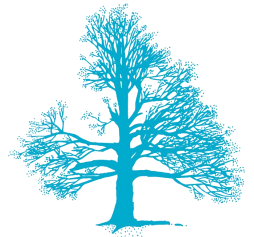


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July 2018

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## Health And Wellness

Educational Seminars

### Coming next week!

**Why Band-Aid Medicine Doesn't Work:** Whether it's the common cold or a more serious problem like high blood pressure, acid reflux or ongoing fatigue, ignoring the problem or "putting a band-aid on it", doesn't work long-term. **Why not?**

[Dr. Madalyn Otto](#) will walk you through the basics of how to address these common issues from a natural and holistic perspective. You will learn how to avoid "band-aid medicine" and take a more healthful and effective approach for you and your family.

Join us for this **FREE** program  
**THURSDAY EVENING**  
**July 19th 6:30-7:30**  
**207 Meetinghouse Road**  
**644.8334**

Visit our [FB page](#) for future presentations and please post comments to request certain topics! We are here to serve you!



## From The Desk of Our Clinical Staff Manager

[Cathy J Leer, PT, MBA](#)

### Every Once in a While, You Need a New Look!

So do we. That's why we have a new logo and a new look.

As you know our full name is "Family Physical Therapy Services". But sometimes it's easier to say, "Family PT" or "Family Physical Therapy". And you probably find us abbreviating our name in our web content and newsletters - why not just "FPTS" for short?

So, we decided to take a new approach – highlight "FPTS" but also include the company name with our family tree of life/health that has been there since our beginning. You will see this new logo on our collateral, our tee-shirts, and our web site. A new, fresh look without losing who we are.

Essentially, we want you to know that we are willing to face new challenges affecting your health and wellness, including adapting to changing technologies, regulations, policies and procedures. We want to provide you with the best rehabilitation care and delivery services as possible. And, we want to do it by not forgetting our core family values that mean so much to us.

Even though we've changed our look, our commitment to you hasn't changed. **You have been, and will always be, our number 1 priority!**

## Family Physical Therapy Athletic Performance Program

8 week program!

FOR INFORMATION CALL:

603.644.8334

[FAMILYPTSERVICES.COM](http://FAMILYPTSERVICES.COM)

Call for upcoming  
schedule

### LEARN FROM EXPERIENCE:

**James Goodwin, PTA, CSCS**  
Director of Injury Prevention  
& Sport Performance

- Division 1 Collegiate Soccer—Syracuse University;  
Pro Soccer, Norway 1st Division—Notoden FK
- NSCA Certified – Certified Strength &  
Conditioning Specialist
- USSF B National Coaching License

**\$215  
value!!**

1st 6 participants  
receive **FREE** foam  
roll & mini band

### LEARN HOW TO:

Recover Quicker  
Perform Better

### LOCATION:

207 Meetinghouse Rd.  
Bedford

**This issue contains articles, self help tips, exercises and more!**



## From The Desk of Our Clinical Staff Manager

By [Tom Fontana, MSPT](#)

### Simple Tennis Elbow, Or Simply Frustrating?

Nothing is more frustrating than having a “simple” injury (e.g., a “simple ankle sprain” or a “simple muscle pull”) that doesn’t improve. “Simple” tennis elbow often qualifies.

In our June/July, 2016 newsletter, we outlined how age may influence true tendon injuries with “lateral epicondylitis” (the fancy name for tennis elbow). This already makes recovery challenging, but further complicating matters is that often the pain is not a tendon injury at all, leading some to say the complaint should just be called “lateral elbow pain syndrome.”

Another common cause is from joint compression, involving either soft tissues pinched between the upper arm bone (humerus) and the outside forearm bone (radius) or compressing the surfaces of the joint itself. Alternatively, the radial nerve can get stretched or pinched as it runs over the outside of the elbow or forearm. Stiffness or a faulty position of the radius may alter normal mechanics in either of these conditions.

Here are a few tests you can do to help distinguish the source of your lateral elbow pain.

Hold your injured arm straight out in front of you with knuckles up. Bend the hand up and toward your body and then use the opposite hand to try to push the hand down and away. Repeat the test but this time bend the hand up and



away from your body and use the opposite hand to try to push the hand down and inwards. If the first way hurts MORE than the second, you likely have an injury to the muscles/tendons. If they hurt equally, it is more likely joint-related.



To double check, use your uninjured hand to passively bend the injured elbow. Perform with the palm up, palm down, and ½ way in between, and then passively straighten the elbow with the palm up and down. If any of these hurt, since the muscles are relaxed, the pain is likely joint-related.

If the elbow joint doesn’t hurt to the touch but the pain is a couple of inches down your forearm and “dull,” it could be a radial nerve injury. To test, with the arm relaxed by your side, elbow bent to 90 degrees and palm facing in, use your other hand to try to turn the forearm palm down but don’t let it move! If the achiness in your arm increases, your radial nerve is likely getting compressed.



Treatment depends on the affected tissue and is beyond the space here but your results to these tests may at least tell you why your simple elbow problem isn’t so simple.



## Pre & Postnatal Info Corner

By [Effie Koustas, MPT](#)

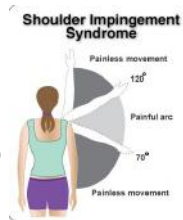
### Is Your Shoulder Impinging Your Tennis Game?

Happy Summer! With that comes more outdoor activities including tennis. Time to get that tennis racket out and start swinging. However, you can injure yourself if you’re a novice and/or not careful, or further injure yourself if you have a weak or painful shoulder. Shoulder impingement is a common condition that develops when the soft tissues in the shoulder are overused or injured. The rotator cuff tendons, ligaments or bursa get pinched under the acromion (the tip of the shoulder blade) causing pain and impaired movement.

While playing tennis, your shoulder must move through a great range of motion. Do you have, or had in the past, underlying shoulder issues? If not, then you should have a great season—enjoy! If you have, then you need to make sure you are ready to get back into the swing of things. Weak muscles that control your shoulder blade or a compromised rotator cuff affect the mechanics of your shoulder and allow the soft tissues to get compressed, particularly with overhead activities like serving or overheads.

Try the test below (The Painful Arc Test) to see if the shoulder problem preventing you from playing effectively may be impingement.

Stand with your back up against a wall and your arms by your side. Move your arm slowly out to the side along the wall until your arm is raised above your head (if the pain is intolerable before you raise it all the way, you may have a more significant issue than impingement and stop the test). If you experience pain between roughly 70 and 120 degrees that then goes away or lessens is positive for a “painful arc” and means you likely have impingement.



If symptoms persist for more than two weeks or so, you should schedule an evaluation to have this further examined.

### Patient of the Month

Marilyn Frederick



“Thanks to Effie, my miracle therapist! After falling at the finish line of the Bedford Rotary Race, I came in with a **left leg that I could not bend or stretch out, an elbow that I could not bend, and a shoulder that ached with most movement.** Effie knows every bone, muscle and tendon in the body and quickly figured out what I needed. She followed through so that two **months later I am whole again.** She is very professional, but so pleasant; made me

look forward to coming to PT and encouraged at every appointment. Thanks also to Jenn, my “assistant” miracle therapist; she was so instrumental to my recovery – **5 stars** for her.”



**NEED ADVICE?...THINK ASK-A-P.T.**  
[Your physical therapist has the answers!](#)





### Cutting Out Meniscus Tears

Cutting season has commenced, and I don't mean mowing the lawn. Our most favorite summer sports activities such as soccer, beach volleyball and tennis are in full swing. As you may realize, these activities require cutting-type movements, which put the knee joint under quite a bit of stress. Jumping, twisting, cutting and reaccelerating all make the knee susceptible to injuries such as strains, sprains and more severe cases – meniscus tears.

The meniscus is a piece of cartilage in your knee (you have one on both the inner half and outer half of your knee—see picture) that protects the upper and lower leg by adding cushioning and stability. However, trying to return a tricky backhand from Roger Federer can test such stability and if the muscles of the knee and hip aren't strong enough to provide extra stability... oops, there goes your meniscus.



There are varying degrees of tears but, if the tear is large enough, it can break loose and get caught in the joint. Symptoms may include pain, swelling, difficulty bending and straightening the knee or the feeling that your knee



gets “stuck” or locks up. Visiting your doctor for an x-ray or MRI may be necessary to diagnose such tears or other problems that may have occurred during the injury, though a diagnosis can be made without imaging. If the latter symptoms resolve and your knee is feeling relatively stable, you may benefit from nonsurgical treatment such as physical therapy to decrease pain/swelling, improve range of motion and increase strength and stability.

To prevent such debilitating injuries, performing single leg strengthening exercises such as lunges or lateral step downs (depicted in picture) can be helpful as well as achieving good hamstring/quadriceps flexibility. Perform 3 sets of 10 repetitions of the lateral step down concentrating on slowly lowering and then returning to the top by pushing through the middle of the foot and squeezing the quadriceps (front of thigh) and glute (rear end) muscles. This exercise helps to improve eccentric control (strength while the muscle lengthens) of those muscles, which is very important to stabilizing the knee during high impact/dynamic movements.



### Pain and Inflammation

Pain isn't related to inflammation. Pain IS inflammation! This concept is a staple concept in naturopathic and functional medicine forums. **Whenever you feel pain in your body, it is generally due to an inflammatory process.** Inflammation is a pretty vague term. It covers any response *your body* has to anything it identifies as cell damage, an invader, an intruder or merely suspicious. It is your body summoning an internal storm to infiltrate and attack any suspicious findings.

- When you have muscle and aches that accompany the flu, you are experiencing inflammation.
- When you have joint pain after a long hike, you are experiencing inflammation.
- When you experience abdominal pain after eating or pelvic cramping during a menstrual cycle, you are experiencing inflammation.
- Even emotional pain can now be traced to various molecules associated with your body's inflammatory response.

The point is, **when you are experiencing pain anywhere in your body, you need to know two things:**

1. It's *your body's intuitive response* to something it doesn't like in its environment.
2. The solution to chronic or recurrent pain points is not to cover it up with steroids and NSAIDs. Rather, you need to *locate the triggers* of the body's inflammatory response and address it.

**Pain has always been an important symptom in healthcare because it cues the individual that there is a problem requiring medical attention,** and it cues the doctor as to what that problem may be so that it may be diagnosed. Steroids, immunosuppressants and pain-relieving medications are helpful, important medicines that I am glad we have access to. In my opinion, however, we have become too reliant on their use in cases of chronic inflammation. Instead of looking for the source(s) of inflammation, we try to squelch the storm without ever looking deeper. This is what I call **Band-Aid medicine:** using powerful tools in the wrong way. Long-term, this results in ongoing immune dysregulation of various body systems, errant behavior of the body's immune system which can present as autoimmunity, accelerated aging and degeneration of cells, and chronic health problems that get worse over time instead of better. **We need to shift our focus from suppression to investigation, from drug-centric medicine to lifestyle-centric medicine and from algorithms to individuals.**

Join us July 19th for our FREE seminar: **“Why Band-Aid Medicine Doesn't Work”**, where we will talk about how to renew your view of common health problems and your approach on how to address them. RESERVE YOUR SEAT TODAY!

**Check out our [blog!](#)**



## Helping Hands Honoree

### Helping Hands Referral Program

When a patient refers a friend or family member to us, **you are providing them a "helping hand" towards their recovery.** It is also the best compliment that we can receive. Without your referrals, we wouldn't be able to do what we love best nor **provide the same level of expert 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 refer a person in need of our services for a free screening or evaluation and treatment. **We promise to take care of them just like a member of our family.**

For every referral that you make that comes in to see us, we will put your name into our fish bowl to win one of the wonderful gifts from our community partners. **The more entries, the more chances to win!** It is our way of saying "Thank You" for referring your friends, family, and associates to FPTS.

**This month's winner is Karen Henault. Thank you Karen for lending a Helping Hand to your loved one!**



## Ross A. Lurgio Info Corner

### SUMMER IS HERE!

If your young athlete is **passionate about their sporting activities**, and wants to "**PERFORM LIKE A PRO**", check out our [Athletic Performance Program](#).

James will be running weekly sessions throughout the summer. **IF YOU'D LIKE TO KNOW MORE about this program, or any other aspect of training or recovery, please feel free to reach out.**

**SEND INQUIRIES TO:** [JGoodwin@familyptservices.com](mailto:JGoodwin@familyptservices.com)  
or call: 644.8334 - ask for James

### NO TIME?...THINK TELEMEDICINE!

- **Treatment where and when you need it.**
- **Covered by Insurance.**



### NEED ADVICE?...THINK ASK-A-P.T.

- **Your physical therapist has the answers!**

## Community Activities

**Cathy J. Leer, PT, MBA**, is going to be a guest on NPR's "The Exchange" with Laura Knoy on July 17th talking about Telemedicine and the future of healthcare.

July 3rd brought **Liz Riley Kay, certified personal trainer**, to our clinic where she led an introductory exercise class to get a little bit of everything including Yoga, Pilates, Tai Chi... The class included stretching and flexibility, general strengthening, core strengthening and stabilization, and balance training.

On June 26th, **James Goodwin, PTA, CSCS**, was a guest of Neal & Marga on "New Hampshire in the Morning". James was interviewed regarding his [Athletic Performance Program](#) for young athletes. Listen [here](#) for the full interview!

## STAY IN THE GAME!



## FREE INJURY SCREENING

- \* Joint Pain
- \* Tendonitis
- \* Muscle Strains
- \* Running Injuries
- \* Back & Neck Pain
- \* Hips, Knees, Ankles, Elbows, and Shoulders



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Patients have the right to choose!