



Family Physical Therapy Services, Inc.

“Our Family Cares”

Cathy J Leer, PT MBA, Owner/Director

603.644.8334

November 2014 Newsletter

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In The News

Ross A. Lurgio Middle School has another successful Witch Way 5K!



The fifth annual Witch Way To The 5K Road Race was held on a nearly picture perfect fall day, on Saturday, October 25th. The race was professionally timed and awards were presented to the top finishers in each age group, the 3 best costumes, and some special awards. The proceeds from the race support technology at the Ross A. Lurgio Middle School. Under the watchful eye and guidance of Principal Ed Joyce and Donna Dennis, the Technology Integration Teacher at Lurgio, the Witch Way has become the school’s biggest fundraiser of the year. According to Dennis, this year there were “around 500 registrants and nearly 90 kids” who participated in the event which raised approximately \$20,000 for buying new technology.

In prior years the funds were used for Chromebook charging carts, a poster printer, digital projectors, document cameras, and iPads. The school plans to purchase Chromebook laptop computers with the funds raised this year. Additionally, for the second year running the students at Lurgio voted to donate ten percent of the net funds raised to Camp Allen, a Bedford-based program for adults and children with cognitive and physical challenges.

FPTS gives high fives for this year’s winners:



Top 3 finishers overall
1st Dan Dipiro
2nd Matt Troyer
3rd AJ Pratt

10 or younger	11-12 year olds	13-14 year olds	15-19 year olds	20-29 year olds
M-Daniel Caldwell F-Nieve Humphrey	M-Sam Tynan F-Charlotte Bausha	M-Zachary Verow F-Julie Nigro	M-AJ Pratt F-Lindsey Beaudoin	M-Lloyd McKenzie F-Jennifer Barriault
30-39 year olds	40-49 year olds	50-59 year olds	60+	
M-Jay Chernik F-Lindsay Close	M-Dan Dipiro F-Nadine Palmer	M-Gary McCarthy F-Kathy Gibbons	M-Chuck Rossier F-Susan Courchesne	

Thank you Ross A Lurgio Middle School for coordinating this wonderful event. It has been our pleasure to have been a sponsor for the past several years. See you next year!



Success Story of the Month



This month I am veering off course slightly to introduce our new Industrial Rehabilitation Service division: THERAPEUTIC WORK SOLUTIONS (TWS). It's taken a year of hard work and perseverance to put all the pieces together, but we finally have a new name, a new website, a great leader, and a great foundation of services to offer the community



Led by Steve Lisowe, MS PT, this division will provide services to patients, businesses, attorneys, physicians, and insurance companies in the areas of: Job Function Descriptions, Job Function Testing, Ergonomic Assessments, Onsite Injury Prevention Screening, Functional Capacity Assessments, Work Conditioning, Job Site Assessments and Injury Prevention Education, as well as patient treatment.

So what does this mean for you, our patients? It means that we are a full service provider if you have been hurt on the job or an injury is affecting your ability to return to work. If you or someone you know have been hurt on the job, we can help you. Additionally, if you have an ache or pain that is affecting your ability to carry out your work related activities, Steve can make suggestions on how to improve upon that to prevent the issue from becoming something that is life changing or requires treatment or medical intervention. He has the ability to advise you both off and onsite at your work if we can gain permission from your employer to do so.

Our vision is simple: help workers get back to work following injuries as quickly as possible, and help our client companies avoid injuries in the first place.

TWS has two primary clients, workers and employers. Unlike stereotypical medical providers who make more money when there are more injuries to treat, we work to balance the benefits for both the worker AND the employer. Our business model is to LOWER WORKERS COMPENSATION COSTS by using efficient and effective therapy methods that prevent injuries, as well as maximize recovery from injury and return to work.

TWS utilizes and is a licensed partner with DSI Work Solutions, Inc. products which are trademarked and proven to provide significant return on investment. Based upon 20 years of experience and research around the world, DSI is considered the "Gold Standard" because it involves the employer and the healthcare provider in a partnership approach.

As is customary at FPTS, Steve and his team spend a full 45 minutes to an hour one-on-one with you to maximize the effectiveness of treatment, helping you return to work sooner and get back to better living. In doing so, your employer will benefit as well from savings on medical and administrative costs, health and workers comp insurance and retraining or restaffing. That means YOU WILL BE THE HERO at work and at home!

Visit us on the web at: www.therapeuticworksolutions.com or call 603.644.8334

Introducing:

Therapeutic Fitness Training

FPTS will be starting a new program—Therapeutic Fitness Training—that will be offered to patients as well as their family, friends, and colleagues. The program is designed to progress our patients from skilled PT intervention from their therapeutic base to an independent program. Some individuals may need a basic maintenance type of program that will keep them functioning at an independent level at home, while others may want a program that will allow them to advance their fitness in a monitored environment with periodic reassessment and progression of their program by a physical therapist/therapist assistant. Still others may want to maximize their fitness or activity/sport-specific performance with regular, consistent training sessions. Stay tuned for more details!

We encourage and welcome your feedback and suggestions on what types of programs you would like to see, as well as inquiries specific to your needs. You can contact me directly by emailing me at: cjleer@familyptservices.com.



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

Attention Spinal Stenosis Sufferers!

Revealed: The 4 - Minute Roadmap to Relief for Spinal Stenosis

Hi friends of FPTs,

I continue to seek out information that might be of benefit to you, your family and your friends. Recently I did research on Stenosis and found 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:**

- Had back pain or leg pain with standing or walking?
- Had 50 or more candles on your birthday cake?
- Need to sit down for a minute for the pain to go away?
- Suffered with pain, numbness, tingling or heaviness in one or both of your legs?

If you do, then you may have **Stenosis**.

"What is Stenosis?"

With age and injuries, the space between the bones in our back decreases. This is one of the reasons we may lose an inch or so as we become older. With the decreased space, nerves in the lower back may become pinched causing pain in the lower back and possibly down the legs. Stenosis may also be called "arthritis" or your doctor may call it "Degenerative Disc Disease."

"What can I do about my Stenosis?"

There are many available treatments for Stenosis – and to select the right treatment for the cause of your Stenosis can be confusing and frustrating.

After helping thousands of people here in the greater Manchester and Concord NH areas with Stenosis, this is the proven guide we use:

1. Exercise
2. Hands-on Physical Therapy
3. Medications
4. Injections
5. Surgery

How Does This Work?

The rule with this system is "only move onto the next step after the previous treatment has failed." So don't take medication (step#3) until first you have done the right exercises for Stenosis (#1) and hands-on PT (#2) with an expert physical therapist who specializes in Stenosis.

A similar system was mentioned in the #1 New York Times Best Seller "The 4 Hour Body." This may not be for everyone. You must be focused on being as healthy as you possibly can be.

"It seems like there are a ton of back exercises, so which exercise should I do?"

Check out the full instructions on the next page!

The #1 BEST Exercise to do for Stenosis is the "Double Knee to Chest."

Hope this helps you

Cathy

FREE STENOSIS SCREENING

Call 644.8334 TODAY

Do you suffer with pain, numbness, tingling or heaviness in one or both of your legs?

Do you:

- Suffer with back pain or leg pain with standing or walking?
- Have 50 or more candles on your birthday cake?
- Need to sit down for a minute for the pain to go away?

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

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

Offer expires November 30, 2014

The #1 BEST exercise to do for Stenosis is the:

Double Knee to Chest



Set up: Begin by lying on your back with your knees bent and feet resting flat on the floor.

Movement: Using your hands, slowly pull your knees toward your chest until you feel a gentle stretch in your lower back. Hold position for 5-10 seconds and repeat 10 times. Hold the last rep for 30 seconds or longer.

Tip: Make sure to keep your back relaxed during the stretch.

For the next 7 days do this exercise every morning before you get out of bed AND any time you have pain in your back.

“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 this exercise
3. You feel a little better with the exercise but it's still there.

Some people will heal quickly with this simple exercise. 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 back and leg 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 November 30, 2014**

“Helping Hands”

Referral Program

When a patient refers a friend or family member to us it is 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.



To participate in the Helping Hands Program, all you need to do is give those people in need of our services a card for a free screening or give us their name and we will contact them directly. In return for your referral, we will supply the people you refer with a FREE SCREENING as well as helpful information to address their needs.

To say thank you to you, for every referral that you make that comes in for their screening, we will enter your name to win lunch for two at the Manchester Country Club. The more entries, the more chances to win!

Each month we will also 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.

This new program is our way of saying “Thank You” for referring your friends, family, and associates to FPTS.

Monthly drawings for lunch at the Manchester Country Club 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.

Helping Hands Honoree—

Our “Triple H Award”

This month's award goes to Ruth Hopper Mariano! Thank you for spreading the word about Family Physical Therapy Services. As a Legal Secretary at Devine Millimet Attorneys at Law in Manchester, Ruth invited our staff to do a presentation this past October during their “wellness month”.

Both Tom Fontana, MSPT and Steve Lisowe, MSPT were onsite at Devine Millimet to educate their staff on ergonomics and relaxation techniques thanks to Ruth. Overall, the program was a success and one that wouldn't

have occurred had it not been for Ruth's efforts and enthusiasm.

Thank you Ruth for giving us the opportunity to share our knowledge with the professionals at Devine Millimet Attorneys at Law, and for the “Helping Hand” of spreading the word about Family Physical Therapy Services and how we can help those in our community.

Without patients and friends like Ruth, 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 her as our second recipient of our “Helping Hands of the Month” award.

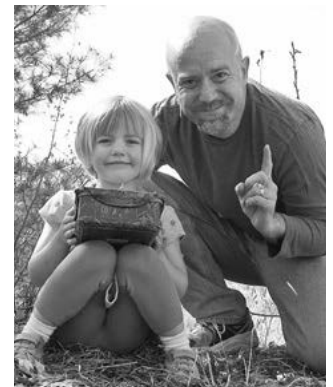
As our way of thanking you, you are the recipient of lunch for two at the Manchester Country Club. Thank you Ruth!

In The News at FPTS

Geocaching with Tom and Kira

Article by: Tom Fontana, MSPT

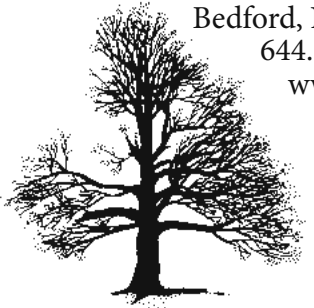
An activity I have really gotten into in the last few years is geocaching. If you've never heard of it, think of a scavenger hunt in the great outdoors. There is a worldwide network of “geocachers” (as of the last time I looked there are over 6 million members) who hide, and seek out, geocaches (over 2.5 million of them) using a GPS. The GPS gives you coordinates of the location of the “cache” to within about 10 meters. (That's 33 feet to most of us). Then the hunt begins!



They can be as small as a thimble (known as a microcache) to as large as a suitcase and often contain some kind of “goodies”—usually tchotchkes like costume jewelry or plastic dinosaurs. The caches are most often in wilderness settings (think town forests or nature trails) and are meant to attract attention to a scenic area, but can also be in parking lots or other places that are more easily accessible. It is a great excuse for a walk outdoors and is especially motivating to those of us who love puzzles or have a competitive streak and for young'uns who don't quite appreciate long walks or scenic views (but gets them outside and exercising nonetheless). I have not tried the really challenging ones yet as I go with my daughter who is only 7 and has short legs (and she is big enough that Daddy can only carry her so far!). We usually make an event out of it, however, with a picnic too.

Family Physical Therapy Services, Inc.

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*Free
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Specializing In:

Industrial Rehab and work related injuries, pre & post natal services lower back pain, stenosis, sciatica and herniated discs, neck pain & headaches, tendonitis & bursitis, pre & post surgical, arthritis, plantar fasciitis, sports injuries, exercise prescription, and more....

Putting "Care" Back into Healthcare For over 23 years

Do You or Someone You Know:

- Suffer with back pain or leg pain with standing or walking?
- Have 50 or more candles on your birthday cake?
- Need to sit down for a minute for the pain to go away?

Do you or they suffer with Pain, Numbness, Tingling or Heaviness in one or Both of Your Legs?

If so, then you may have Stenosis

Check out "The 4-Minute Roadmap to Relief for Stenosis"

**AND
PASS IT ALONG!**