



Family Physical Therapy Services, Inc.

“Our Family Cares”

Cathy J Leer, PT MBA, Owner/Director

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December 2014 Newsletter

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The holidays are certainly stressful in many ways, from holiday shopping and cooking for family and out of town guests to decorating and party planning, and just juggling our everyday activities for work and family. Unfortunately these things pale in comparison to the many families that are struggling with financial difficulties and medical issues, or those that are homeless or don't have enough food to put on the table. That's why I feel that those of us who have so much to be thankful for should take a moment to say a prayer of thanks and to do what we can to help out those in need.

Family Physical Therapy Services will be donating to the food pantry again this year, so if you would like to bring in some non-perishable items during the months of December and January, we would be happy to make that donation in your name, our loyal customers and clients. Your generosity will be greatly appreciated, and I'm sure will help out many less fortunate families.

Merry Christmas!

From all of us at Family Physical Therapy Services.



*May all of your dreams come true
at this blessed time of year.*



Success Story of the Month

Author: Cathy Rogers-Holmes

Did you ever have a dream that was so big that you never thought you could ever achieve it? Or, that it would take many years to work towards that goal in hopes that it would happen?



For many years I have had a dream to one day show at the Saddlebred World Championship Horse Show in Louisville, Kentucky. It was a big dream that started when I was very young. I knew that I would need the right horse and of quality to even consider showing at Louisville. That alone could take a lifetime to find that horse and the right trainer. When you do find that perfect combination, it takes time to team up with that horse and lots of hard work. To show at Louisville, you also have to qualify, which means being a strong competitor at other shows the year prior to Louisville. I have had many Saddlebred show horses, but was never positioned to show at that level. That is, until I purchased a horse named "Who" three years ago. He had all the right qualities and was bred to be a show horse.

For the first 2 years I owned him, I showed him as a riding horse. We did okay, but still not at the level that would get us to Louisville. Sadly, last year Who was not well and the vet prognosis was not good. I received a call to get to the barn knowing the horse would possibly be put down. A decision was made to continue to nurse him back to health. In doing so, he could be lightly worked in harness, with a buggy, to help him get stronger and to recover. To my trainer's and my surprise, Who took to driving and loved it! I showed him last October at the final show of the season and won the Show Pleasure Driving division. It was a thrill beyond words knowing that this horse could be the one. Over the winter Who continued to work in harness and recovered fully. At least we were heading in the right direction I thought. That was, until my injury.

Early in December while preparing for the holidays, I tripped walking down the last 4 steps of a steep attic staircase carrying a large box of holiday decorations. At the time, I was more concerned that I didn't break anything in the box. However, as I was assessing my own situation, I realized I had hurt my hip. I went a few months in pain to the point I could not sit long or could not get a night's sleep due to the pain and discomfort. That was when I started going to FPTS for some therapy and hopeful relief. Each visit provided me with a level of relief I didn't think would ever be possible. In 4 months' time, and weekly visits, I have fully recovered with thanks to FPTS. To think, I almost had to put the horse down mid-summer 2013, followed by my injury and maybe never riding a horse again, and my dream being only a dream

Happily, I would like to report that both Who and I have fully recovered and I am back to riding horses! I can also climb in-and-out of the buggy without any difficulty or pain. In August, Who and I showed at Louisville for our first time. It was a dream come true!! Just being there was a thrill beyond words. Who pinned a second place in the Show Pleasure Driving division and came home with a Reserve World's Championship title. To think, a year ago my dream was squashed thinking Who would never fully recover and be the show horse I had hoped he would be and that my injury would limit my ability around horses. I have to give kudos to my trainer for not giving up and believing in Who and helping him to recover to the fullest and to FPTS for my full recovery. I am so very blessed. I claim that Who has an angel on his shoulder as do I. Having the opportunity to show this fantastic horse at the Saddlebred World's Championship Horse Show is truly an honor and a dream come true.

My words of wisdom to you is, "Never give up on your dream"!! Keep on pushing even though you may feel defeated. I am so very fortunate to say I have lived my dream and can cross this one off my bucket list. What are my plans going forward? Hopefully, Who and I will go back to Louisville next year and come home with the World's Championship title and he will also acquire his "CH" title. Can you imagine, a horse named Who that was so broken a year ago, is now a Reserve World's Champion!! Going forward, he will no longer be just "Who", a three letter name where Microsoft spell check suggests a question mark, but Reserve World's Champion CH Who with me at the reins!!!!

“Helping Hands”

Don't miss out on FREE lunch!



Did you know that every time you refer your family, friends or associates to Family PT Services you are entered to win

a gift certificate to a local restaurant? Yup, that's all you

need to do. For every referral that you make that comes in for a free screening or evaluation, we will enter your name to win lunch for two at an area restaurant. The more entries, the more chances to win! We've even made it easy for you. Just pick up some FREE SCREENING cards and write your name on it so that we know who the recommendation came from, and give those people in need of our services a card. Or give us their name and contact information and we will contact them directly. In return for your referral, we will give the people you refer a FREE SCREENING and helpful information to address their needs.

Each month we will be presenting the person who refers the most qualified patients to us, our “Helping Hands Honoree”, with the “Triple H Award”. All Helping Hands Honorees will then be entered in our grand prize drawing following the end of the year. Monthly drawings for lunch at a local restaurant will be held the first week of every month for the preceding month, so don't delay! Our Triple H Award winners will be announced in our monthly newsletter and the grand prize drawing will be held the first week in January.

This new program is our way of saying “Thank You” for referring your friends, family, and associates to FPTS. Your referrals are the best compliment that we can receive. Without them, we wouldn't be able to provide the same level of care that we have become known for. That is why we want to give back to you.



Helping Hands Honoree—

Another “Triple H Award” winner!

This month's award goes to Linda Jablonski! Thank you for spreading the word about Family Physical Therapy Services. As a retired teacher from the Manchester school system, as well as a longtime resident of Bedford, Linda is the perfect example of a champion of our cause. Not only has she been a “repeat offender” here at FPTS, but she is a repeat “helper” as well.

Throughout the twenty something years that I've known Linda, she has repeatedly raved and spread the word to her numerous friends, family members, and co-workers about our services and the results that she has achieved.

Thank you Linda for giving us the opportunity to share our expertise and care with you and your friends and family, and for the “Helping Hand” of spreading the word about Family Physical Therapy Services. Without patients and friends like you, Family Physical Therapy Services wouldn't be able to continue to provide services and help so many people in need. This is why we are paying tribute to you as our third recipient of our “Helping Hands of the Month” award.

As our way of thanking you, you are the recipient of a gift certificate to one of our local restaurants. Thank you Linda!



In The News at FPTS

It's a girl!



The entire FPTS family is proud to announce the arrival of Dan and Heather's beautiful baby girl. Haley was born into her extended family on December 9th at 2:12 PM. She weighed in at 7 lbs., 3 oz. and measured 18 ¾ inches long. Her big brother Logan is happy to report that his little sister and mom are both doing fine and that Daddy Dan couldn't be happier!

Congratulations Dan, Heather, Logan and Haley. Wishing you all a lifetime of peace, health, happiness and cherished memories.

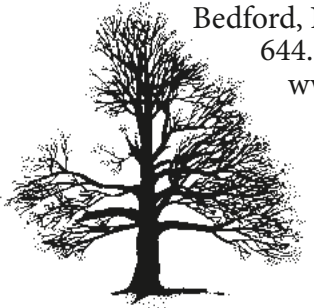
End of year \$\$ in your FSA??



Do you have money left in your FSA account?
Did you know that you have to use it or lose it?
Call 644-8334 and order extra orthotics or Vionic footwear today at FPTS and don't LOSE IT!

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Putting "Care" Back into Healthcare For over 23 years

Do You or Someone You Know Have:

- Pain at the outside of your hip?
- Pain that goes to or below your knee?
- Pain when you lie or sleep on your side?
- Pain or difficulty when squatting or taking your first step?

If so, then you may have hip bursitis or a related condition.

**Check out this month's issue for the
BEST exercises to do for lateral hip pain**

**AND
PASS IT ALONG!**



Family Physical Therapy Services, Inc.
Putting "Care" Back Into Healthcare

Do you suffer from hip or groin pain?

If the answer to this question is yes, then keep on reading!

Hi friends of FPTs,

In my quest to provide information that might be of benefit to you, your family and your friends, I did some research on hip and groin pain and found some information that I thought you or someone you know might find valuable. First I need to share what some might see as common sense, "Why are you telling me this?" information. According to the Center for Hip Preservation Hospital for Special Surgery:

1. "The right diagnosis is essential when obtaining the right care"
2. "Delays in diagnosis add to medical cost and may considerably effect treatment and ultimate patient outcome."

Diagnosis is key

At FPTs, we have trained PT's to utilize the diagnostic tools that are considered the most reliable in predicting the origin of your pain. The **source** of your pain and not the **site** of your pain is key. The 3 main regions of hip pain are the front of the hip, the back of your hip or buttocks, and the outside of your hip.

Pain at the front of your hip or groin pain is often times associated with disease or injury to the hip joint such as osteoarthritis or labral tears.

Pain at the back of your hip or buttocks is usually associated with piriformis (a deep muscle in your buttock) syndrome, pelvic joint (sacroiliac joint) dysfunction, or radiating from the lower back (lumbar radiculopathy).

Pain at the outside of your hip is usually associated with the area around the bone on the outside of the hip called the greater trochanter. Most often the diagnosis for this type of pain is (trochanteric) bursitis, but findings in a recent study showed that the majority of patients have a combination of issues involving the buttocks muscles rather than the bursa. In fact, the study showed that only 20% of those studied had bursitis! That's why it is so important to correctly identify the source of the pain.

Many times your PCP may refer you to a Physical Therapist with a diagnosis of "hip pain." Without knowing where the pain is coming from, a proper course of treatment can't be established. Because there are many available treatments for hip and groin pain, an appropriate diagnosis or source of your pain must be identified by a thorough examination by a qualified PT. Once completed, a proper course of treatment is prescribed. Often times the pain may be related to more than one source. When this is the case, the Physical Therapist is equipped to identify and address all of the areas involved which improves the outcome of treatment.

Typically, a normal course of therapy involves controlling the pain and inflammation as well as restoring normal range of motion and strength to the areas. This is done through a combination of techniques involving machines, or "modalities" as we call them, hands on care, and exercise. There are far too many sources of pain to address them in this issue, but one of the most common areas of pain is the lateral hip. As was mentioned previously, the majority of patients with lateral hip pain have issues NOT with the bursa, but with the muscles and tendons of the buttocks region.

So which exercises are best for lateral hip pain?

Check out the answers on the next page!

Hope this information helps you!

Cathy

The BEST exercises to do for lateral hip pain are:

Hip Abduction in Side Lying



Set up: Begin by lying on your side with your lower leg slightly bent at the hip and knee.

Movement: With your upper leg in alignment with your body, lift your leg up towards the ceiling without rotating your leg outward. Return the leg to starting position and repeat.

Tip: By lifting your leg leading with your heel, you will be prevented from rotating the leg outward.

Perform: 3 sets of 10 reps

Clams



Set up: Begin by lying on your side with both hips and knees bent slightly.

Movement: With your feet together, lift upper leg off of lower leg being careful NOT to roll backwards. Lower slowly and repeat.

Tip: By doing this against a wall or the headboard of your bed, you will be prevented from rolling backward.

Perform: up to 50 reps

Split Squats



Set up: Begin in standing with one foot in front of the other.

Movement: Squat down bringing your back knee towards the floor being careful not to allow your front knee to extend beyond your toes, or your back knee from moving inward.

Tip: Be controlled in your movements. Only squat down as far as you can without having to hold on and still being able to return to your starting position.

Perform: 3 sets of 10 reps



ITB (IlioTibial Band) Rolling

Set up: Lying on a foam roller with your painful side down.

Movement: Roll your hip back and forth across the foam roller for 2 mins. Repeat on the other side.

Tip: To make this more difficult, you can hold your feet off of the floor.

“When Do I Call a Physical Therapist?”

Call us at 603.644.8334 if:

1. Your pain and symptoms do not change
2. Your pain gets worse with these exercises
3. You feel a little better with the exercise but it's still there.

Some people will heal quickly with these simple exercises. Others will need to take it to the next step. If you have more pain or your pain is unchanged: **Call 644.8334 to schedule an appointment.**

One of our PT experts will complete a thorough examination to determine:

1. The cause of your hip and groin pain
2. If you need an MRI or x-ray (usually not)
3. What successful and natural treatment may be appropriate for you

P.S. We need to limit this to the first 20 people who call because of therapists' schedules. **If you need help DO NOT DELAY. This offer expires January 31, 2015**

FREE HIP PAIN SCREENING

Call 644.8334 TODAY

Do you have

- Pain at the outside of your hip?
- Pain that goes to or below your knee?
- Pain when you lie or sleep on your side?
- Pain or difficulty when squatting or taking your first step?

If you answered yes to these questions then you may have hip bursitis or a related condition. Let the experts at FPTS confirm that for you and get you on the road to recovery!

***This coupon may be given to friends and family
Limited to the first 20 callers***

Offer expires January 31, 2015

Family Physical Therapy Services
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