



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

May 2018

Newsletter

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From The Desk of Our Managing Director

Cathy J Leer, PT, MBA



May is National Arthritis Awareness Month

According to the CDC, "Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That's over 54 million men and women. To recognize this toll on Americans' health, CDC, the Arthritis Foundation and other partners observe Arthritis Awareness Month in May."

This month's issue is devoted to education and advice on nutrition, activities, exercise, supplements, natural anti-inflammatories and more, so please take a moment to read through this issue and [share it](#) with a friend or loved one. With 1 in 4 adults being affected, the odds are that you know someone that this information could help. With rural areas being affected at a 1:3 rate compared to urban areas, accessibility to care can be difficult. In fact, a Harvard physician found that "millions of people worldwide lack access to basic as well as specialized medical care and the potential for telehealth to bridge this gap is enormous." That's why this next article is so important. It has enormous potential to help millions of people worldwide.

Health & Wellness Educational Series

NATIONAL ARTHRITIS AWARENESS MONTH FEATURED IN MAY

With warm weather and sunshine comes renewed energy and commitment to become a HEALTHIER more POSITIVE you.

Osteoarthritis of the knees can dramatically affect your mobility, physical activity, and emotional health.

Our next program will provide you with some simple exercises and coping mechanisms to help you return to love, life and activities without the emotional and physical ups and downs of arthritis.

As an added bonus, you can learn how you or a loved one can receive PT without leaving the comfort of your own home.

Join us for this FREE program

THURSDAY EVENING

May 31st 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!



Hero Healers: Every Body Needs A Hero

By Cathy J Leer, PT, MBA

Telemedicine—Effective For Osteoarthritis Of The Knee

Osteoarthritis of the knee, and the successful use of telemedicine for long term benefits

It is well known that knee pain and its primary cause, osteoarthritis, affects millions of adults. According to researchers (1,2), it affects as many as 25% of all adults worldwide, and it can cause major issues including loss of function, varying degrees of physical and psychological disability, and a decline in quality of life. (Refer to <https://familyptservices.com/blog/> for research citations.)

Currently there is no cure. But exercise has been proven to be beneficial for both pain and function (3,4,5). It has also been shown that pain-coping skills training, PCST, helps individuals deal with chronic pain by teaching them use of such options as relaxation techniques, imagery, activity modification and rest cycling and meditation. A recent study, done in Australia and funded by the National Health and Medical Research Council, about combining exercise and PCST has proven "to provide clinically meaningful improvements in pain and function that are sustained for a least 6 months". To top it off, this study was carried out in a telemedicine manner using internet and telephone to administer the program!

A doctor writing for the Harvard Health Blog further reinforced the (cont. p 4)

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Supplementing PT For Osteoarthritis



Natural aging comes with decreased cartilage in the joints, even without factoring in the effects of body weight, activity level, joint injuries, surgeries, etc. While some get their joints replaced and scientists are working hard to regenerate cartilage or otherwise outsmart arthritis, the majority of us wants to make the most of what we've got. The strength and flexibility one gets through PT is certainly part of the answer, but physical activity may have its limits and leave you looking for that little extra something. While there are many products on the shelves that might work and people are never shy about telling you what works FOR THEM (not to mention the flood of options/opinions on the internet!), below are some options we've researched that have been shown to help with arthritis symptoms.

As with anything you might put on, or in, your body, if you have any question whether a substance below might react with a condition or medication you have, always consult your doctor or pharmacist first.

Topical Creams (for all topical creams, don't apply to sensitive areas or broken skin, test a small dab on a patch of skin first, and make sure to wash your hands thoroughly after use—nothing distracts you from arthritis pain quite like hot pepper in the eyes!):

Arnica (particularly for hands) – perennial flower of the daisy family, believed to have anti-inflammatory effects, though mechanism unknown.

Comfrey—perennial flower, believed to have anti-inflammatory effects due to the presence of allantoin.

Menthol—derived from the mint family, causing a local cooling sensation, which distracts you from pain signals.

Capsaicin—the “hot” substance in peppers, causing a local heat, stinging or itching sensation that distracts you from pain signals.

Ingestibles:

Boswellia serrata— resin from the tree of the same name, containing boswellic acid, which prevents the formation of leukotrienes (inflammatory agents)

Avocado-soyabean unsaponifiables—extracts from avocado and soybean oils, prevent cartilage-degrading enzymes, stimulate cartilage building through collagen synthesis

Turmeric – from the plant of the same name (related to ginger), containing curcumin, which blocks cytokines and cartilage-degrading enzymes

Glucosamine & Chondroitin (particularly for knees)—components of cartilage, thought to build cartilage or fight cartilage-degrading enzymes (research is mixed and those with diabetes, shellfish allergies, or taking warfarin should not take without discussing with their physician)

If you're looking for other options, we have trusted partners who specialize in [essential oils](#), [nutrition](#) and [supplements](#).



Health And Fitness

By Jenn Millen, PTA, ATC

Take A Bite Out Of Arthritis

Although there are many different factors that can positively or negatively affect arthritis, the anti-inflammatory properties of food seem to be a juicy topic among medical professionals. While there is some evidence for broad classes of foods, studies of many specific foods are still in the early phase so the jury is still out on their effects on inflammation.



Controversy surrounds “nightshades” – the category that includes tomatoes, eggplant, potatoes and peppers. In New England, most football fans know that Tom Brady does not eat tomatoes due to his belief that they increase inflammation and arthritis symptoms. All the evidence, however, for this is anecdotal – and some health professionals say tomatoes are a good source of vitamins C and A which both combat inflammation.

Foods that are known to have anti-inflammatory properties along with their key compounds are:

- **Fish** – omega-3 fatty acids
- **Nuts & seeds** (1.5 oz/day) – Alpha linoleic acids, magnesium, l-arginine and vitamin E
- **Fruits** – Citrus fruits - vitamin C
- Cherries, strawberries, raspberries, blueberries, blackberries all contain anthocyanins
- **Veggies** – Broccoli, spinach, lettuce, kale and cabbage all are high in vitamin K and antioxidants
- **Olive Oil** (2-3 tablespoons/day) – contains oleocanthal which has properties similar to non-steroidal anti-inflammatory drugs
- **Beans and Whole Grains** – Phytonutrients and antioxidants

The overall recommendation by specialists is for people who have arthritis to keep a food & symptom diary. If you find that you consistently have increased pain associated with eating a certain food, take that food away for a week and then reintroduce it to see if there is a connection. Beware though – there are other factors that could be contributing to increased arthritic symptoms such as physical activity, variations in fatigue levels, infections, starting or stopping medications and hormonal changes.

Regardless of specific food choices, medical professionals agree that maintaining proper bodyweight through a healthy, balanced diet is always beneficial. This unloads the weightbearing joints such as the spine, hips and knees. For every pound of weight that you lose, you take 4 pounds of stress off your knees.

At Family Physical Therapy we are neither dieticians nor do we specialize in nutrition; however, we have trusted health professionals that we work with who do so if you'd like more detailed information please contact us and let us know!

603.644.8334



Injury Prevention & Sports Performance

By James Goodwin, PTA, CSCS

Movement Is Lubrication For The Knee

Osteoarthritis (OA) is the most common form of arthritis, impacting the lives of millions around the world. Although this disorder may affect any joint in the body, the knee joint is particularly susceptible as it is a weight bearing joint. Over time, the protective cartilage that lines the ends of our bones wears down and can cause a plethora of symptoms including but not limited to pain, tenderness, loss of flexibility, stiffness and a grating sensation that we may often hear or feel. These symptoms can range from moderate to severe and if the cartilage wears down completely, you may be left with bone rubbing on bone.

If you experience any of the symptoms above, here are a few tips to strengthen the muscles around the knee. Simply walking the dog, parking a few more spaces away from the store or taking the stairs instead of the elevator are great ways to get that 30 minutes of light exercise each day. **Movement is important for knee OA as it brings blood flow to the area, improves nutrient exchange into the cartilage, and produces natural lubrication, helping to promote longevity of your knees.** If exercise is new to you, start with low-impact activity such as **walking, swimming, biking, and/or elliptical.**

A great strengthening exercise to perform is a **mini squat** by the counter top depicted in the picture. While performing the squat, move your butt back (like you're sitting in a chair) and keep your knees over your toes. Perform 2 sets of 10 once per day, 3-4 times per week.



To maintain flexibility, try this simple **hamstring stretch**, which can reduce tightness behind the knee and improve overall comfort. Hold for 30 seconds and repeat 2-3 times each leg.



If symptoms are not resolving, or worsen, apply ice to the knee a couple of times per day for 15 minutes or seek out a **physical therapist as they are experts in movement.** Physical Therapy not only helps reduce pain and stiffness, but increases strength/flexibility of both the knee and hip muscles. By doing so, you take stress off the knee joint and allow the knee to function properly with less wear and tear. **Movement really is lubrication for your knees.**

FREE INJURY SCREENING

- Joint Pain
- Back & Neck Pain
- Tendonitis
- Running Injuries
- Muscle Strains & Pulls
- Hips, Shoulders, Knees & Ankles



Family Physical Therapy Services

207 Meetinghouse Rd., Bedford, NH

603.644.8334 - Info@familyptservices.com - www.familyptservices.com



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Avoid Meeting Arthur-itis

Do you know Arthur and Ben? Well, you may not, but you will one day. It's inevitable. We will all develop arthritis regardless of gender, race, class or country. It is not a question of "if," but "when?" And Ben-gay? Yes, we will probably need that in our medicine cabinet at some point too. Although we can't fully prevent arthritis, the good news is that there are **ways to reduce your risk, delay onset and minimize the symptoms.**



The surfaces where bones meet (called a joint) are covered with a smooth, shock-absorbing tissue called cartilage. Cartilage helps the joint glide effortlessly during movement. There are different kinds of arthritis, with the most common types being osteoarthritis and rheumatoid arthritis. With osteoarthritis, the cartilage wears away from overuse as we age or from a sudden injury.

When cartilage is worn away, the bones can rub together and cause pain, swelling or stiffness. Age, carrying extra weight, being female, a family history of osteoarthritis, and having diabetes or other types of arthritis can increase the risk of developing this condition.

While some of these factors you have no ability to change, a significant factor you have control of is your diet. It is proven in osteoarthritis, and gout (another form of arthritis), that **if you eat a healthy diet and maintain a healthy weight you minimize your risk.** In rheumatoid arthritis, it is also recommended that you **don't smoke.**

True prevention seems to be impossible, as we don't know or fully understand the cause and mechanism behind these diseases. However, we do know that **exercise helps by 1) maintaining a healthy weight, 2) increasing blood flow to the area and releasing lubricating fluid in the joint, and 3) increased strength of the muscles around the joints directly supports them.** If you are unsure of what exercises to perform or how to exercise, visit your physical therapist to teach you how to properly work out without hurting yourself.

To help minimize symptoms, check out Tom's article elsewhere in the newsletter.

Check out our [blog!](#)

YOU DO NOT NEED A REFERRAL

&

PATIENTS HAVE

THE RIGHT TO CHOOSE CHOOSE

(cont from p 1) findings of this study by concluding that, "The results suggest that telehealth – providing medical care from a distance through telecommunication technology – may be able to improve the well-being of people with osteoarthritis of the knee, and is only the latest example of what is likely to be the widespread application of this approach to care" (7). How cool is that?! This research shows that millions of people worldwide who have difficulty accessing physical therapy care because of cost, transportation issues or geographical location can benefit by using telemedicine. They have the opportunity to gain significant and sustained relief of pain and improved function by using this approach. And we have it at Family Physical Therapy Services!

Our telemedicine division can provide a program combining education, training in pain coping skills, and exercise no matter where you are. All you need is internet access.

If you or a loved one are suffering with arthritic knee pain and can't do the things you like or need to do, we can provide a program that has been proven to provide long term benefits, and it can be done from the comfort of your own home.

If you'd like to know more, give us a call at:

603.644.8334

email us at: info@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** or

email: cjleer@familyptservices.com

**GET BACK INTO THE
GAME OF LIFE**
Schedule your
FREE INJURY SCREENING!
Call **644.8334** today!



Ross A. Lurgio Info Corner
GO LIONS!!

SPRING SPORTS ARE
GOING STRONG

Congratulations to the Softball & Baseball teams for posting
some impressive wins so far this season.

Between baseball, softball, golf, track, and tennis, you may have
a few busy athletes in your family. Because we are committed
to helping your children stay safe, excel at their sport, and have
FUN, we are incorporating a [Teen Sport Performance & Condi-
tioning Program](#) to help prevent injuries and keep them in the
game. We hope that they will enjoy it and stay involved for
many happy years of safe sports!

IF YOU'D LIKE TO KNOW MORE about this, or any other aspect
of training or recovery, please feel free to reach out.

SEND INQUIRIES TO: JGoodwin@familyptservices.com

or call: 644.8334 - ask for James



DREAM BIG!! CONDITIONING AND PERFORMANCE PROGRAM FOR YOUNG ATHLETES

- DO YOU HAVE A GIFTED ATHLETE?
- ARE YOU DREAMING OF AN ATHLETIC SCHOLARSHIP TO
A MAJOR UNIVERSITY?
- CAN YOU IMAGINE IF YOUR ATHLETE HAD A SHOT AT
THE PROS?!!

If you answered YES to ANY of these questions, and you'd like
to know how to make your dreams come true, we have the
answers!

If you'd like to know more, call us at: **644.8334**

Health And Wellness Guest Article

By Lori Boyce, Young Living Health Coach, AFPA, RYT, NASM

Therapeutic-grade essential oils, (plants, roots, resins, herbs,
flowers & trees) can be highly effective in relieving occasional
Rheumatoid arthritis and osteoarthritis pain.

When you're feeling discomfort, reach for a natural alternative
that does not have an adverse affect on your health.

Directions: Apply Young Living* Oil of your choice; PanAway &
Copaiba, Deep Relief Roll-on, or Cool Azul to the affected area
for immediate relief.

- Young Living the world leader in essential oils with the most
effective oils on the planet, with a 100% guaranteed of puri-
ty called "Seed to Seal." For more information or to place an
order, please visit my [website](#). For a **complementary pri-
vate health consultation**, please call me at **603-494-4191**.
- For additional information, please contact AIRASE, a mem-
bership dedicated to promoting scientific validation of es-
sential oils for their global standardization for home,
healthcare, and medical uses.

Helping Hands Honoree

CONGRATULATIONS!

Our Helping Hands Honoree for May is **Jan Matson**. This is especially wonderful, because Jan lives in CT, and crossed state lines and geographical boundaries to show how much she cares and how easy it is to provide a helping hand to a friend in need no matter the obstacles.

Thank you Jan for your trust and confidence and allowing us the opportunity to do what we do best. And to show our thanks, we are also pleased to be able to offer our helping hands honorees a choice of awards from our [most trusted associates](#).

Thank you Jan for lending a HELPING HAND to a friend and showing how much YOU CARE!!

Patient of the Month

Sandy Skora

CONGRATULATIONS

SANDY!



"I have been to Family Physical Therapy for three separate ailments. **Each therapist I have had has been outstanding.** When I first came to FPT, this time for my left hip and leg, **I was a mess.** I could barely walk without pain and a significant limp. **Tom was unbelievable. He was so kind, knowledgeable, considerate and patient.** I feel so grateful to him for helping me through this ordeal. I highly recommend Family Physical Therapy to anyone who needs physical therapy!"

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

IF YOU ARE IN PAIN AND WANT TO HAVE YOUR OWN SUCCESS STORY, WE CAN HELP...CALL 644.8334 FOR MORE INFORMATION.

Community Activities

James Goodwin, PTA, CSCS

our Director of Injury Pre-

vention & Sport Performance, is an **EXPERT on EXERCISE and INJURY RECOVERY.** He will be running **6-week Conditioning and Performance Programs** for the young athlete. As part of our commitment to Ross Lurgio Middle School, James will be working directly with the coaches and players in the spring sports programs to help keep your young athletes safe and performing at their top level. Programs will also be offered during summer break.

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

Ask our experts!

ASK-A-PT

Get **FREE** answers to your questions

Call **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

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*

DREAM BIG!

IMPROVE:

- Strength
- Flexibility
- Speed/Agility
- Explosive Power
- Conditioning (work capacity)

LEARN HOW TO:

*Recover Quicker
Perform Better
Play Longer*

LOCATION:

*207 Meetinghouse Rd.
Bedford*

LEARN FROM EXPERIENCE:

James Goodwin, PTA, CSCS

Director of Injury Prevention & Sport Performance

- Former Division 1 BIG EAST Soccer, Syracuse University
- Norway-Men's Pro Soccer
- NSCA Certified – Certified Strength & Conditioning Specialist
- USSF B National Coaching License

CORE STABILITY	FOAM ROLLING	INCREASE RESILIENCE
INCREASE STRENGTH	IMPROVE FLEXIBILITY	MOVEMENT PREP/MOBILITY

FOR INFORMATION CALL:

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BOLT



BIG PAPI!



Ronaldo!!