



Family Physical Therapy Services, Inc.

“Our Family Cares”

Cathy J Leer, PT MBA, Owner/Director

603.644.8334

Mar/Apr 2015 Newsletter

Inside This Issue

Dan's Sage Advice for Starting a New Exercise Program

March Patient of the Month

“Helping Hands” Program

Therapeutic Work Solutions Info Corner

In The News at FPTS

5 Steps to Get Started on a Fitness Program

Are You Ready to Run? (3 simple tests and exercises)

Like Us on Facebook



CHECK OUT OUR NEW HEALTH AND FITNESS PROGRAMS!

**Therapeutic Fitness Solutions
&
Therapeutic Health & Wellness Solutions**

Visit:

[www.familyptservices.com/
services](http://www.familyptservices.com/services)

If interested in setting up a consultation, please call:

644.8334

Make Sure You Don't Overdo Your Fitness in the Beginning

By Dan Baram, PTA, CSCS

Good news everyone! The clocks have sprung forward and the snow is melting. Many people will attempt to reclaim the fitness that old man winter stole from them. I would like to take a moment to share a story. Hopefully you can learn a lesson from my experience.

After years of exercising I found myself bored, and demotivated so I enrolled in a new program which included a mix of lifting heavy weights, gymnastics, and cardiovascular activity.



Step 1 was a month-long beginner program. I have been exercising for over 15 years so I skipped the intro program and jumped into regular classes. After a few months I noticed a burning sensation in my left elbow, which I promptly ignored. Another month later my right elbow began to hurt as well. Again I pushed on. Needless to say within another

month I was incapable of twisting the top off of a water bottle without intense pain, but did I quit?...No way. Working, picking up my kids, and even doing the dishes became painful tasks. It felt like someone was holding a match to both of my elbows. I was diagnosed with elbow tendinitis, which took me 6 months to get rid of.

So here is the lesson I learned. Remember that just because you think you are in shape or used to be in shape doesn't mean you should jump into a program headfirst. It is important to take it slow and progress at a reasonable pace. Also, do not ignore the signs and signals your body sends you. If something hurts get it treated. Ignoring pain does not make you tough it just makes you have to tolerate more pain.



Patient of the Month

By Michelle Cushman

We hear those 2 letters from our doctors and we cringe...noooo...I'll do anything but please, no "PT"! (We think that "they secretly love to torture us" is what goes through our heads first).

I have to say, I am so grateful that when I tore the ligament in my right ankle, in multiple places, my foot doctor recommended Family Physical Therapy Services. After my surgery I had one goal - get this foot better so I can go back to my "normal" life. I wanted to start exercising again. I wanted to get back to my volunteer work. Heck, I just wanted to walk without being in pain!

I am pleased to say I have well surpassed "normal." Not only have the staff at FPTS helped to get my ankle back on the mend, they have helped with my whole transformation that I'm in right now. I'm eating healthy. I'm exercising. I'm volunteering again. Being in pain can cause a domino effect on the body and they know how to unravel it and get back on track. Whether it's the friendly smile you get when you walk in or who you are matched up with during your session, I can't say enough good things about this group. I haven't "graduated" and been released into the wild world yet, but there's only one place I need to continue to go to before that time comes.

Thank you FPTS for exceeding my goals I had before I walked into the room. Through your knowledge, determination and communication you have all had a part in putting the pieces of me back together!



FPTS Community Activities

Dan Baram, PTA, CSCS, in conjunction with the athletic department at Ross A Lurgio Middle School, performed pre-season screenings earlier in March. The goal of the screening was to find limitations your child has that could contribute to injury during the upcoming athletic season.

If your child missed the screen and you would like your child to be assessed prior to the start of the season, or at any point thereafter, or if your child was screened and continues to have difficulties, please contact Dan (dbaram@familyptservices.com) or call 644-8334 and he will either meet your child at school or you may bring them into the clinic for the free screen or further evaluation. Each participant was sent home with a score sheet. If a score of NI (needs improvement) was given for a test this means that a limitation was noted and should be corrected. To access the exercises, go to: <https://www.youtube.com/user/famphysicaltherapy/playlists> and click on the Ross Lurgio link. Then find the video that correlates to each test. Watch the video and follow the instructions to address each limitation.

After performing the exercises daily for 1 month your child should expect to see improvements. If you would like your child to be reassessed prior to the start of the season, or at any point thereafter, please contact Dan (dbaram@familyptservices.com) or call 644-8334 and he will either meet your child at school or you may bring them into the clinic for a free reevaluation

If you, your company, or organization is interested in any of our programs or presentations or would like us to design one for you, please contact our office and let us know what you are interested in. We would be happy to make arrangements. 644.8334

Thank you for helping!

If someone you know or love is struggling with an injury or a problem, or just doesn't know how to get started on an exercise or health and wellness program, don't worry! We are here to help!

Just let them know about our FREE SCREENING program or pass along their contact information to us and we can do the rest. The screening can be used for any of our services from physical therapy to our new programs for exercise prescription and training (Therapeutic Fitness Solutions) or health and wellness (Therapeutic Health & Wellness Solutions). Not only will your friends and loved ones benefit, but you will as well. 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 as part of our Helping Hands Program. The more entries, the more chances to win!

We have FREE SCREENING cards for you to hand out to make it easy but you can always just tell them to call us or give us their name and we can do the rest. But remember to let us know who you are sending or make sure that they tell us that you sent them so that your name can be entered in the drawing.

Your referrals are the best compliment that we can receive, and our free screenings are just another way for us to serve you and this wonderful community. Thank you again for all of your support!

Therapeutic Work Solutions Info Corner

Work Injuries: Looking Beyond the Medical Bill

By Steve Lisowe, MSPT



Employers in the state of NH have long been looking for ways to control the medical costs associated with a work injury. In fact, legislation is currently being considered to do just that. And while medical costs can be quite high in some cases, it doesn't nearly begin to tell the whole story of all related costs of a work related injury.

Unfortunately, when injured workers are out of work longer than 3 months, 50% or less actually return. In an article by Waddell and Burton titled "Is Work Good for your Health and Well-Being?", the authors discuss some of the costs of unemployment. They include higher mortality, poorer general health, limiting longstanding illness, poorer mental health, psychological distress, minor psychological/psychiatric morbidity, higher medical consultation, greater medication consumption, and higher hospital admission rates. This could be due to a lack of identity, where in the U.S. people are often identified by what their occupation is. Another factor may be loss of income potential. As cited by OSHA, on average, following a workplace injury, workers earn 15 percent less than they did in the 10 years prior to their injury.

When looking at the actual costs associated with workplace injuries, employers pay only 21 percent of the costs through workers' compensation. Families of the injured worker end up bearing 50 percent of the costs and taxpayers pay 16 percent through programs such as food stamps or Social Security Disability. Employers also face other costs besides the medical costs. The indemnity costs, which are wages paid to workers who haven't returned to work, are often as much as or more than the medical costs. Job satisfaction and job turnover are other costs closely associated with an injury. The costs of replacing workers who cannot return to work or leave due to job dissatisfaction can cost employers several thousand dollars for each new worker that is hired. Furthermore, when a worker is out of work, it may force other workers to work overtime or transfer into jobs that they do not want or are ill-equipped to do, further contributing to their job dissatisfaction and injury potential.

The best approach to prevent all of these costs is to prevent the injury altogether. Of course, if one does occur, a safe and timely return to work is critical for the health and well-being of the worker and the employer. Job Function Tests™ and onsite injury prevention screening by experienced physical therapists have proven to be effective in controlling these costs.

Attention Nursing Home Owners and Managers

Are you experiencing high turnover rates, staffing shortages and worker dissatisfaction? Learn why Nursing Homes have the highest loss work day average of ALL industries in the US and what you can do NOW to improve worker satisfaction and employee retention rates!

Take advantage of our offer for your FREE report now. Learn how you can avoid the trends that are costing Nursing Home managers millions of dollars a year across the US.

Don't miss out on this valuable FREE offer! ACT TODAY!

Request your report at: <http://www.therapeuticworksolutions.com/nursing-home-trend-report/>; email Steve at:

Slisowe@familyptservices.com or call 644.8334 and ask for your free report on "The Costliest Trends in Nursing Homes" without delay.

In The News at FPTS



Hey everyone! We have some exciting news to share! My son Dustin, who many of you know and have seen grow over the past twenty-something years (top left), has been hard at work updating our company website to convey not only who we are, but what we stand for and why. Although he no longer lives in New England, he has been working remotely from his home in Los Angeles bringing us up to date with social media and the World Wide Web. Don't you just love technology! (Although I must add that the 3-hour time difference has posed some interesting challenges in our work schedules.)

We are hoping that you all like the new format, and I'd welcome your feedback in any capacity. Just give me a call or shoot me a personal email. We are here to serve you!

~Cathy Cjleer@familyptservices.com 644.8334

Family Physical Therapy Services, Inc.

Bedford, NH 03110 Chichester, NH 03258
644.8334 961.0039
www.familyptservices.com

Presorted Standard
US Postage
PAID
Permit # 632
Manchester, NH 03103



**Special offer
on
Runners
screening**

Specializing In:

Industrial Rehab and work-related injuries, pre & postnatal 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...

ARE YOU:

ADDICTED TO RUNNING?

SICK AND TIRED OF RUNNING IN CIRCLES (AT THE TRACK)?

CHOMPING AT THE BIT FOR THE SNOW TO MELT?

GET READY NOW!

RUNNING SCREEN SPECIAL OFFER:

MINIMAL SHOE = MAXIMAL BODY

SAVE \$50 ON A 1-HOUR RUNNING MOBILITY/STABILITY EVALUATION- REGULARLY \$200

**CHECK OUT THIS MONTH'S ISSUE TO LEARN HOW TO
PREPARE FOR RUNNING, TO PERFECT YOUR FORM,
IMPROVE YOUR TIME, AND PREVENT NAGGING INJURIES
THAT SLOW YOU DOWN.**

FAMILY PHYSICAL THERAPY SERVICES
165 S. RIVER RD., BEDFORD, NH
126 DOVER RD., CHICHESTER, NH

This coupon may be given
to friends and family

644-8334

Limited to first 20 callers
Offer expires 4/30/15

Fitness program: 5 steps to get started (Excerpted from Mayo Clinic)

Are you thinking about starting a fitness program? Good for you!

You're only five steps away from a healthier lifestyle.

Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight — even improve your sleep habits and self-esteem. And there's more good news. You can do it in just five steps. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.



1. Assess your fitness level

Assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress. To assess your aerobic and muscular fitness, flexibility and body composition, record:

- Your pulse rate before and after you walk 1 mile
- How long it takes to walk 1 mile
- How many pushups you can do at a time
- Your waist circumference as measured around your belly button



2. Design your fitness program

It's easy to say that you'll exercise every day. But you'll need a plan. As you design your fitness program, keep these points in mind:

- **Consider your fitness goals.** Having clear goals can help you gauge your progress.
- **Create a balanced routine.** Most adults should aim for at least 150 minutes of moderate-intensity aerobic activity — or 75 minutes of vigorous aerobic activity — a week. Adults also need two or more days of strength training a week.
- **Go at your own pace.** If you're just beginning to exercise, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or a physical therapist for help designing a fitness program that gradually improves your range of motion, strength and endurance.
- **Build activity into your daily routine.** Finding time to exercise can be a challenge. To make it easier, schedule time to exercise as you would any other appointment. Make it a routine.
- **Plan to include different activities.** Different activities (cross-training) can keep exercise boredom at bay. Cross-training also reduces your chances of injuring or overusing one specific muscle or joint. Plan to alternate among activities that emphasize different parts of your body, such as walking, swimming and strength training.
- **Allow time for recovery.** Many people start exercising with frenzied zeal — working out too long or too intensely — and give up when their muscles and joints become sore or injured. Plan time between sessions for your body to rest and recover.
- **Put it on paper.** A written plan may encourage you to stay on track.

3. Assemble your equipment

Start with athletic shoes. Be sure to pick shoes designed for the activity you have in mind. If you're planning to invest in exercise equipment, choose something that's practical, enjoyable and easy to use. Try out equipment at a fitness center before investing.



5. Monitor your progress

Retake your personal fitness assessment six weeks after you start your program and then again every three to six months. You may notice that you need to increase the amount of time you exercise in order to continue improving.

If you lose motivation, set new goals or try a new activity. Exercising with a friend or taking a class at a fitness center may help, too.



4. Get started

Start slowly and build up gradually. Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting overly tired. As your stamina improves, gradually increase the amount of time you exercise. Work your way up to 30 to 60 minutes of exercise most days of the week.

- **Break things up if you have to.** You don't have to do all your exercise at one time. Shorter but more-frequent sessions have aerobic benefits, too. Fifteen minutes of exercise a couple of times a day may fit into your schedule better than a single 30-minute session.
- **Be creative.** Maybe your workout routine includes various activities, such as walking, bicycling or rowing. But don't stop there. Take a weekend hike with your family or spend an evening ballroom dancing.
- **Listen to your body.** If you feel pain, shortness of breath, dizziness or nausea, take a break. You may be pushing yourself too hard.
- **Be flexible.** If you're not feeling good, give yourself permission to take a day or two off.

Are You Ready To Run?

3 simple tests

DO YOU RUN?

Below are 3 tests to better understand where you may lack strength and mobility. Put yourself through each test and if you find that you need improvement perform the corresponding exercise daily.





- 1) **Foot Control and Stability** – To maintain good technique while running it is important to have stability in your foot. An unstable foot can cause knee and/or hip problems.

Test	Exercise
Can you stand on one leg for 30 seconds both with your eyes open and your eyes closed?	Practice standing on one leg. Work up to 30 seconds or more (eyes open and closed)

- 2) **Calf Strength** – If your calves are weak your form may break down as the mileage piles up which can lead to shin splints or Achilles tendon issues.

Test	Exercise
Can you raise up onto your toes while standing on one leg 20 times?	Practice raising up on your toes while standing on one leg. Work up to 20 repetitions per leg.

- 3) **Hip Extension** – Hip extension (the ability for your leg to move behind your body) is key to proper running technique. Without it you may compensate by rotating at your lower back, hips, and knees, which can cause many problems.

Test	Exercise
 <p>Lay on a table in the position pictured above. If the straightened leg doesn't touch the table your hip flexors are tight</p>	<p>Stretch your hip flexors. Hold each for a minimum of 30 seconds and perform 3 times. Position yourself like the picture making sure to squeeze your rear end and stomach muscles and DO NOT arch your lower back. You should feel a stretch in the front of the hip of the rear leg.</p> 

Running Screen Special Offer Minimal Shoe = Maximal Body

Save \$50 on a 1 hour running mobility/stability evaluation - Regularly \$200

Family Physical Therapy Services
165 S. River Rd., Bedford, NH
126 Dover Rd., Chichester, NH

644-8334

This coupon may be given to friends and family

Limited to first 20 callers offer expires 4/30/15