

# Family Physical Therapy Services, Inc.

## “Our Family Cares”



Cathy J Leer, PT, MBA, Owner/Director

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Aug/Sept 2015 Newsletter

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## What Does “Labor Day” Mean to You?

Septem**beard** *By Tom Fontana, MSPT*



**For the month of September, Family Physical Therapy Services will be raising awareness, and funds, for prostate cancer (PC) research.** Prostate cancer is the second-most prevalent form of cancer in men (behind only skin cancer) and according to the American Cancer Society will affect an estimated 220,000 men this year. Roughly 1 man in 7 will be diagnosed with it in his lifetime, and we at FPTS have men in our families affected by this disease. In a family with 3 brothers, there’s about a 50% chance that among the father and three brothers AT LEAST ONE will be diagnosed with PC. Fortunately, for most it is not fatal.

To call attention to this, the (male) staff will be giving patients a visual reminder by **NOT SHAVING OUR FACES FOR THE ENTIRE MONTH OF SEPTEMBER** (get it, September-ard?) and will be accepting donations we will then make as a group to the **Septembeard organization** (stop by the clinic to drop off your check, or you can

join our team and find out more at <https://septembeard.org/team/3717/>).

To have some fun with this, we will be having a “contest” for the gnarliest, worst-looking beard. Whose beard comes in like patches of crabgrass in a drought-stricken field? Whose beard comes in like a chia pet’s and resembles a thicket providing cover for small woodland creatures? We’ll post weekly pictures in the clinic so you can vote for your favorite worst beard each week AND, for those who are not current patients, we’ll post those pictures to [our Facebook page](#) so you can vote for the worst beard via the Comments section. We’ll provide weekly updates as to who is in the “lead” on our “**Leaderbeard.**” We also invite any current or former patients to join us by not shaving for the month and feel free to email us a picture of your beard progress for us to share, or post it on our Facebook page.

**Feel free to SHARE this issue with friends, family and colleagues, and change a life!**

### We Take



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Foam rollers  
Orthotics  
Vionic footwear  
Biofreeze  
Cold wraps

### **Septembeard.org disburses funds raised to the following organizations:**

**University of California**, San Francisco-Hellen Diller Comprehensive Cancer Center

**Johns Hopkins**—Prostate Cancer Team

**Northwestern University**—Prostate Cancer Program

**Memorial Sloan-Kettering Cancer Center**

**UCLA Institute of Urologic Oncology**—Prostate Cancer Treatment and Research Program

**Mayo Clinic Cancer Center**

**MD Anderson Cancer Center**—Prostate Cancer Program



**A special thanks to this month's Helping Hands Honoree—Terri Larnard**

## FPTS Community Activities:

On Aug. 27<sup>th</sup> & 28<sup>th</sup> Dan and Tom were at Ross Lurgio Jr. High School performing functional screenings on incoming 7<sup>th</sup> graders who are participating in school athletics. Screenings help identify areas of imbalance, such as muscle tightness or weakness, that may place your child at risk for injury.

If your child missed the screening and you would like them checked, please give us a call and we can arrange to see them at school or our office. **644.8334**



On **Sept 19<sup>th</sup>**, Dan Baram, PTS, CSCS is teaching the [Strong Foundation Seminar](#) at our Bedford location. NSCA CEU approved for 2 credit hours. Seating is limited. Register now!

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## Notes from our extended “family”:

Stanley Popielarz:

"Following knee surgery, I needed to strengthen my lower body muscles. Tom at FPTS did a meaningful assessment of knee issues and lower body strength. A treatment plan was developed--different exercises--with appropriate metrics. I learned that a vacation break doesn't mean a complete break from exercising! Much improvement in overall fitness level."

## Exercise And Nutrition – Labor Of Love?...Or Just Hard Labor?

*By Dan Baram, PTA, CSCS*



Labor Day signifies the end of summer. This means that it's time to close up the vacation home, send the kids back to school and return to a more normal schedule. Many people mark this date on the calendar as a time to begin tackling their fitness goals again. If your New Year's resolution didn't last as long as you had hoped, or your attempt to get into "beach shape" wasn't as successful as planned, Labor Day is your final opportunity to conquer your health and fitness goals this year.

Let's skip the do's and get right to the don'ts so that when the new year rolls around you are so happy with your health and fitness that you can finally make a different resolution.

1. Don't set unattainable goals. Yup, that contestant on *The Biggest Loser* just lost 22 lbs. in one week by exercising 6-8 hours a day. But that's not realistic for you. Set a goal that is easily attainable and feel good when you achieve it. For example, start with planning to exercise twice a week for 15 minutes. Will you lose a ton of weight? No, but you will start a new habit that's sustainable and feel good about accomplishing a goal.
2. Don't focus on the things you can't control. If you focus on how much weight, body fat, or inches you lose then things can get frustrating. Instead focus on the day-to-day process of eating healthily and exercising because that is within your control.
3. Don't beat yourself up over mistakes. Rarely do people achieve a goal without some setbacks or errors. We learn much more from our failures than our successes. Figure out what went wrong and learn from it. Then let it go and move forward.

So the question now looms as to what you should do. Unfortunately, there is no beanstalk we can climb to purchase magic beans which will get us instantly fit. So here is my advice:

4. Pick a plan that will work for you, no matter what it is. A mediocre plan that you stick to is much better than an amazing plan that you quit.
5. Track everything you eat and all of your exercise. Studies show that simply tracking what you are doing will make you more successful.

## ***Therapeutic Work Solutions Info Corner***    **Labor Movement**

*By Steve Lisowe, MSPT*

Labor Day is a product of the American labor movement. Physical therapists treat members of the labor force who perform a variety of movements. If we asked you to think of jobs with physically demanding movements, what comes to mind? Do you think of mining, logging, or heavy construction--jobs that primarily involve heavy lifting? While heavy lifting is among the most strenuous movements people can perform, there are other ways that jobs are demanding. Physical demands come in the form of forces (such as lifting, pulling, and gripping), static positions, and repetitive movements, and our bodies are challenged differently by each of them. Understanding both a job's demands and the body's reaction to them is paramount to keeping a worker moving well.

Jobs such as plumbing have a variety of physical demands. Plumbers must maneuver heavy equipment such as tanks and sinks into position. They must also sustain static postures of the arms and back while working in confined spaces, often in awkward positions. Their arms are also moved repetitively while using hand tools. To counteract the demands with these types of jobs, I emphasize working on team lifts, utilizing proper body mechanics, and rotating tasks (alternating overhead work and bending work when possible).

Other jobs, such as an ultrasound technician, involve sitting for a majority of the time at a computer. While the ultrasound head is light, the technicians are subjected to very awkward postures that are held throughout the day. They reach forward with one arm to operate the computer while reaching beyond arm's length with their other arm to reach around a patient. They frequently lift their arms higher than 60 degrees of elevation, which is a known risk factor for injury. They also maintain a firm grip on the ultrasound head for minutes while the shoulder is in an awkward position. Proper body positioning, setting up their work space ergonomically, alternating hands, and taking stretch breaks are critical with these types of job.

There are still other factors to consider. A waste management worker must contend with the unknown weight and shifting contents of the barrels they lift, which is more challenging than lifting a known weight. Further, a nursing assistant who helps a patient transfer into bed deals with a different kind of unknown – a patient's impulsive movements. In these situations, a worker should always use proper body mechanics by maintaining an upright spine while lifting with the legs, and tightening (or "bracing") the abdominals to best prepare the body to handle unexpected movements.

Almost every job contains movements that are challenging in one way or another. Understanding what these inherent physical demands are allows the industrial rehabilitation therapist to keep the body moving without laboring.

## ***Pre & Postnatal Info Corner***

*By Effie Koustas, MPT*

## **A Different Kind of "Labor Day"**

Although, we celebrate Labor Day to honor workers, Labor Day has a different meaning to a woman approaching her due date. You have spent 10 months preparing for this day, hoping you have done everything right to have a smooth delivery. If you are pregnant with your first, feeling anxious and nervous is typical because you are unsure of what to expect. However, if you are pregnant with your second or third, even though you are better prepared about what to expect, you may still have some anxiety because every delivery is different.



Here are a few tips to help ease labor pains:

- **Massage** – having your spouse or partner massage your back and/or legs can decrease muscle tension.
- **Mind/Body Intervention** – listening to music and deep breathing can be soothing
- **Baths/Showers** – water provides general relaxation effects that promote pelvic floor muscle relaxation, as well as temperature modulation.
- **Ice/Heat Packs** – applying either ice or heat to the area of pain can be comforting and reduce muscle tension.
- **Systemic Medications** – use of approved labor medications, epidural or local blocks, can control pain
- **Changes Of Position** – have beneficial effects on pelvic bone alignment, frequency/length/and efficiency of contractions, effects of gravity and oxygen supply to the fetus

Physical Therapy not only helps with back pain during pregnancy, but also with labor and delivery strategies catered to your situation. There are certain positions to avoid based on your diagnosis (Ex: sciatica or hip pain). If you are unsure of what is causing your pain, come in for an evaluation to determine the cause and what self management techniques to incorporate during your pregnancy and on your "Labor Day."

# Family Physical Therapy Services, Inc.

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# Septembeards!



During the Month of September  
**Family Physical Therapy Beards**  
Is Helping Raise Awareness and Funds for  
**Prostate Cancer Research**

Join Our Team or Donate at:

<https://septembeard.org/team/3717/>



**SEPTEMBEARD**  
BE A HERO. GROW A BEARD.

**Help us reach our goal!**

