

DO YOU:

- ✓ Want to get more playing time?
- ✓ Want to play without pain?
- ✓ Want to increase your performance?
- ✓ Want to start & finish the game?

CORE STABILITY	FOAM ROLLING	INCREASE RESILIENCE
MOVEMENT PREP/MOBILITY	IMPROVE FLEXIBILITY	INCREASE STRENGTH

START DATE and TIME: TBD

COST: \$150

FOR ADDITIONAL INFORMATION CALL JAMES - 644.8334

Email: jgoodwin@familyptservices.com

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