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FPTS

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Community Activities

FPTS is a proud sponsor of **COLOR BLAST 2019!**

Please stop by our booth - **Sunday June 2** from 9:30 – 12:30 and join in the fun! Challenge each other on balance; learn about concussions and treatment; participate in pre-race warm-ups and post-race stretching and more. Enter to win* equipment, classes and athletic performance programs. (*participation required)



MuckFEST Boston 2019

Help FPTS **raise money for MS!** The team at FPTS are joining forces to help cure MS. [Lauren Fournier](#) and the [Dirty Flirty Futher Muckers](#) will be competing to raise funds for the cure. [Cathy Leer](#) and the FPTS team of professionals will be volunteering at the event to lend support and cheer the Futher Muckers on! I realize that we all have our special causes and can't always donate, so you can "support" us by spreading the news and sharing our [social media](#) posts or, if able, by donating [here!](#) Every little bit counts!



From The Desk of Our Director

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

Is anyone else sick of this weather? I certainly am. Enough of the cold, dank, rainy stuff already! I'm ready for warmth and sunshine and all things outdoors!! At least my mind is...not so much this aging body though. That's why I've been working with [Karen Bagnardi](#) and learning the value of [CONNECTIONS EXERCISE](#). It's a perfect way for me to get back in shape safely so that I can participate in the activities I really love to do while minimizing my risk of injury.

Even for someone like me, who has been a PT for over 39 years, it's amazing how many different areas of the body this program addresses, yet it's totally adaptable to all types of activity levels and abilities! Karen offers her expertise in 1-on-1 sessions at our clinic. Call today to schedule YOUR session with Karen! **644.8334**

Featured Author of the Month



Injury Prevention & Sports Performance

By [James Goodwin, PTA, CSCS](#)

Meet **James Goodwin, PTA, CSCS:**

James attended Syracuse University as a Division 1 student-athlete and graduated in 2008 with a Bachelor's degree in Health & Exercise Science. After a short time pursuing soccer professionally in Norway, he began working as an Exercise Technician for an outpatient clinic, as well as an Athlete Performance Coordinator. In 2016, he received his Associate's degree as a Physical Therapist Assistant at Mount Washington College.

He is experienced in sports and orthopedic rehabilitation, functional exercise, and developing injury prevention programs for both young and adult athletes. His passion is bridging the gap between rehab and performance. Since 2013, he has been coaching 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.

He is licensed as a PTA in MA and NH, holds a US Soccer Federation "B" National Coaching License, and is National Strength and Conditioning Association (NSCA) Certified Strength & Conditioning Specialist (CSCS).

Outside the clinic, James enjoys living a healthy lifestyle, building patios and spending time with family.

Contact him at: jgoodwin@familyptservices.com



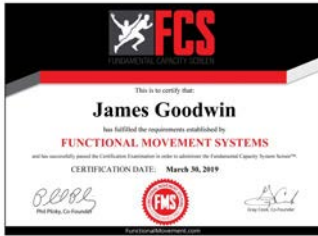
Injury Prevention & Sports Performance

By James Goodwin, PTA, CSCS

The Functional Movement Experience

Do what you love...

For as long as I can remember I have been fascinated with movement, starting as a young athlete from New Hampshire to playing D1 athletics at Syracuse University and later pursuing soccer professionally in Norway. As my playing years ended, I continued my pursuit of the human body as a physical therapist assistant, performance specialist, and top tier soccer coach. Movement assessment is not only my passion but an integral part of my profession. I recently attended a four-day certification course in Boston called the **Functional Movement Screen (FMS)**. Here, I learned a system that helps rehab and performance specialists identify movement dysfunction and multi-directional asymmetries.



The FMS began in the mid-90s where Gray Cook (co-founder) and Lee Burton (co-founder) wanted a better way to rate and

rank movement patterns in high school athletes. Over the years, the information gathered by Gray Cook and colleagues broadened our scope of corrective exercise, performance training and rehabilitation. This system is now used all over the world for both the general population and various sport settings including the NFL combine and Liverpool Football Club in England, one of the top soccer organizations in the world.

Movement Assessment 101...

- Need an organized system to assess movement
- Must have a **starting point** and system of measuring movement
- We don't need an injury prediction tool or return to activity outcome scale
- We need a system that helps guide our programs
 - Clear up confusion
 - Confident and individualized programming
- Our goal is to optimize movement, so we need to **establish a baseline**

What is the FMS...

The FMS is comprised of seven movement tests that require a balance of mobility and stability. Each movement provides valuable information such as imbalances, weaknesses, asymmetries and limitations that can be used as a tool in the overall assessment of one's movement. They are scored as follows: 0 = pain, 1 = unable to perform movement, 2 = able to perform movement *with* compensations, 3 = able to perform movement *without* compensations. The entire screen takes only **10 minutes to administer**.

- Deep Squat
- Hurdle Step
- In-Line Lunge
- Shoulder Mobility
- Active Straight-Leg Raise (ASLR)
- Trunk Stability Push-up
- Rotary stability



*In addition to the seven tests, there are **three clearing tests** involving the shoulder and back (extension and flexion) which are scored with a negative (no pain) or positive (pain).

These basic movement patterns are broken into two groups called the **BIG THREE** (deep squat, hurdle step and in-line lunge) and the **LITTLE FOUR** (shoulder mobility, ASLR, trunk stability push-up and rotary stability). Dysfunction in the *little four* is the vocal point of every screen because these movements directly contribute to the performance of the *big three*. More specifically, the big three are *functional patterns* while the little four are divided into *mobility* (shoulder and ASLR) and *motor control* (trunk stability and rotary stability). This is important because when we look at the corrective strategy algorithm, we use the following: Mobility → Motor Control → Functional Patterning. Once we work from the bottom → up, we then load to “lock in” the optimal movement!



The purpose of the screen...

The body tends to take the path of least resistance which may not be the most optimal. The FMS looks at fundamental patterns within the stages of human growth and development that do not come from exercise or athletics. The screen establishes a foundation of movement health, symmetry and function – setting a baseline for fundamental movement competency. The primary goal is not to just set a baseline, but to quickly identify pain or limitations that need to be addressed accordingly. If pain is present, then the client is appropriately referred to a healthcare professional such as a skilled physical therapist to address and evaluate the root of the pain. Pain changes our biomechanics (how we move) and should NOT be overlooked. Here at FPTS we have a strong network of highly experienced physical therapists that can properly evaluate and diagnose the cause of

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the pain, helping you get back to your fabulous self! Once we find the greatest deficiency or asymmetry (i.e., score of 1s or 2/3s, respectively), we can then design an individualized program that gets you off the path of least resistance and onto the path of optimal movement.

Let's clear up some myths...

The FMS is a screen, NOT a single assessment that tells why a dysfunction or faulty movement pattern exists. It is a tool to quickly and efficiently measure someone's movement competency – how well they move in functional patterns.

The FMS is NOT an injury predictor. Coupled with appropriate orthopedic or functional assessments as well as the Y-Balance Test, however, the FMS is a great tool to see the *BIG* picture when assessing movement.

Another common myth regarding the FMS is the concept of symmetry. It is true that we are all asymmetrical in nature and trying to reach perfect symmetry is not possible or desirable. Many might think the FMS seeks the latter, however, "symmetry" sought in the FMS is a symmetry of score not precise measurement. According to the Functional Movement Systems, "Individual variance is built in to the FMS." In other words, one might be off a few inches or degrees within a movement on either side but still receive symmetrical scores of 2's or 3's. We are looking to optimize movement not strive for perfect symmetry.

Who is the FMS for and what FPTS can offer YOU...

The screen is recommended for those who are finishing up physical therapy, coming off an acute or chronic injury, or those looking to return to their daily lives or sport activities. The FMS provides an efficient, practical and reliable picture of how well you move. We can then use results from the screen to design an individualized program that not only corrects your imbalances but develops your strengths. Remember, your body will take the most efficient path which is generally not the most optimal. The FMS helps us spot these common compensations and guide you down the correct path. Family Physical Therapy Services not only offers the FMS but also provides FREE injury screens by skilled physical therapists as well as additional assessments to provide a complete approach to how we assess movement. So, if you are looking to return to the gym, lift your granddaughter up again, or return to your desired sport, then give us a call today! We can help you achieve the BEST you!

References:

"Functional Movement Systems." Course Manual. 2018.

Graphics. <https://www.otpbooks.com/lee-burton-history-functional-movement-screen/lee-burton-functional-movement-screen-history-fms/>



STAY IN THE GAME WITH JAMES!

By [James Goodwin, PTA, CSCS](#)

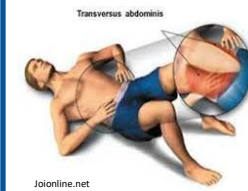
Today (Monday, May 6th) marks 6 weeks since I ruptured my Achilles...yes that is my repair in the picture! It has certainly been a tough road and a struggle to find the positives in such a crappy situation. However, I am now able to walk with one crutch in a boot and continue to make progress each week. My goal is to return to work this week which is about time as I am going a little stir crazy. Daily activities are still a challenge and has given me a whole new appreciation of the simple things in life. I can say this; I am truly looking forward to seeing patients again and just getting my mind off this injury. See everyone soon!



Pre & Postnatal Info Corner

By [Effie Koustas, MPT](#)

Do you feel a soft spot between your abdominal muscles? If the answer is yes, you may have a separation or what we refer to, medically, as diastasis. Don't worry, this is a normal part of pregnancy. The good news: There is a way to resolve it with exercise! The first exercise is to work your transverse abdominal muscle in isolation. This muscle can be located just inside the front of your pelvic bones. Lie down on your back



with your knees bent and use your fingertips to locate the prominent part of the bones on either side of your pelvis. Move your fingertips an inch toward your belly button and sink your fingers into your belly. From here, think of

flattening your lower abdominals as if you were putting on your skinny jeans! Unsure if you are doing this correctly? Come see us and find out for sure and learn what other exercises are recommended and which to avoid.



Vestibular Disorders

By [Lauren Fournier, PT, DPT](#)

Alcohol And The Spins, The True Story

At the beginning of this month, Cinco de Mayo gave us an excuse to drink margaritas and the Kentucky Derby an excuse to drink Mint Juleps. You may find additional occasions over the spring and summer (e.g., holidays, barbecues, stressful work days!) to enjoy an alcoholic beverage or two. If you go past that amount, you may experience the rather unpleasant sensation of "the spins." Believe it or not this sensation is due to your vestibular system and the semicircular canals I've mentioned in several articles



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

[Your physical therapist has the answers!](#)

(Alcohol cont.) in the past. Here is a great explanation of the cause behind this phenomenon from the article “Why Does Alcohol Cause the Spins?” by Matt Soniak:

“You lie down to get some sleep after a long night of drinking, and the room seems to be spinning uncontrollably. What gives?”

The spins happen because of an odd effect alcohol has on your ears -- specifically, on three tiny, fluid-filled structures called the semicircular canals. Inside each of these canals is a fluid called endolymph and a gelatinous structure called the cupula, which is filled with cells covered in fine, hair-like stereocilia.

As you move around, the movement of the endolymph lags behind the more solid cupula, distorting and bending it -- and those little hairs. When the hairs bend, the electrical signal they send to your brain is altered, helping you to make sense of the rotations your head experiences on each of the three planes the canals sit on -- movements up and down, left and right and backward and forward -- and keep your balance.

Booze throws this system out of whack. Alcohol thins the blood, and when boozy blood travels to the inner ear, it creates a density difference between the cupula and the fluid in the canals, and distorts the cupula's shape. The little hairs bend and send a signal to your brain that tells it you're rotating when you're really not, and this illusion of motion makes it seem like the room is spinning.

Some of the things that you most want to do when you're good and drunk, like lie down and close your eyes, make the sensation worse, since you don't have any visual or physical cues to counteract the false sense of motion. Looking at a fixed object and keeping your feet planted on the ground can help lessen the effect, but there's no real way to stop it.”

That's the scientific explanation of the phenomenon so you can impress your friends at the next cookout or party (and a little self help in the last line if you find yourself in this unfortunate situation).



Ross A. Lurgio Info Corner
GO LIONS!!

Calling ALL Lurgio Athletes!!

Calling all Lurgio athletes and families! Join us during the **Color Blast 2019** at Bedford High School Sunday, June 2 at 9:30AM. Our Concussion guru, Lauren Fournier, will be running a fun dynamic warm-up for all participants running/walking in the Color Blast. We would like to show off our amazing young athletes and their dedication to optimal performance. James Goodwin and Karen Bagnardi have worked with all Lurgio athletes on a weekly basis and are proud to say they have taken their game to the next level. If you have a young one currently attending Lurgio Middle School, spread the word that FPTS would like them involved in our dynamic warm-up before the race! Also, there is a chance to win 10 FREE sessions in our Athletic Performance Program! Looking forward to seeing you all there!



If your young athlete is **passionate about their sporting activities**, and wants to “**PERFORM LIKE A PRO**”, check out our [Athletic Performance Program](#) or call: 644.8334 - ask for James



From The Desk of Our Clinical Staff Manager

By [Tom Fontana, MSPT](#)

Do you wonder if that pain on the underside of your heel is plantar fasciitis? Here's a quick test you can perform to see if it's plantar fasciitis or not.

Windlass test: Perform this test in two positions, one with your foot flat on the ground and the other with the back of the heel resting on a surface or free to move in the air (such as if you're resting your leg across your other knee).



Pull up on the big toe just beyond the toe knuckle (closer to the ball of the foot than pictured here—sorry!) and pull it up toward your knee. If this produces pain in the arch or heel of your foot, you likely have plantar fasciitis.

Youch...that hurts! Now what?

Gently, you need to lengthen your plantar fascia by stretching it. The stretch is very similar to the Windlass test, except make



sure you're not pulling to the point of pain. Each stretch should be performed 3 times and held for 20-30 seconds. Grab the underside of each toe (just beyond the knuckle of the toe, so a little lower than pictured) and pull up toward your knee, stretching the arch of your foot.

Good luck and be patient—plantar fasciitis does not resolve overnight!

Check out our [blog](#) for more fun facts or self-help articles!



Injury Prevention & Sports Performance

James Goodwin, PTA, CSCS

FPTS & NH Sportsplex

Overtraining Syndrome

Is your son having trouble sleeping? Is your daughter looking "rundown" or complaining of a lack of energy? Is your child having a sudden drop in their performance on the court or field? If you answered yes to any of these questions, then your child may be suffering from overtraining syndrome. That is, your son or daughter is training excessively (multiple times per week) to the point where the athlete is unable to recover. This is a serious issue among many young athletes and should be dealt with accordingly. Contact FPTS and ask about the Athletic Performance Program where regeneration and recovery are at the heart of each session!



Health And Wellness Guest Article

What Is Scoliosis Anyway?

Scoliosis is a lateral curvature of the spine that tends to run in families and can occur at any age. Accounting for ~80%, idiopathic adolescent scoliosis occurs between the ages of 10 to 18. Girls are eight times more likely than boys to develop the condition. "Idiopathic" means that there is **no definite cause**, and although there are different degrees of severity, it generally does not require treatment.

Unfortunately, during a child's growth spurt, the degree of curvature can worsen rapidly, which can lead to additional complications including pain, deformity and potential heart and lung problems, all of which may require treatment in the form of exercise, bracing, or surgery.

Learn How To Avoid Unnecessary Bracing

- Revolutionary and highly effective
- Conservative with no special bracing or equipment required
- Provides specific corrective exercises and techniques
- Utilizes proper biomechanics of the spine
- Based on Gray Institute® Applied Functional Science® and 3 Dimensional patterns of normal movement

If you or a loved one have been diagnosed with Scoliosis, call **603.644.8334** today and schedule a visit with [Karen Bagnardi, MPT](#) and find out how she can help you or someone you love avoid unnecessary bracing, pain, and potential surgery.

It's time for

Readers' Choice Awards 2019!

It's time! [VOTE now](#) for your favorite Physical Therapy clinic. Thanks to you, in **2018 we were a SILVER winner**. Let's go for the **GOLD** in 2019 and pit **David against Goliath!** - **Let's beat CMC!!**



Show how much you appreciate the team at FPTS!

[Vote now](#) by going to:

<https://unionleader.secondstreetapp.com/ReadersChoice/>

Select **Medical** then **Physical Therapy**. We are on the list as **Family Physical Therapy**.

Thank you for allowing us the opportunity to serve you!

Go team FPTS!!



Check out FPTS on [Instagram!](#)

With YOUR help we can help more people in need!

If we have been blessed with the opportunity to have helped you in your recovery, and you are happy with your care, we would appreciate it if you would **submit a review**. That will help us continue delivering the same level of care and service that **everyone** deserves.

Review us on Facebook

5.0 ★ 5.0 of 5 stars 17 reviews



Share me with a friend!



Patients have the right to choose!