



Family Physical Therapy Services, Inc.

“Our Family Cares”

Cathy J Leer, PT, MBA, Owner/Director

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May/June 2015 Newsletter

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Happy
FATHER'S
DAY

In honor of all you fathers out there, this issue is devoted to you... Enjoy!

By Cathy J Leer, PT, MBA

With Father’s Day quickly approaching, I have become more aware of how much my husband and father of my children, as well as the other men in my life, mean to me.

As many of you are probably aware, a little over a year ago, I stopped treating patients. Not because I wanted to (although I always aspired to retire at a young age), but because of my own health challenges. Unfortunately, after years of performing manual activities for most of my life, the condition of my lower back got the best of me. Certainly not planned, nor the way I wanted to end my career, and yes, your physical therapists are NOT immune to the same afflictions that affect you.

So after a lifetime of providing care to those in need, I was the one now requiring it. I was the one who had to “do as I say” and to learn moderation. I was the one who had to prioritize my activities into categories of “having to do” or “delegating” to others.

Family Physical Therapy Services, the business that I built from the ground up, literally had transformed into a new identity overnight. One without me in a clinical role. A VERY scary prospect for me given the number of patients that came to rely on me to provide them their care. Decisions had to be made quickly to sustain my business. In my eyes, I had but

one choice, and that was to surround myself with the brightest, most competent therapists that I would trust my business to. MORE important-ly, TRUST MY PATIENTS WITH. Not an easy task, but one which I am thankful to say I have accomplished.

As for home, without hesitation, my husband Jon took on the challenge of keeping me out of trouble. He didn’t complain about the trunk full of groceries that needed to be carried up the stairs, or the vacuuming that needed to get done. He didn’t even complain as much about the piles of leaves and debris that needed to be cleaned up or the yard work that needed to be done after the snow melted. He even seemed like he enjoyed telling ME what to do (or in this case, what NOT to do) for a change!

So, as June approaches and Father’s Day nears, I give heartfelt thanks to all of the “men in my life.” I wish Jon, Steve, Dan and Tom all a very Happy Father’s Day! Thank you for all of the support that you have given me at home and at work, and for taking on the role of “caregivers.” Thank you for embracing the importance of our mission at FPTS and continuing the level of care and compassion that ALL of our patients deserve and have come to expect. I am truly indebted to you all and will be forever grateful. HAPPY FATHER’S DAY!

Success Story of the Month

By Carol Stanium

Mike Stanium is truly an amazing father. Although he would never say this about himself, his family knows what a kind, caring and giving Dad he is. A devoted man always spending quality time with his family whether gathering for dinners, game nights or watching television shows together. His son plays in multiple sports and Mike is always there for him. It is a very rare occasion that Mike misses his son’s games. Plowing long hours in the wintertime, you will often see Mike in the stands watching his son play basketball even after working 40+ hours without sleep! A good hearted man, working hard around the home, volunteering his time to sports organizations, carpooling and always lending a helping hand to anyone in need. Never wanting for himself, Mike demonstrates how to be a good citizen in his small community of Litchfield. His son is very fortunate to have a **LOVING DAD** who will always be there for him, *today, tomorrow and always.....*

When Mike injured his back he worried about how this would impact his family. With the help of Family Physical Therapy he never skipped a beat. With their accommodating schedule Mike was able to maintain his busy work and home routine. But more importantly, with the help of their skilled therapists, Mike is now able to resume his day to day family life without pain!



FPTS Community Activities:

On April 21st, Steve Lisowe, MSPT, Director of Industrial Rehabilitation, presented **Musculoskeletal injury prevention and intervention in nursing homes and healthcare facilities** to the rehabilitation staff at Hanover Hills Healthcare Center. The presentation focused on the value of a multi-modal approach that stresses matching workers physical abilities to the demands of the job. Through advancements in musculoskeletal evaluation and functional testing, job tasks that a worker can perform can be identified as a condition of hire and as a prerequisite for return to work. By implementing services such as Job Function Tests and Job Function Matching, employers can save hundreds of thousands of dollars yearly by promoting safety, and preventing injuries and reinjury on the job.

On Wednesday, May 20, 2015 Dan Baram, Tom Fontana, and Steve Lisowe staffed an informational booth at the **Union Leader's Wellness Fair**. They had employees complete fitness tests of their upper and lower body to determine who might be at increased risk for injury, disability or early mortality. To add an element of fun, they held the **first annual Union Leader/FPTS Fitness Challenge**, with the **first-place trophy going to a 58 year-old female** employee who was the most fit above her expected age group/gender by a whopping 35%! Everyone seemed to enjoy themselves and hopefully learned something in the process.

Notes from our extended "family":

"As a former college athlete, I really love staying active, but my knee pain was causing serious problems for me when running or playing sports. I came to see Tom and **I am happily surprised with the progress I made in such a short time**. He challenged me to improve my overall strength and kept me motivated throughout my visits. **I now have tools to maintain the strength I have gained and to continue progressing**. I am excited to get back on the basketball court and to start increasing my running mileage." ~Ashleigh Sargent

"Triple H" Winner of the Month: A very special thanks to **Sally Jauron** for being our **Helping Hands Honoree** of the month! In our quest to help others, people like you make our job easier. Thank you (and enjoy lunch on us)!!

On any given day of the week, Jon and I watch what we eat, and often times make a meal out of a salad. But on Father's Day, I'm sure, just like most dads, he'll be hankering for something more substantial to eat: A one pound T-bone; a couple of thick juicy burgers with all the fixins'; or half a chicken on the grill, with a heaping mound of his favorite pasta or potato salad right alongside. Not to mention a couple of cold ones and something sweet to top it off at the end.

In an effort to maintain healthy eating habits but still give all the dads out there that perfect Father's Day meal, here are a few tips from Dan.



How to Eat Healthy at a BBQ but Stay Manly

By Dan Baram, PTA, CSCS

Spring has sprung and we are charging hard into summer, which means it's...BBQ TIME. Memorial Day, Father's Day, and July 4th are all great BBQ events. So what's the problem? After spending all winter getting back in shape you don't want to blow it all up at the next BBQ, but you also don't want to have to turn in your man card and eat a salad. Here are some quick tips on how to enjoy the BBQ while continuing to fight the battle of the bulge.

1. Go for the grill

Food that comes off the grill (chicken, steak, even a little sausage) is all high in protein and fat and low in carbs. The fact is that fat doesn't make you fat but carbs do. So fill up on the meat to keep your carbohydrate intake low.

2. Make it Grass Fed

If you are the host then spend the extra money and head to the local butcher instead of the grocery store and purchase some grass fed meat. It's important to steer clear of the grain fed animals which are pumped full of antibiotics and steroids.

3. Check your marinade and condiments

Marinades and condiments can easily derail the best attempts to stay healthy. They can be loaded with sugar, high fructose corn syrup, GMO oils and other ingredients you want to avoid. Before it goes into your shopping cart check the label. Go for the product with the least amount of ingredients and find sauces and marinades sweetened with honey or molasses instead of sugar. Another fact to remember is that in the ketchup vs. mustard battle, mustard wins just check out the label and you will agree.

4. Steer Clear of the sides

Mashed potatoes, potato salad, macaroni salad and all those other sides are usually where the wheels come off the nutrition cart. Sides are filled with the ingredients we just avoided in the marinades and condiments. Also, almost without fail your carbohydrate intake will sky-rocket if you go heavy on the sides.

So remember that if you want to enjoy BBQ season, and still keep your health on track just channel your inner caveman.



Therapeutic Work Solutions Info Corner

Hammering Home Project Safety

By Steve Lisowe, MSPT

Are you tackling any home projects this summer? Here are some common projects this time of year and what you can do to keep yourself injury free.

Mulching: Problems typically occur from lifting, carrying, and reaching. Park the load as close as you can to where you'll be placing the bags. If you need to lift a bag (which should be done one at a time), bend your knees and keep your back straight. Keep the load as close to you as possible to reduce strain on the back. Using a wheelbarrow or 2-wheeler may be better than carrying bags. It might be better (and maybe even cheaper!) to have a load delivered than to deal with numerous bags. As you spread the mulch with a rake, use small strokes front to back and avoid bending your back or reaching forward with outstretched arms.

Pruning: The most common injuries with pruning are to the shoulders and neck. If you're using a limb lopper or shears, keep the tools as close to the body as you can. The risk for shoulder injuries increases significantly if the arms are raised to a height above 60 degrees and especially over 90 degrees (which would be placing your hands at or above shoulder height). To avoid this, it might mean moving your feet and changing your position more frequently, or using a small stable step ladder if the terrain allows. If you're cutting small branches, make sure your handsaw is sharp to reduce strain to your biceps and shoulder. Avoid sudden jerking motions tugging on branches which could tear a shoulder muscle.

Deck Repair/Construction: The common injuries here are to the back, shoulder, elbow, and knees. In addition to warm-up stretching, consider spacing out the project over multiple weekends if you're not conditioned to doing hours of kneeling and bending. When using a hammer, make sure you're facing your target rather than hammering at awkward angles across the body, and keep the wrist relatively straight. If you're placing new boards, stand up every 2 minutes and do a back bend to take pressure off the back and knees, and always wear knee pads when kneeling.

I can't hammer home these points enough!

Pre & Post Natal Info Corner

Support Groups and Safe Lifting Techniques to Help Keep Dads Healthy, Safe, and Sane

By Effie Koustas, MPT



The month of June is associated with graduations, the end of the school year, and the start of summer but more importantly, Father's Day--A day for dads to relax and be appreciated for all of their efforts for their families. Whether it's going to a barbeque or spending quality time with your family, it's your day to enjoy.

Traditionally, dads have been the breadwinner, working full time to support the family. In more recent years, dads have **chosen** to stay at home and raise their children, if their spouse earned more income and/or had better benefits. The Bureau of Labor Statistics shows that 1.45 million dads are home as the primary caregiver, up from 1.2 million in 2006. Despite the consistent rise, the support groups that exist for dads, is not as abundant as it is for moms.

Locally, Nini Bambini is a great resource for both moms and dads, to help with parenting from birth until 5 years old. They have a variety of classes for families from music to art and even temper tantrums. On a larger scale, the National At-Home Dad Network was founded in 2006 by three stay-at-home dads. Today, it has expanded to over 70 U.S. and Canadian cities. It is committed to finding local support and resources for dads while continuing to offer more and better ways for dads to parent.

While effective parenting is a dad's priority, properly caring for their children without injuring themselves should also be a concern. Throughout the day, you will find yourself picking up toys off the floor (repeatedly), lifting up your child, and bathing and dressing them. This translates to repetitive movement that can hurt your back and/or other areas of your body if you are not utilizing proper body mechanics.

A few tips to keep in mind, when lifting:

| | | |
|-------------------------------------|--|--------------------------------------|
| • Keep your back straight | • Bend at the knees | • Keep the weight through your heels |
| • Draw in and brace your abdominals | • Keep your child close to your body as you lift them. | |

These are just a few helpful hints to be aware of. If you are able to incorporate the above when you are lifting your child, then you are doing great! If you are unsure of how to correctly lift, or if you have pain while lifting, we would be happy to help you out. Just call us to schedule a FREE SCREENING. If your issues are more involved then we can schedule you for a full evaluation and educate you on proper posture and body mechanics along the way.

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A Few Key Stretches to Start Off a Stellar Round of Golf!

To start your season off right,
Call **644.8334** and schedule your free injury assessment today!

A Few Key Stretches to Start Off a Stellar Round of Golf!

Excerpts from the Mayo Clinic

Technique is key.

- Don't bounce ⇒ Avoid abrupt or bouncy movements
- Don't be aggressive ⇒ Mild to moderate pulling at most
- Don't be too quick ⇒ Maintain stretch for at least 30 seconds



While sitting with belly pulled in and back straight:

- Place ankle across opposite knee
- Gently push down on knee of raised leg
- Lean forward gently while maintaining straight back and bending from the hips
- Repeat on opposite leg



While sitting with belly pulled in and back straight:

- Place ankle across opposite knee
- With hand pull knee of raised leg towards your opposite shoulder
- Turn body in direction of raised leg
- Repeat on opposite side



While standing with feet in a position of addressing the ball:

- Grasping above your elbow, turn in the direction of your back swing and hold for 30 seconds
- Gently transition to follow through position and hold for another 30 seconds



While standing with feet in a position of addressing the ball:

- Cross your arms at your chest as shown
- Bend forward at hips as if addressing the ball
- Slowly turn your upper body in the direction of your back swing and hold for 30 seconds
- Transition to follow through position and hold as above



Extend your arm out in front maintaining straight elbow:

- With opposite hand bend your wrist down
- Feel a gentle stretch at the top side of your forearm or near your elbow
- Repeat with opposite arm



Extend your arm out in front maintaining straight elbow:

- With opposite hand bend your wrist up
- Feel a gentle stretch at the underside of your forearm
- Repeat with opposite arm

To view the entire Mayo Clinic article and view the entire list of stretches, go to: <http://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/golf-stretches/sls-20076248> or [click here](#)

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