



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

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Newsletter

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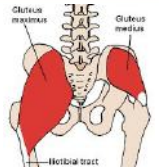
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From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT



What A Pain In The Butt!

A frustrating condition for both patients and physical therapists is pain on the outside of the hip. It's frustrating for patients because almost any weight-bearing activity is painful and can be quite limiting. For physical therapists, this is often frustrating because it is difficult to determine where the pain is coming from and recovery time may be lengthy.

For a long time, the trochanteric bursa (a pressure-relieving fluid filled sac behind the bone you can feel on the outside of your hip) was assumed to be the culprit, but a 2015 research review found that in two studies only 8% and 20% of subjects who were believed to have trochanteric bursitis actually had an inflamed bursa. So, though this could still be the primary cause in 10-20% of cases, it is now believed that the primary cause of lateral hip pain is gluteal tendinopathy (degrading of the tendon that connects to the bone).

Risk factors include being a female over the age of 40, and having "knock knees" or a "pear-shaped" body type.

Try this simple test to see if you may have gluteal tendinopathy (note: do not try this if your pain was after a major trauma, such as a fall or accident, or if you feel that your leg won't support you):

Stand on one leg (the side that is bothersome) and make sure your hips remain level. Hold for 30 seconds or until painful. It is OK to use your fingertips for light support/balance. If you have pain on the outside of your hip before the 30-second mark, the odds are quite good that your gluteal tendons are involved in some way (i.e., tendonitis or a tear of some kind).

If so, there are some easy activity modifications you can perform to ease the strain on the tendon in this region. When sitting, position your knees slightly apart so the muscles on the side and back of your hips avoid getting stretched. When sleeping, if you're a side sleeper, sleep on the painless side with one or more pillows between your knees, or sleep on your back with a pillow under your knees. When standing, avoid standing on the painful leg or mindlessly shifting your weight to that side.

If your symptoms don't get better, come in and see us so we can figure out the cause and get you better!



Ross A. Lurgio
Info Corner

I'd like to introduce the new liaison between Lurgio and FPTS. Please welcome Jenn Millen, PTA, ATC.

Jenn is available to help your teen athlete prepare for fall athletics. If your child has been injured, or if you want to **protect your child from injury and optimize their performance**, please give us a call for a **FREE** pre-season injury prevention screening.

Here's the line-up for **FALL teams: Co-ed Cross Country, Girls' Field Hockey, Girls' Soccer, Girls' Volleyball, Co-ed Tennis Club, Boys' Soccer.**

CALL FOR YOUR FREE PRE-SEASON INJURY PREVENTION SCREENING
644.8334

Community Activities

On June 15th Tom Presented a

talk on body mechanics entitled "**Defend Your Back**" to New England Document Systems. On the 16th, he presented "**Balance and Injury Prevention**" to Great NH Restaurants which dealt with balance activities to avoid falls and injuries or enhance athletic performance, and the importance of strong pelvic and shoulder girdles to prevent upper and lower body injuries.

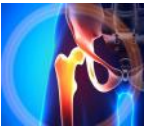
If you are interested in learning more about programs we can offer your organization, please call us at **644.8334**.



Therapeutic Work Solutions Info Corner

By Cathy J Leer, PT, MBA

Work Related Hip Injuries: More Common Than You Think



When one thinks of workplace injuries, the first things that come to mind are low back strains, rotator cuff injuries or carpal tunnel syndrome, but not necessarily injuries to the hip. Unfortunately, this isn't necessarily the case. In fact, hip injuries are fairly common, especially in jobs that require heavy lifting, bending, squatting, climbing, crawling, twisting and pivoting which place additional stress on the hip regions, as well as jobs in which people stand all day.

Hip injury onset can be quick/sudden, such as in a slip and fall injury, or can be very gradual with jobs that involve a common workplace activity that is repeated over and over again. Sudden onset injuries include: strains to the front (hip flexors), inside (Adductors (groin)), or back (hamstrings) of the hip; acetabular labral tears; fractures; or hip joint subluxation or dislocation. Symptoms that occur more gradually are likely a result of stress fractures; impingement at the joint between the hip and pelvis as in a labral tear or cartilage lesion; bursitis; muscle strain; or piriformis syndrome.

Employers can reduce the chances of injury to hips by providing adjustable work surfaces, chairs or stools; protective and proper footwear; opportunities to sit or change position; anti-fatigue mats or shock absorbing floor surfaces; and minimizing lifting, twisting, bending and repetitive stress activities.

Employees can reduce the chances of injury to hips by rearranging work stations; changing positions frequently; standing with one foot in front of another or by shifting your weight from side to side; standing with one foot on a raised surface; avoiding use of high heeled shoes; using orthotics or protective inner soles; and maintaining a healthy and proper weight.



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Groin Pain?

You have had an uneventful pregnancy and are getting excited as your due date nears. Surprisingly, at about 36 weeks, you start experiencing this pain in your inner thigh. It doesn't keep you from moving initially, but as the days go by, you notice it more and more. You think that maybe it's how the baby is positioned or maybe you pulled something, but how?

You inform your OB and are instructed to ice and rest and call back in a few days. That doesn't help, and when you call back you are given a referral to physical therapy? How are they going to help? You go ahead and call to schedule your appointment a few days later, because at this point you are in so much pain, anything is worth a try!

At your first appointment, the physical therapist watches you walk as you enter the room. She asks you about your pain level, how it began and if anything makes it better or worse (if you knew that you wouldn't be there, but you answer her questions politely). She then continues the evaluation by looking at your posture, range of motion of your legs and back, checks your strength and does a few other tests to see if she can reproduce your symptoms and confirm what is causing your pain. What may be most surprising is how tender and painful the muscle is along the inner thigh!

By the end of the session, she explains that the muscles along the inner thigh have developed trigger points because of how you are walking. In addition, there are other areas of concern, that you may not be aware of. Your alignment is off, and that can happen during pregnancy because of ligamentous laxity. Your posture has been greatly affected as a result of the pregnancy, as expected, and now some of muscles are tight and need to be stretched. Patients benefit from manual techniques to correct their alignment, work out trigger points, learn stretches and exercises to do at home, and learn about ways to position yourself or perform activities to better cope with the pregnancy-related changes to your body.



Family Physical Therapy Services, Inc.

Life is waiting...what are you waiting for?

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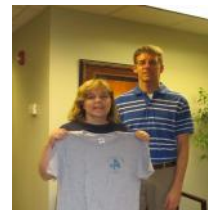
Patient of the Month

MB Cox

Mary Beth wasn't waiting anymore! After struggling with hip pain for years, and not being able to do the things she liked to do like walk, hike, cycle and swim, Mary Beth underwent a total hip replacement. She knew that "after (her) surgery it was critical that (she) get the proper physical therapy to restore (her) ability to walk", so she came to FPTs for rehab. "Within a short time working with Steve, (she) was able to walk more and more every week". In fact, she "walked 5.5 miles and felt great"!

In her own words, Mary Beth "had a wonderful experience at Family Physical Therapy. Thank you for all your support and knowledge! **It is also great to ride my bike again, climb mountains, and swim.**"

GREAT JOB Mary Beth! Keep on Livin' Life!



Triple H Winner

This month we give a great big shout out to Lynda Jablonski for being our Helping Hands Honoree!! Thank you Lynda for your unending support and trust in our care and services and for helping spread the word to your friends, family and loved ones.



Health And Fitness

Freedom From Backyard Injuries

Has this ever happened to you? You wake up in the morning with a sore body part but are unsure why. As you think back on the previous day, you remember that you spent 2 hours tossing a bean bag 25 feet at a hole in a plank of wood. Although it seems ridiculous that this mundane game could cause harm, you are hunting for the ibuprofen to deal with your issue.

During summer, we spend a lot more time outdoors and the opportunity to participate in seemingly harmless backyard games presents itself regularly. Whether you are at a birthday party, barbecue, or just hanging out at home with friends, without fail someone will present the idea to play a little volleyball, touch football, or the aforementioned bean bag toss. What could go wrong? The reality is that as the competition heats up the intensity will rise and before you know it you have been performing a repetitive motion for hours on end, or you may be tempted to “go for it” more than you should. Maybe the soreness goes away after a few days or maybe you’re left with a more serious issue, which could eventually require medical attention.

Now, I’m not here to tell you that you should abstain from all the backyard fun but it would be a good idea to take some precautions.

Warm up a little before the competition begins – Taking a little time to get the body ready can go a long way. Don’t just jump right from your lawn chair into a competitive situation. Take a little time to perform the movements in the game you are about to play at a low intensity. A light sweat is a good indicator that your body is sufficiently warm.

Take breaks – Remember that rarely do you spend multiple hours performing the same motion over and over again. Therefore, it’s a good idea to avoid doing so during leisure activities. So take a round or two off to let your body rest.

Take your current fitness level into account – If you have done little to no physical activity all winter, don’t expect your body to tolerate a lot. So play it safe and rest before you are exhausted instead of pushing the envelope.

Hydrate well – It is common for backyard fun to be accompanied by alcoholic beverages. Remember that alcohol plus heat and activity will dehydrate you. So, take a water break or two. Keeping your tissues properly hydrated will help speed up your recovery.

Use some recovery tools – If you are sore the next day, break out your foam roller and do some self-massage to help work out the kinks.

In The News At FPTs Our family has grown!

Baby Roman Gabriel Gagnon was born on June 8th @ 12:33 PM weighing in at 6 lbs. 6.5 ozs. and 18 inches long.

Both he and Nikki are doing well and we wish them both a lifetime of love, health, and happiness.

Welcome to the FPTs family Roman!



The BEST Exercises To Do For Lateral Hip Pain

Hip Abduction in Side Lying



Set up: Begin by lying on your side with your lower leg slightly bent at the hip and knee.

Movement: With your upper leg in alignment with your body, lift your leg up towards the ceiling without rotating your leg outward. Return the leg to starting position and repeat.

Tip: By lifting your leg leading with your heel, you will be prevented from rotating the leg outward.

Perform: 3 sets of 10 reps

Clams



Set up: Begin by lying on your side with both hips and knees bent slightly.



Movement: With your feet together, lift upper leg off of lower leg being careful NOT to roll backwards. Lower slowly and repeat.

Tip: By doing this against a wall or the headboard of your bed, you will be prevented from rolling backward.

Perform: up to 50 reps

Split Squats



Set up: Begin in standing with one foot in front of the other.

Movement: Squat down bringing your back knee towards the floor being careful not to allow your front knee to extend beyond your toes, or your back knee from moving inward.

Tip: Be controlled in your movements. Only squat down as far as you can without having to hold on and still being able to return to your starting position.

Perform: 3 sets of 10 reps

ITB (IlioTibial Band) Rolling



Set up: Lying on a foam roller with your painful side down.

Movement: Roll your hip back and forth across the foam roller for 2 mins. Repeat on the other side.

Tip: To make this more difficult, you can hold your feet off of the floor.





Family Physical Therapy Services, Inc.

Bedford, NH 03110 Chichester, NH 03258

603.644.8334

www.familyptservices.com

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When Do I Call A Physical Therapist?

Call us at 603.644.8334 if:

- Your pain and symptoms do not change
- Your pain gets worse with the exercises on page 3
- You feel a little better with the exercise but it's still there.

Some people will heal quickly with these simple exercises.

Others will need to take it to the next step.

If you have more pain or your pain is unchanged:

Call 644.8334 to schedule an appointment.

One of our PT experts will complete a thorough examination to determine:

- The cause of your hip and groin pain
- If you need an MRI or x-ray (usually not)
- What successful and natural treatment may be appropriate for you

P.S. We need to limit this to the first 20 people . **If you need help DO NOT DELAY. This offer expires August 31, 2016**



FREE HIP PAIN SCREENING

Call 644.8334 TODAY

Do you have:

- Pain at the outside of your hip?
- Pain that goes to or below your knee?
- Pain when you lie or sleep on your side?
- Pain or difficulty when squatting or taking your first step?

If you answered yes to these questions then you may have hip bursitis or a related condition.

Let the experts at FPTS confirm that for you and get you on the road to recovery!

This coupon may be given to friends and family

Limited to the first 20 callers

Offer expires August 31, 2016

