



Family Physical Therapy, Inc.

“Our Family Cares”

Cathy J Leer, PT MBA, Owner/Director

603.644.8334

Fall 2014 Newsletter

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October is Breast Cancer Awareness Month. This is an annual campaign to increase awareness of the disease and to improve efforts and outcomes of early detection. While there are many activities surrounding this campaign, I am encouraging participation in an upcoming 5k.

The NH Chapter of the National Association of Professional Women (NAPW), in cooperation with the USA Track & Field Association’s sanctioning board, is pleased to present the 3rd Annual Ghost Runner 5K Road Race on Sunday, Oct., 26 at 10 a.m., starting at Nashua’s Stellos Stadium and proceeding through Mines Falls Park. Participants of all ages, from elite to beginners, are invited to run or walk the course, rain or shine.

Online pre-registration is at: www.ghostrunner5k.com. Pre-event entry fees are \$25 for adults, \$15 for those 12 & under. Day of race fee is \$30 for all entries. Race logistics and timing management will be provided by 3C Race Productions of Merrimack.

Those wishing to contribute to NH Breast Cancer Coalition without participating in the event may do so online. First, second, and third place medals will be awarded in all categories, both male and female and, a “best costume” award will also be presented by the NAPW.

All proceeds from the event will remain in New Hampshire, benefitting the NH Breast Cancer Coalition’s Support Services Fund, giving financial assistance to low income and uninsured NH residents with breast cancer. The Coalition has been instrumental in advocating for and providing financial assistance through an all-volunteer, state-wide grassroots organization since 1992.

“We are so pleased to see the Ghost Runner 5K continue as its

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founder, Bonnie Venuti-Kenney, hoped it would,” said long-time NH Breast Cancer Coalition President, Nancy Ryan. “The significant monies raised the past two years have helped innumerable people across the state make ends meet in an already tough economy as they face increased financial hardship due to the challenges of breast cancer treatment. We applaud the NAPW for stepping up to the plate.”

New Hampshire NAPW President, Sue Brown, said the national organization dedicated to meeting the needs of professional women feels a deep sense of community service to those non-profits improving the quality of life for all women. Most especially this applies to those needing a helping hand when facing costly medical issues, while juggling families, food and home expenses, and even fuel to get to treatment facilities.

NAPW member and breast cancer survivor, Carolyn Choate, is the race director. “I am so proud to hold this honor as someone who knows first-hand the hardships physically, emotionally, and financially that a diagnosis of cancer can create. This is my way of giving back for all the support I received during my cancer journey. Needless to say, October is a very busy month for breast cancer fundraisers and I applaud every single event because each one evolves in the heart of someone who cares enough to get involved, someone like Bonnie Venuti-Kenney. We’re going to work very hard to make her proud with a goal of \$10,000 for the NH Breast Cancer Coalition. I know the Coalition will use every penny to help people in need.”

For further information call: 603-533-4984 or 603-455-8585

Success Story of the Month



In honor of Breast Cancer Awareness Month, this month’s high five goes out to Melissa Glasgow.

These are her words:

“The Avon Walk for Breast Cancer is a two-day walk covering a marathon’s distance: 26.2 miles, the first day, and a half marathon’s distance, 13.1 miles, the second day. I have walked the Avon Walk in Boston four times and the Avon Walk in New

York once, along with my team of “Meli’s Fightahs”! I am proud of my accomplishment but I couldn’t have succeeded in crossing the FINISH line, five times, without Family

Physical Therapy Services! I walk many, many miles while training for the Avon Walks each year and even “just walking” can cause injuries. I have had issues with my knees and hips and have used FPTs to help me get healthy, and stay healthy! They have helped me work on gait and strengthening in order to reach my goals. The staff is knowledgeable, professional, caring and tenacious! FPTs are my ‘walk angels’ for helping me get to the FINISH line! May 2015 will mark my 6th Avon Walk in Boston and I will celebrate my 5 year anniversary of being free of breast cancer! Our team, Meli’s Fightahs, has raised over \$45,000 in the last 5 years. We hope to raise LOTS more in 2015! I walk to give back and I walk towards a future with NO breast cancer! Thank you Family Physical Therapy Services for helping me WALK and being IN IT TO END IT with me! #avonwalkbo”

Congratulations go out to Melissa and her team for their successful fund raising as well as their efforts towards raising awareness of this devastating disease that effects so many people. Most of all our heartfelt congratulations on your upcoming 5-year anniversary. May you continue on your successful campaigns!

It has been our pleasure to be your “walk angels”!!

“Helping Hands”

Our new health mentor program.

Your success is our success, and the greatest compliment that you can give us is when you tell your friends, family and associates about YOUR success and your experience at FPTS. Our new “Helping Hands” referral program is our way of saying “Thank You” for referring your friends, family, and associates to us. In return, we will send them a gift for a FREE SCREENING as well as helpful information to address their needs.

To say thank you to you, for every referral that you make, we will enter your name to win lunch with one of our staff at the Manchester Country Club. Drawings will be held the last week of every month, so don't delay. Lend a “Helping Hand” to those you love! Have them call 644.8334 to schedule their FREE screening and make sure they tell us that you sent them so we can treat you to lunch!

Helping Hands Honoree— *Our “Triple H Award”*



Elizabeth “Boo” Zotto has been a familiar face to many people in the Bedford community. As a longtime resident and school nurse at Ross Lurgio Junior High, Nurse Zotto has had innumerable occasions to refer

friends, family, and students to Family Physical Therapy Services. As a long time patient herself, Boo knows all too well the importance of one-on-one care with knowledgeable and gifted therapists who care about the welfare of their patients and helping them achieve their individual goals.

For years Boo has been the face of Lurgio and has provided medical services, comfort and advice to students and their families. Above all else though, she has been the perfect caregiver and epitomized the very heart and soul of what “caring” means. There is no one person that has devoted more to her students and community and cared more about their wellbeing than Boo.

This is why I am paying tribute to her as our first Helping Hands Honoree and recipient of our “Triple

H Award”. Without patients and friends like Boo, Family Physical Therapy Services wouldn't be able to continue to provide services and help so many people in need.

Thank you from the bottom of our hearts. You are a true member of the “Family”.

Cathy

PS When would you like to go to lunch?

In The News at FPTS

As Director at Family Physical Therapy Services, I am pleased to announce that Tom is now a permanent full time member of our staff!



Welcome Tom!

THOMAS FONTANA, MSPT
Clinical Staff Manager

Tom is a 1989 graduate of Oberlin College (OH) with a BA degree in Psychology and a 1999 graduate of Boston University with a MS degree in Physical Therapy.

He has experience as a staff PT as well as a Clinic Manager. For the last 15 years, Tom has been treating patients of all ages with a variety of orthopedic and neurological conditions and sports injuries. His areas of interest include the shoulder and knee as well as post-surgical rehabilitation. He has attended numerous conferences and holds advanced training in the McKenzie method and Mulligan concept as well as a variety of other manual therapy techniques.

Tom enjoys geocaching with his daughter, landscaping, gardening, and playing tennis through the North Shore Tennis League and United States Tennis Association where he is a 4.5 rated player. He lives in southern NH with his wife, Tyrrell, daughter Kira, cats Dragon and Damsel and a seemingly immortal fish.

Tom is licensed to practice Physical Therapy in New Hampshire and Massachusetts.

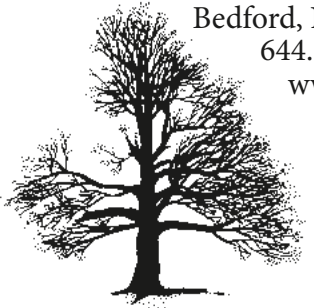
Family Physical Therapy Services, Inc.

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961.0039

www.familyptservices.com



*Free
Screening Coupon
Inside*

Specializing In:

Pre & post natal services, work related injuries, Lower back pain, sciatica and herniated discs, neck pain & headaches, tendonitis & bursitis, pre & post surgical, arthritis, plantar fasciitis, sports injuries, exercise prescription

Putting “Care” Back into Healthcare For over 23 years

Do You Know Someone Who Suffers with Sciatica?

Do they complain of pain, numbness or tingling in their legs, feet, buttocks or lower back?

If you or someone you know suffers with Sciatica, then check out the **30-Second Self Test** and the **#1 Single Best Exercise for Relief for Sciatica** inside this newsletter.

AND

PASS IT ALONG!



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

Attention Sciatica Sufferers!

Revealed: A 30-Second Self-Test AND the #1 Single Best Exercise for Relief of Sciatica

Hi friends of FPTS,

Recently I was doing some research on Sciatica and lower back pain treatments and stumbled on some information that I thought you or someone you know might find valuable. First I need to ask, **have you or someone you know and care about ever:**

- Missed work due to Sciatica or back pain?
- Missed out on a family vacation or activity because you were afraid to aggravate your Sciatica?
- Found yourself worrying more about your pain, numbness and tingling rather than living your life the way you want to?

Here are the 3 common causes of Sciatica:

1. Herniated discs
2. Stenosis or Arthritis
3. Pelvic or SI joint problems

At Family Physical Therapy Services, we specialize in treating Sciatica. We know that when you match the right treatment to the specific problem, the symptoms should go away...almost immediately. Of course, there are exceptions, such as multiple diagnoses, surgery, chronic injections, and medications.

Have you ever seen someone who has to lean on a shopping cart at Market Basket or Hannaford's? The reason they need to do that is usually because of arthritis (doctors call it "stenosis") in the lower back. Successful treatment for this condition usually involves:

- Specific exercises (usually) involving bending forward
- Traction
- Hands-on Physical Therapy

Be aware that doing the wrong type of treatment for a condition can cause more problems. Such as a person with a different back issue doing an exercise that is specifically for a herniated disc, he or she is going to be in a lot more pain and the leg symptoms may actually get worse!

So here are 2 important tools I want you to have (or if you are feeling fine, pass them along to someone who you think may need them).

1. A **30-second self-test** that you can do in the safety and comfort of your own home to see if you really have Sciatica
2. **The number one single best exercise** to do for Sciatica relief

Hope this helps you

Cathy

PS When doing the exercise for relief, you will experience 1 of 3 results:

1. You feel better
2. You don't feel any different
3. you feel worse

If you feel better, great. Keep doing it. (There is an entire series of more advance exercises to do. We can show you if you need it.) If you experience result #2 or #3 (no change or feeling worse), I have also attached a Sciatica screening coupon. Call **644-8334** to schedule an appointment.

One of our PTs who specialize in Sciatica will examine you and determine:

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

PPS We need to limit this to the first 10 people to call because of therapists schedules. If you need help **DO NOT DELAY**. This offer expires October 31, 2014

FREE SCIATICA SCREENING

Call 644.8334 TODAY

Do you have pain, numbness or tingling in your legs, feet, buttocks or lower back?

Have you missed out on family, friends and fun because you were afraid of pain?

Have you missed work because of Sciatica or back pain?

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

Family Physical Therapy Services, Inc.
165 S. River Rd, Unit F
Bedford, NH 03110

Offer expires November 30, 2014

Self-Test for Sciatica:

1. Sitting on a chair, look down.
2. Straighten one leg, with toes in the air
3. Repeat for the other side.

What it means: If your leg with pain, numbness or tingling does not go up as high as the other leg, you likely have sciatica.

Your next step is to see what is causing the pressure on your sciatic nerve. Call us to schedule an appointment... we can help you with that.



#1 Single Best Exercise for Sciatica Relief: Standing Back Bend

(The most common cause of sciatica is a herniated disc. If this exercise does not help, call our office at 644.8334 to schedule an appointment).

1. Standing with hands – on hips, feet shoulder width apart.
2. Bend backwards until a stretch is felt.
3. Hold 5 seconds
4. Repeat 20 times

