



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

June 2018

Newsletter

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From The Desk of Our Managing Director

Cathy J Leer, PT, MBA

Let The Games Begin!!



The month of June brings [FIFA World Cup 2018](#) in Russia and the [PGA US Open](#) at [Shinnecock Hills Golf Course](#) in Southampton, New York.



This month's issue is dedicated to golf and soccer and the hundreds of aspiring young athletes and week-end warriors alike. In it you'll find articles and information on common injuries in each of these sports, how to identify them, as well as information on how to prevent and recover from them.

Enjoy this month's issue and enjoy the games!

Health & Wellness Educational Series

Coming in July!

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!



Health And Fitness

By Cathy J Leer, PT, MBA

Golf: Passion or Obsession?

Many of you may know that for many years I struggled with pain and instability in my low back and 2 ½ years ago I had a spinal fusion. One of the largest parts of that struggle was my inability to participate in many activities that I loved because of the pain and instability, both during and after participation. Frankly, the joy of most things was sucked right out of me.

Now, fast forward 2 ½ years. I can now say that my back and leg pain is essentially gone, and I barely ever recognize that I had a problem. As a physical therapist, I know that part of aging is the degenerative processes that occur in our body, and in this case, the joint surfaces and the discs, specifically. This is a result of both genetic predisposition as well as good old-fashioned wear and tear from the things we do on a day-to-day basis.

I, unfortunately, have some not-so-good genetics, and I have lived a very active life that included sports as a child and numerous home improvement activities from construction to yard work and everything in between, as I grew up. Nothing never seemed out of the realm of possibilities with me, except if it involved rodents, reptiles, or insects. Those, I do not do! However, build a stone wall...yes. Paint the house...yes. Lay down patio stones...yes. Build a deck...yes. Rototill for a new garden...yes, yes, and yes again. I was my own worst enemy. Yes, I did NOT practice what I preached. Now, fortunately I do. I can empathize with how hard that can be at times.

Go [here](#) to read full article and **learn how you can prevent golfing injuries.**

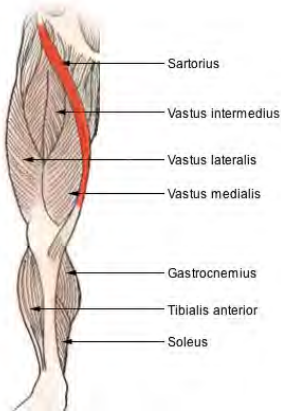
From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Sartorius Strain

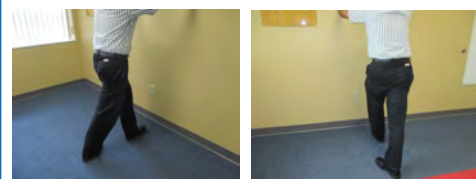
Passing a soccer ball with the inside of the foot requires a unique combination of movements at the hip and knee in multiple planes. The hip flexes and moves/rotates outward while the knee bends slightly. We must have truly been made to play soccer as there is a specific muscle that does exactly this combination of movements: the Sartorius (not to be confused with a Greek philosopher)!

This little known muscle (unless you're a soccer player who has strained it!) starts at the pelvic bone at your front pocket, snakes around the front and inner thigh around the inside of the knee and ends on the upper inside of your shin bone along with two other tendons, forming the pes anserine (literally translated as "goose foot" as this is what they look like). While hip flexor strains are quite common (see the April 2018 newsletter), determining if you have strained this muscle is more difficult to figure out.



Lifting your hip straight up might hurt a bit, but there are other muscles that primarily do this so it wouldn't likely hurt a lot. Similarly, bending the knee or moving your leg out to the side or turning it outward as isolated movements may not bother you, but **if you do them all together (like you are passing a soccer ball with the inside of your foot) you'll reproduce your symptoms.**

Recovery from such an injury is similar to other muscle strains with a **period of relative rest, progressing through light stretching, active motion, strengthening and then activity- or sport-specific work.** To gently stretch your sartorius, you'd



place your leg in exactly the opposite combination of movements when it is in use. So, you'd place your foot behind you, slightly toward the other side of your body and turned inward, with a straight knee. Hold for 20-30 seconds, three times.

We've made it easy!

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Pre & Postnatal Info Corner

By Effie Koustas, MPT

Where's Your Kneecap?

With 32 teams playing in the **world cup** this year, injuries will be inevitable. In soccer, it is common to see leg injuries, specifically **patellar dislocations** (or subluxations). This is a knee injury when the patella (or kneecap) is forced out of its normal resting position in the groove of the thighbone. A dislocation can occur from a direct force to the knee (like from a ball or opposing player) or a sudden twist or pivot, both of which can happen in soccer. A patellar dislocation, although painful, is not to be confused with a knee dislocation, which is a much more severe traumatic injury.



Symptoms of a dislocated kneecap include your knee looking **deformed** (most often with the kneecap sitting to the outside of your knee), **swelling, pain, tenderness** to the touch and an inability to **straighten out your leg**. Sometimes, the patella will reduce or "relocate" into the groove on its own but other times it requires a doctor to get it back into position. You might suspect that you have dislocated your kneecap if you are unable to walk, especially if this is the first time it has happened to you. If it has happened multiple times before, walking may be slightly easier. However, you are further damaging your knee joint if you have not properly rehabilitated it in the past.



If you have dislocated your patella, physical therapy can help. It usually takes about six weeks to fully recover from a dislocated kneecap, although sometimes it can take a bit longer to return to sports or other strenuous activities. Initially you are to **RICE** (rest, ice, compress and elevate) the knee and **avoid any activity**. You will want to see your primary care physician to rule out any other damage by having an x-ray. Bracing your knee or taping it will help stabilize it so that you can walk safely. **After the initial phase, treatment will include continuing to decrease the swelling, and improving your motion, balance and strength to safely return you back to activity and prevent reinjury.**

Patient of the Month

James LeBlanc

CONGRATULATIONS JAMES!



"Before coming here I had knee pain all the time. Now, after working with the great people here on strengthening the areas that needed to be, I am much happier."

IF YOU ARE IN PAIN AND WANT TO HAVE YOUR OWN SUCCESS STORY, WE CAN HELP...

FOR MORE INFORMATION CALL

644.8334



Injury Prevention & Sports Performance

By James Goodwin, PTA, CSCS

Announcing The Athletic Performance Program



Want your child to perform better...play longer...recover quicker? If you answered “yes,” then you’ll be interested in the [Athletic Performance Program](#) we’ve developed at Family Physical Therapy Services (FPTS). The program is geared towards helping your son or daughter **achieve optimal performance while reducing the risk of injury**. We not only focus on maximizing speed, agility and strength but stress the importance of injury prevention and recovery by educating young athletes on body mechanics, movement prep, and soft tissue release techniques. It is as much about working smarter as it is about working harder. After 8 sessions one time per week, **your child will have a better understanding of his/her body and be equipped with the tools to perform better, play longer and recover quicker.**

I am not only the Director of Injury Prevention and Sports Performance here at FPTS, I have several years experience working with young athletes both as a **Certified Strength and Conditioning Specialist** and as an **elite soccer coach for our US Development Academy**. After four years playing soccer as a Division 1 student-athlete for Syracuse University, I then went to Norway for a short **professional career with Notodden FK in the Norwegian 1st division**. I have spent the last few years working as a Physical Therapist Assistant where I have gained a newfound respect for, and understanding of, injuries and the rehabilitation process. **My passion is bridging the gap between rehab and performance and educating young athletes on how to optimize performance while reducing injuries.**

As you may know by now, this summer Russia will be hosting the biggest sporting event in the world – the 2018 World Cup! It was always my dream as a young athlete to play in a world cup and, although that dream did not come to fruition, I had the opportunity to play alongside pros. Much of what I have learned through the years while training with the best I have put into this program. **My dream now is to help your son or daughter achieve their dream**, whether that is to play in a world cup or make the varsity high school team in their chosen sport. Give us a call at 603.644.8334 or [sign up online today!](#)

Helping Hands Honoree

CONGRATULATIONS!

Our Helping Hands Honoree for June is **Amber Fraga**. Amber is the owner of [Native Touch Massage](#). Thank you Amber for your trust and confidence and allowing us the opportunity to care for your clients.

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.



Health And Wellness Guest Article

By Kate Cretsinger

Inflammation From Our Foods?

Yes that is right! We have control over inflammation by the foods we eat!

Since the 70’s when the government started the “Green Revolution” to end world hunger, we have seen an increase in inflammation... inflammation such as arthritis, heart disease, high cholesterol, high blood pressure, Alzheimer’s, as well as asthma and MANY more.

The Green Revolution was an idea to end world hunger. The plan was to alter the way that grains grew to make them grow faster. This would allow the USA to yield more grains and at a faster rate in order to supply grains around the world to less fortunate countries. This led grains to be added to our own food pyramid as a staple of the American diet.

What is Gluten?

Gluten is made up of two proteins: Gliadin + Glutenin. This is what makes our flour sticky to allow us to make breads, pie-crusts, pizza crusts and crackers. Gliadin is the culprit in our sensitivity; it can lead to emotional disorders like depression, it’s an appetite stimulant, and it can also lead to digestive issues including leaky gut.

If you have a genetic tendency or family history with some of the chronic illnesses listed above, your environment (food) can turn these genes “on.” This is one of many reasons we are seeing an epidemic in all of these diseases. We are told that we need grains in our diets. However, we have more control over our health than we realize. Do we want to live our happiest years, in and out of the hospital? Do we want to be bedridden for our families to care for us because of a stroke or heart attack? Do we want to be in a hospital because we have Alzheimer’s disease? Do we want to be unable to enjoy our grandchildren and play with them? We HAVE control over our health.... it is our environment; food is one of the biggest players in our environment.

Side effects

When working with my clients, this is the first thing we focus on. Within two weeks, my clients say they no longer have joint pain, they are sleeping better, their brain is clear, and they have no more brain fog. Within two months, I’ve had clients come off cholesterol medications, high blood pressure medications, as well as throwing away their arthritis medications. The side effect from all of this was losing weight!! I’m not saying I cured all of these diseases. I’m saying that these clients have taken control of their lives and are dedicated to getting healthier... these were results of THEIR hard work!!

What do I eat?

This is a common question I get because grains are such a HUGE staple in our diets these days.

Find out what good replacements/alternatives are [here](#).

Community Activities

Thomas Fontana, MSPT presented "Balance and Injury Prevention" to GZA

Geoenvironmental on May 15th. On June 3rd, FPTS was a sponsor at [Bedford PTG Color Blast Fun Run/Walk](#), where James Goodwin, PTA, CSCS our Director of Injury Prevention & Sport Performance, provided warm up and cool down activities before and after the race.

For organizations, students and parents looking for a more in-depth program for the serious and elite athletes, contact James directly: JGoodwin@familyptservices.com or call [644.8334](tel:644.8334) and ask for James.

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

TELEHEALTH PROVEN TO HELP OSTEOARTHRITIS KNEE PAIN!!

Australian research study reinforced by physicians at Harvard Medical

Help relieve the pain and improve physical activity and emotional health - **without leaving home!!**

REMOTE PHYSICAL THERAPY SERVICES HELP YOURSELF OR SOMEONE YOU LOVE

Stop sitting on the sidelines and start living the life you want to lead. If you are unable to get to a facility to get the care that YOU need, then [Telemedicine and remote physical therapy services](#) are for you.

IF YOU'D LIKE TO LEARN MORE

call: [603.644.8334](tel:603.644.8334) or

email: cjleer@familyptservices.com



Ross A. Lurgio Info Corner

SUMMER VACATION IS ALMOST HERE!

WHAT ARE YOUR CHILDREN GOING TO BE DOING TO STAY IN SHAPE FOR NEXT SEASON?

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 8 weekly sessions beginning June 26th.

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 or call: [644.8334](tel:644.8334) - ask for James

Ask our experts!

ASK-A-PT

Get FREE answers to your questions
Call [644.8334](tel:644.8334)

YOU CAN PREVENT YOUR CHILD FROM SITTING ON THE SIDELINES.

Find out how: [INQUIRE 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...

207 Meetinghouse Rd, Bedford, NH 03110 [603.644.8334](tel:603.644.8334) www.familyptservices.com

Share me with a friend!



Patients have the right to choose!

Family Physical Therapy Athletic Performance Program

*young athletes
all skill levels
all sports*



PERFORM LIKE A PRO!

Tuesdays 3:30-4:30 PM
6/26-8/14 **OR**
Wednesdays 10-11 AM
6/27-8/22

LEARN FROM EXPERIENCE:

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

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

CORE STABILITY	SOFT TISSUE RELEASE	SPEED & AGILITY
INCREASE MUSCLE/TENDON RESILIENCE	IMPROVE STRENGTH/BODY MECHANICS	MOVEMENT PREP/MOBILITY

FOR INFORMATION CALL:

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*Recover Quicker!
Perform Better!
Play Longer!*

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**1st 6 participants
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roll & mini band**

**8 week
program!**