



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

March 2018 Newsletter

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From The Desk of Our Managing Director

Cathy J Leer, PT, MBA



Spring Is In The Air Whether Mother Nature Knows It Or Not!

Can you believe it's March already? 3 weeks ago spring was in the air and local golf clubs were opening for business. Now we are buried under nearly 2-3 feet of snow. Gotta love mother nature and all its glory.

Despite mother nature though, things must go on, and that means planning for spring happenings. Just like the buds on the plants and trees, sooner or later they will come, so why not prepare for it? After all, we all must plan and look forward to new growth and new beginnings. At Family PT Services (FPTS), we are in the midst of our own growth and new beginnings. Two of which I'd like to talk about today.



The first is our new **Director of Injury Prevention & Sport Performance**, [James Goodwin, PTA, CSCS](#). The second is the highlighting of our Remote Services division that includes Hero Healers, Telemedicine, Ask-A-P.T., our Veterans Program, and our Benefits for Business Program.

Let's talk about James first. After playing Division 1 collegiate soccer at Syracuse University and professional ball in Norway, James Goodwin, PTA, CSCS returned to his native routes in Merrimack. Since then he has been coaching youth soccer in New Hampshire for over 5 years, was the assistant Men's Soccer Coach at Southern NH University and head varsity coach for Merrimack High School. Since 2013, he has been a coach for the US Soccer Development Academy and is currently the Performance Director for Seacoast United Development Academy – the top tier of youth soccer in the United States. James has a BS degree in Health & Exercise Science, holds a USSF B License, is a Certified Strength and Conditioning Specialist and a licensed Physical Therapist Assistant at Family Physical Therapy Services.

With all these areas of knowledge and experience in division 1 and professional athletics, exercise science, and rehab, along with his lifelong experience playing and coaching elite level soccer, he brings to the table a combination of expertise that is unparalleled in the world of injury prevention, conditioning, and performance education for young athletes.

Health & Wellness Educational Series

COST SAVING HEALTHCARE ALTERNATIVES

Are you worried about your young athletes overtraining, playing non-stop, and getting hurt?

Staying injury free can keep healthcare \$\$ in your pocket and keep your teen happy.

Check our [FB event page](#) for details on our featured speaker and topic:

[Injury Prevention For Your Young Athlete](#)

MARCH 22nd

THURSDAY EVENINGS 6:30-7:30

207 Meetinghouse Road

Bedford, NH 03110

James knows firsthand that it is not about BIGGER, FASTER, or STRONGER, but about **working smarter not harder**. If you have an athlete that spends several hours a week between training and games, you can be sure that they are breaking down their young bodies. Regardless of their chosen sport, to prevent catastrophic injury and failure, it is crucial that they dedicate at least one hour per week rejuvenating their muscles and soft tissues, and James is an expert on how to do this.

If you'd like to know more about his injury prevention program, then join us for our **informational night on March 22nd at 6:30**. If you'd like to know more about how you can keep your athletes playing safely and injury free, [check this out](#).

If you'd like to read about our Remote Services, please continue to our **Benefits for Business** column.



Benefits For Business

Cathy J Leer, PT, MBA

Remote Services at FPTS

Our commitment to CARE and prevention extends to businesses and their employees because we recognize that a business's greatest investment is its workers. When faced with injured workers, short staffs, and the potential loss of customers, the level of stress and worry can be enormous.

For business owners and executives who would like to save time, money, and their customers, Hero Healers, our remote services division, can help. And it's simple. Remote means distant, or "away from". In this case, we can deliver our physical therapy and related services away from our brick and mortar facility. You can benefit from this because we can bring the services directly to you.

Our telemedicine and onsite visits to your place of business can help your management and staff save time and control the costs associated with employee injuries. Regardless of whether an injury is work related or otherwise, injury pain and limitations impact an individual's ability to complete their job responsibilities as effectively or efficiently. This can cost your business dearly.

OUR REMOTE SERVICES INCLUDE:

Telemedicine, which offers a simpler way to reach the provider. It connects patients to health practitioners via the Internet – our computer directly to yours. As long as there is an Internet connection, people can remotely access a professional physical therapist regardless of where they might be. That means we can assess a situation in the work place or monitor progress at home.

The sciatica solution is the service that started Hero Healers. It offers a remote means of identifying whether the source of back and leg pain is the most common cause of sciatica, a herniated disc, and offers options on starting treatment immediately. So, if a staff member is suffering from sciatica (or other back-related issue), we can assess and start treatment without delay. The result being fewer complications and secondary problems, faster recovery, faster return to work and being able to do the things they love to do or need to do.

ASK-A-P.T. Is a new program that provides access to physical therapy professionals to **get answers about injuries**. An employee might have fallen and hurt their knee, back, or shoulder – what should they do? Someone's heel or foot hurts when they try to walk (especially in the morning), making it difficult to get around the warehouse. What could it be? An office worker can't sit for very long before they have back and leg pain – is this something to worry about?

The possible questions are endless, but the information we provide can contribute to less worry and **peace of mind**. You and your employees will know what direction to go in and they will know that you've done everything in your power to help them. You become the hero.

On-site Education, Exercise and Injury Screening programs can provide seminars and training on a variety of topics of interest to your business or employees, as well as on-site injury screenings that will help prevent complications and accelerate healing.

Show employees that **you are committed to care and prevention and their overall wellbeing**, and at the same time, **help prevent absences and staff shortages, loss of customers and the stress** that goes along with it. As a manager in your company, you have the opportunity to manage injury risk if you have the right tools. The **solution** consists of taking advantage of **prevention tools and options for accelerating return to work** when injuries occur.

If you'd like to learn more contact me directly:

Cjleer@familyptservices.com or call **644.8334** and ask for Cathy



Health And Fitness

By Jenn Millen, PTA, ATC

Getting Rolling Again, Safely

The start of cycling season can bring on the "too much, too soon" problem of overuse injuries – especially living in New England where we have to deal with the winter. There are many different ways to prevent injuries from occurring, even through the winter season when you may not be able to get on your bike.

The most important aspect of injury prevention for cyclists is trying to **maintain that foundation of fitness throughout the winter**. Core and leg strength (as well as flexibility, particularly for calves and hamstrings—see Tom's article elsewhere in the newsletter) are key and even if you've slacked off until now, there's still time to build a protective foundation.

Having a good routine will be very helpful as you start back on the bike later in the spring. Starting with a good dynamic warm up is very important. A dynamic warm up is a way of stretching the muscles through movement, which is ideal prior to any workout.

Being aware of symptoms of an overuse injury is also very important when beginning training. Mild soreness after activity (0-3/10 on a pain scale) is normal. Some of the **red flags** that a more serious injury could be developing would be any pain that could be described as "sharp" and/or pain that interrupts sleep. If pain begins as only during activity but then progresses to after the activity has ended that could also mean that you are developing an overuse or more serious injury and need to take some time off from training.

As you approach the spring season and the snow is melting I know it is very difficult not to just jump back on the bike and start piling on the miles again. However, the safest way to increase mileage is to follow the **10 percent rule**. This is a very simple concept – you should only increase one parameter of your workout by 10% at a time (the parameters being the intensity, frequency and duration of your ride).

Staying healthy and avoiding injury is important to a successful and fun cycling season. If you have any questions about a preventative core/leg program, dynamic warm up, or are experiencing any pain that you worry could be an overuse injury please call us to set up a **free injury screen!**



From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Avoid The Muscle Reinjury Cycle

After a long, cold, snowy winter (is it actually over yet?), it'll be nice to get back to some outside cycling.

Whether you are a mountain biker or a road cyclist, because of the nature of cycling, it is important that you use your hamstrings and calf muscles to help get **strong pedal strokes**, but many cyclists develop recurring thigh or calf injuries.



The **proper seat height** should decrease the risk of developing **Achilles tendonitis** (if the seat is too high, your ankle has to excessively push "down" at the bottom of each stroke and can lead to one type of overuse—see Jenn's article for tips to avoid others) or **hamstring pulls**. But, if your muscles are too inflexible, even with a proper seat height they may be overstrained with each stroke, leading to injury and an interrupted, abbreviated, or unenjoyable cycling season. If you had good flexibility previously and cycled indoors all winter, chances are you are still fine. If you slacked off during the winter, or were never flexible in the first place, the chances are that they are inflexible now and you are an accident waiting to happen.

To **test if your calves are tight**, stand facing a wall with the end of your toes 10 cm (~ 4 inches) from the wall. While keeping your heels on the floor, bend your knees (either one at a time or both together) until they hit the wall. If so, congratulations! If not, and your knees can't touch the wall without your heels coming up, your calves are too tight.



To **test if your hamstrings are tight**, lie on your back with your legs straight out and then flex one hip to 90 degrees and hold it there with your hands. Try to straighten your knee. If you can't get your knee to within 20 degrees of straight up, your hamstrings are too tight.



There are numerous ways to stretch these muscle groups, but the easiest ways are essentially to stretch them the same way you tested them. Get into the same position for the tests but hold the position for 20-30 seconds. Repeat three times on each leg, ideally when the muscles are warm such as after a brisk walk (or cycling session). After a few weeks, you should start to notice improved motion.

*For additional stretching ideas, check out the STRETCHING section [here](#).



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Getting Fit For Pregnancy And Delivery

Congratulations! You just found out you're pregnant and all you can think of is your baby registry and everything you will need to care for your little bundle. But wait, you also need to make sure that you prepare yourself, not only mentally but physically, as your body will change as the baby is growing. What does this mean to you? It means that this is a great time to start **healthier habits** or to continue living healthily if you are already eating well and working out. Taking your prenatal vitamins is a good start, but staying hydrated and exercising, even if you never have, are very beneficial to you right now.

Most women think that once they find out they are pregnant they need to slow down or stop working out. On the contrary, the opposite is true. In fact, **studies show those who exercise during pregnancy feel better throughout the pregnancy and have better deliveries**. If you have been regularly exercising, you may be able to continue with the same routine pending how you feel and your doctor's recommendation. As your pregnancy progresses, the type of exercise you do may have to be modified depending on what you were doing before you got pregnant.

If you were not exercising, then this is a great time to start. The benefits of exercise are not only good for you but also for the baby. Some examples of what would be safe during pregnancy are **walking** and yoga, specifically **prenatal yoga**. As with any activity, you want to have the right equipment; supportive sneakers for walking and a yoga mat, block or strap for yoga modifications. It is not recommended to try to progress to higher-level impact or ballistic movements, particularly if these are new to you. **During pregnancy, our ligaments are lax and any extra strain on the joints can cause injury**. If you are still unsure of what exercises to do or how to do them, come in for an evaluation to **determine what would be appropriate for your level of fitness**.



Patient of the Month

Kim Whitten

CONGRATULATIONS

KIM!

"I am a runner and I had bad SI joint pain. I was very nervous that my running was over. The PT staff not only helped me with the correct exercises, but **they helped me get back to what I love to do....running!** In just 9 visits I got back to me. In April of 2018 I am signed up for my first marathon. Thank you Family Physical Therapy."



Come on in any time and visit our WALL of FAME and learn about other success stories at FPTS!



Ross A. Lurgio Info Corner

GO LIONS!!

SPRING SPORTS ARE HERE

INJURY PREVENTION PROGRAM FOR YOUR TEEN ATHLETES IS HERE
IF YOU'D LIKE TO KNOW MORE - SEND INQUIRIES TO:

JGoodwin@familyptservices.com or call: 644.8334 - ask for James

Let the experts at FPTS get you on the
road to recovery!

Call 644.8334 TODAY

Helping Hands Honoree

CONGRATULATIONS!

Our Helping Hands Honoree for March was **Kathryn Beleski**. We are pleased to be able to show our appreciation to clients who have demonstrated their trust and confidence in us and our ability to care for friends and family. We are also pleased to be able to offer our clients a choice of awards from our [most trusted associates](#). Kathryn has graciously requested that we **pay her award forward** to a friend in need. **Talk about HELPING HANDS!**

Thank you Kathryn for your thoughtfulness and generosity and showing how much YOU CARE!!

You can be a Triple H winner too! Each time you refer a friend, family member, or associate to us, your name is entered into our monthly drawing. The more you refer the greater the chances of winning.

Community Activities

Cathy Leer, PT, MBA will be at the [20th Annual](#)

[Granite State Human Resource Conference](#) on March 26-27th at The Manchester Downtown Hotel (formerly known as the Radisson).

Stop by booth 322, part of The Wellness Project, connecting businesses and their staff to a variety of Wellness Partners who offer knowledge on their specific areas of expertise in short workshops. For information on The Wellness Project, contact Sara Janes Hoag - sarajanesrhoag@gmail.com

If you are interested in learning more about programs FPTS can offer your organization, please call us at **644.8334** or email: cjleer@familyptservices.com



HEALTH & WELLNESS EDUCATIONAL SEMINARS

UPCOMING SPEAKERS

March 22nd

[Injury Prevention For Your Young Athlete](#)

Are you worried about your teenager getting hurt or doing too much in the way of team sports? Are you at the practice field or at games 5-6 days a week? Are you praying that the next child that goes down with another injury is not yours?

If you are serious about keeping your young athlete **safe and free from injury**, love seeing how happy they are when they are on the field or with their teammates, and are **concerned about their ability to perform** at this pace, then you can't afford to miss this program!

Featured Speaker: [James Goodwin, PTA, CSCS](#)

Check our [FB event page](#) for new details and a complete listing of featured speakers and topics coming in 2018.

My body could stand the crutches but my mind couldn't stand the sideline.

Michael Jordan



YOU CAN PREVENT YOUR CHILD FROM SITTING ON THE SIDELINES.

Find out how: [REGISTER TODAY!](#)



Family Physical Therapy Services, Inc.



Specializing In

General orthopedic injuries, pre & postnatal services, lower back pain, stenosis, sciatica and herniated discs, neck pain & headaches, tendonitis & bursitis, arthritis, plantar fasciitis, sports injuries, rotator cuff, sprains & strains, pre & post surgical, exercise prescription, and more...

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Patients have the right to choose!