



Family Physical Therapy Services, Inc.

Our Family Cares

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Newsletter

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Pre-surgical Consult

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From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA



LAUNCHING SOON!

Hero Healers™: The Sciatica Solution For Men!

We are getting closer to the launch of our brand new division designed to give you affordable, accessible, and effective care for sciatica related to a herniated disc. Priced lower than an average co-pay, Hero Healers is structured to give you options on how to connect with a Hero Healer in the comfort of your own home and at a time that is convenient for you.

Many of you are probably scratching your head and wondering what the heck a Hero Healer is. Well, first you need to know what a Hero is.

hero

play

noun he·ro \`hir-(,)ō\

Simple Definition of HERO

- : a person who is admired for great or brave acts or fine qualities
 - : a person who is greatly admired
 - : the chief male character in a story, play, movie, etc.
- Source: Merriam-Webster's Learner's Dictionary



HeroHealers™

The Sciatica Solution For Men

Powered by Family Physical Therapy Services

Serving NH and Massachusetts

Patient of the Month

RoseMarie Fry

Our congratulations go out to RoseMarie this month for a job well done! **Your tenacity and sticktoitiveness helped you get your life back!!**

Here's what RoseMarie had to say: "My time here ended all too soon! Thanks to the very capable and expertise of Tom Fontana. The exercises he gave me to do were so helpful in my healing, and his delightful humor was a plus! He is the type of guy I'd like to party with. I will be more than happy to refer Family Physical Therapy to everyone. They certainly deserve the "Good Housekeeping Seal of Approval". Carry on!"



Although I don't believe that **only** male characters can be heroes in stories and plays, I do believe that **any person** who is admired for fine qualities and/or great or brave acts IS a hero in someone's eyes. A mother to a child; a coach to a player; a nurse to patient; a worker to an employer; a husband to a wife...the list is endless.

So now imagine that your hero is hurt or injured and can't be that "person" to you...that "hero" in your eyes. Enter stage left: the "healer". The person that both you and your hero look to to save the day and get your hero back in the game of life. In this case your Hero Healer is one of our expert Physical Therapists or Assistants that can guide you through the stages of recovery associated with sciatica and other back related problems. Your personal "Hero Healer"!

Hero Healers: The Sciatica Solution For Men! will be launching soon. If you or a loved one is suffering with sciatica or think you may have sciatica, then this is an option worth checking out! Remember, it's designed to be affordable, accessible, and effective!

WE WILL BE ANNOUNCING THE LAUNCH ON  so keep checking back!



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Is Exercise Dangerous During Pregnancy?

Congratulations! You just found out you're pregnant and all you can think of is your baby registry and everything you will need to care for your little bundle. But wait, you also need to make sure that you prepare yourself, not only mentally but physically, as your body will change as the baby is growing. What does this mean to you? It means that this is a great time to start healthier habits or to continue living healthily if you are already eating well and working out. Taking your prenatal vitamins is a good start, but staying hydrated and exercising, even if you never have, are very beneficial to you right now.

Most women think that once they find out they are pregnant they need to slow down or stop working out. On the contrary, the opposite is true. In fact, **studies show those who exercise during pregnancy feel better throughout the pregnancy and have better deliveries.** If you have been regularly exercising, you may be able to continue with the same routine pending how you feel and your doctor's recommendation. As your pregnancy progresses, the type of exercise you do may have to be modified depending on what you were doing before you got pregnant.

If you were not exercising, then this is a great time to start. The benefits of exercise are not only good for you but also for the baby. Some examples of what would be safe during pregnancy are walking and yoga, specifically prenatal yoga. As with any activity, you want to have the right equipment; supportive sneakers for walking and a yoga mat, block or strap for yoga modifications. It is not recommended to try to progress to higher-level impact or ballistic movements, particularly if these are new to you. During pregnancy, our ligaments are lax and any extra strain on the joints can cause injury. **If you are still unsure of what exercises to do or how to do them, come in for an evaluation to determine what would be appropriate for your level of fitness.**

Ross A. Lurgio Info Corner

Jenn Millen, PTA, ATC

Congratulations to all of the fall teams and their

players and participants! It was a pleasure being able to provide training for Lurgio's Boy's and Girl's Soccer, Girl's Volleyball and Field Hockey, and Cross Country teams. Hopefully we can work with the Tennis Club next year

Winter sports will be starting soon and proper preparation can help your child complete an injury free season and compete at the top of his/her abilities. So if you would like your child to receive a pre-season screening for Boy's and Girl's Basketball, the Spirit Squad or Wrestling, feel free to

Contact Jenn at: 644.8334

GO LIONS!!

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Rehab Before A Joint Replacement



Something we see quite a lot of, which patients don't always understand, is surgeons referring patients to physical

therapy when they are told they most likely need a joint replacement. "Why on earth would the surgeon send me here if she thinks she's going to have to replace it anyway?" is a common utterance, often followed by, "What a waste!" (at least that's the version of what they say that we can print...). This is what the surgeons know: there is a small segment of the population that does so well with therapy that the joint replacement is avoided altogether. Even when the x-rays or MRI's say a situation is hopeless, patients find ways to work around it! Now, I don't want to unrealistically get your hopes up—most who show advanced arthritis will end up needing the surgery. But, **here's the other dirty little secret**—those that work on some of their underlying problems (e.g., joint contractures (shortened tissues), muscle atrophy or weakness from decreased use, or difficulty tightening all the muscles around the joint) associated with joint pain recover better than those who don't.

According to a February, 2016 analysis of studies on pre-operative rehabilitation for joint-replacement candidates in the BMJ Open journal, individuals undergoing "pre-hab" reported less pain within the first 4 weeks after surgery, were quicker to climb stairs and to use chairs and toilets and reported overall improved function at both the 6-8 week and 12-week post-operative time periods.

Often, those living with joint pain are told to put off the surgery as long as possible (so they don't outlive their implant—morbid, but true) but by doing so they worsen those associated problems. The discomfort after joint-replacement surgery can make these problems even worse. **Working on the problems beforehand may not reduce the pain you're having but may improve your abilities going into the surgery and help you improve your abilities more quickly afterwards.** If you've been advised you need a joint replacement, ask your doctor about a short-course of physical therapy before the surgery.



Helping Hands Honoree

This month we have a special gift and give a great

big shout out to **Judith Jolton** for being our **Helping Hands Honoree!!** Thank you Judith for your unwavering trust in us and for helping spread the word to your friends, family and loved ones.

Without your support we wouldn't be able to do what we do best and help so many people in need. Thank you!!



Health And Fitness

By Jenn Millen, PTA, ATC

Joint Replacement Preparations

Deciding to have a joint replaced can be difficult and scary. There are a lot of unknowns. Am I going to need help? What can I do to prepare? The following information will help you feel as prepared as possible, hopefully easing some of those fears.

Prior to your surgery, one of the first things you should do is improve your overall health. Bad habits such as drinking alcohol, smoking, dehydration, and poor dietary decisions can delay your healing. If you have any other underlying medical conditions (e.g., diabetes, high blood pressure, etc.) make sure they are well managed. "Pre-hab" is something else you can look into. As detailed elsewhere in this newsletter, completing pre-hab can have a huge impact on your recovery.

Most people will spend 3-5 days in the hospital following their surgery and, depending on your living situation, you could end up in a skilled nursing facility or rehabilitation hospital. If this is the case, go visit the places you may end up staying; meet the staff, eat the food! Make sure it's a place where you will feel comfortable.

Once you are cleared to return home, there are many things that can make the transition easier and safer. Can you set up your home in advance so everything you need is on the first floor? Make sure your house is free of clutter and there aren't throw rugs on the floor. Keep important items at waist level or higher. If you are going to use a walker or crutches, ensure you have clothes with pockets or get a basket or bag to put on your walker to help carry items. Think about purchasing a reacher to retrieve low objects and a sock aid, shoe horn and/or slip on shoes as these will likely be suggested to you anyway.

Don't be afraid to ask for help! Depending on the procedure, you may not be able to drive for 2-8 weeks. Look into whether family, friends or services are available to transport you. See if you can set up grocery delivery with your local grocery store and prepare frozen meals ahead of time so you won't have to worry about cooking.

Having a joint replacement is a big decision. Hopefully, these tips will help you feel more at ease leading up to the surgery. If you have any other questions, please contact us at Family Physical Therapy!

Community Activities

On September 1st, Jenn Millen presented **Common Myths Regarding Running And Flexibility** at Runner's Alley in Manchester.

On September 22nd, Tom Fontana presented **Defend Your Back: Proper Body Mechanics To Avoid Low Back Pain** at Lindner Dental Associates in Bedford.

If you'd like a program at your office...GIVE US A CALL!
644.8334

Amazingly Helpful Tips Following Joint Replacement

Instructions for proper sitting up in bed after a joint replacement

(The following instructions are for sitting up to the side of the bed after a total hip replacement IF YOU'VE HAD A REPLACEMENT WHERE THE SURGEON MADE AN INCISION BEHIND YOUR HIP BONE. For replacements with the incision in front of the hip bone, or for knee replacements, the use of the pillow is optional.)

Phase 1.

Bend your hips up approximately 45 degrees and keep your feet on the bed. Place a pillow between your knees.



Phase 2. Tighten your stomach muscles and roll as one unit (like a log) away from the side of the hip replacement.



Phase 3. Push down with the elbow you're lying on and the opposite hand at the same time you lower your legs over the edge (like a see saw) to achieve the seated position.

Instructions for proper sit-to-stand after a joint replacement



Step 1. Scoot your body toward the front of the chair, position your knees in line with your toes and place your hands on the arms of the chair (NOT on the walker or assistive device—it's called a WALKER, not a STANDER, for a reason).



Step 2. Shift your weight forward so your "nose is over your toes" and then push up with your hands and legs at the same time.



Step 3. Once you are standing, move one hand at a time from the chair arm to the walker.



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Industrial Rehab and work-related injuries, pre & postnatal services, lower back pain, stenosis, sciatica and herniated discs, neck pain & headaches, tendonitis & bursitis, pre & post surgical, arthritis, plantar fasciitis, sports injuries, exercise prescription, and more...

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

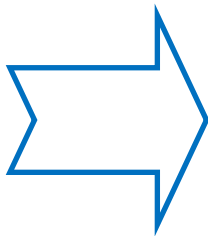
Are You Facing A Total Joint Replacement?

IF SO, then

THIS ISSUE IS FOR YOU!

Ask our experts!
Get **FREE** answers
to your questions
Call **644.8334**

- Knee
- Hip
- Ankle
- Shoulder
- Elbow



**Regardless of what procedure you are
facing, preparation is the key to a faster
and less complicated recovery.**

Learn about:

- Preparing for a Total Joint Replacement
- PRE-Hab
- Getting IN and OUT of bed
- How to stand up from a bed or chair

