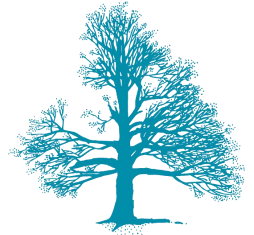


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FPTS

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Vestibular Disorders

[Lauren Fournier, PT, DPT](#)

Having gone through advanced training in vestibular disorders, and a member of VeDA, the [Vestibular Disorder Association](#), Lauren will be bringing a variety of information, educational tools, and helpful hints to help those affected by conditions involving the vestibular system. But what does that mean, and what is vestibular? Let's look at the definition:

ves·tib·u·lar *Adjective* Relating to a vestibule, particularly that of the inner ear or more generally to the sense of balance.
/vəˈstɪbiyələr,veˈstɪbiyələr/

Essentially, if it has to do with the balance, or conditions that affect balance, it has to do with the vestibular system. Of course, because of the way the human body maintains balance, it is much more involved and complex an issue. Our body uses a combination of input and messages from a variety of places including the eyes, the inner ear and also the muscles and joints. To keep it simple though, when you hear the word vestibular, just think of balance and problems that affect balance, like dizziness or vertigo. While we are on the subject, you might be wondering what the difference is between dizziness and vertigo. Again, let's look at the definitions:

diz·zi·ness *noun* a sensation of spinning around and losing one's balance
/'dizēnəs/



From The Desk of Our Clinical Staff Manager

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

A Tremendous Honor and Accomplishment



I'd like to take this opportunity to **thank you for your support** and for giving us the opportunity of working with you or a loved one. Thanks to you, FPTS has received the **2018 Union Leader Silver Reader's Choice Award for Physical Therapy** which is a tremendous honor and accomplishment.

In continuing our effort to serve you and your loved ones, I am pleased to announce that we have a **new PT** who will be joining our practice in August. [Lauren Fournier, PT, DPT](#), comes to us with de-



grees in exercise physiology and physical therapy. Her areas of concentration and expertise are in **orthopedic physical therapy** with a specialization and **advanced training in vestibular rehabilitation and sports related concussion** and spinal injuries. That along with her background as an avid softball athlete, strength and conditioning coach, and Junior Olympic

ASA softball coach, make her an expert and valuable addition to our sports medicine areas of service.

Lauren is licensed in both NH and MA, and enjoys treating a variety of orthopedic and sports injuries, vestibular disorders and concussion related problems, as well as working with the geriatric population and their myriad of musculoskeletal issues. As such, she is an ideal therapist to **work with all ages** from the young athletes to the more mature or infirmed.

Lauren will be **accepting new patients beginning 8/20/2018**. Your continued support of our practice is greatly appreciated, and I can assure you that we will continue to strive to meet your expectations!

ver·ti·go *noun* a sensation of whirling and loss of balance, associated particularly with looking down from a great height, or caused by disease affecting the inner ear or the vestibular nerve
/'vɜrdəgō/

Confused? **Don't worry, with Lauren's advanced training, she will be able to help you navigate this very complicated system and help you get back on the proverbial "straight and narrow"!**



From The Desk of Our Clinical Staff Manager

By [Tom Fontana, MSPT](#)

Twist And (Don't) Shout: Rotational Core Training

The classic hot-weather vacation days for canoeing, paddleboarding or kayaking are waning, but these activities can continue well into the autumn. Common to these activities is that each stroke occurs on one side of the body (as opposed to rowing when you perform a stroke on both sides simultaneously).

Doing this well, and limiting your risk of overusing your shoulders, requires a strong core so the force you put through the paddle ends up moving your vessel rather than the water's resistance causing your body to move. Since the paddle is out to the side, it is **rotational** core strength you are looking for, not the traditional core exercises for sit ups/crunches or flattening your abdomen for lumbar stability. Follow the exercises below for a stronger core to get more powerful strokes and less wear and tear on your arms. And, while these activities may not require a huge twisting range of motion, these exercises are great for any sport that requires a lot of rotational power and motion (e.g., tennis, golf, baseball).

Anti-Rotation Press – A good exercise to start with, especially if you have a stiff or painful back. Secure a resistance band in a doorway at shoulder level. Standing sideways to the anchor point, hold the band with both hands close to your chest and walk sideways away from the anchor until there is decent tension on the band. (A) In a staggered stance, slowly extend your elbows out



A



B

forward. (B) The elastic recoil of the band wants to rotate you toward the anchor, but your core rotator muscles prevent rotation from occurring—you are isometrically strengthening them. Slowly return our arms to the starting position and perform 10-20 repetitions. Work up to 2 to 3 sets. Make sure to do both sides.

Row with Rotation – The starting position of this exercise is the same as above. While holding the band in the hand FUR-



A



B

THEST AWAY from the anchor point, twist your body toward the anchor. (A) Then, simultaneously, rotate your trunk away from the anchor point and pull with your arm like you're pulling a lawnmower cord. (B) Perform repetitions and sets as above. If your sport demands more of an upward or downward rotational movement, change the location of the anchor point up or down and pull diagonally.



Pre & Postnatal Info Corner

By [Effie Koustas, MPT](#)

A Different Kind of “Labor Day”



It's coming up fast, and although, we celebrate Labor Day to honor hard workers, **Labor Day has a different meaning to a woman approaching her due date.** You have spent 10 months preparing for this day, hoping you have done everything right to have a smooth delivery. If you are pregnant with your first, feeling anxious and nervous is typical because you are unsure of what to expect. However, if you are pregnant with your second or third, you may still have some anxiety because every delivery is different, but better prepared on what to anticipate.

Here are a few **tips to help ease labor pains:**

- **Massage** – having your spouse massage your back and/or legs can decrease muscle tension
- **Mind/Body Intervention** – listening to music and deep breathing can be soothing
- Baths/showers – water provides general relaxation effects that promote pelvic floor muscle relaxation, as well as temperature modulation
- **Ice/Heat packs** – applying either to the area of pain is comforting and can also reduce muscle tension
- **Systemic medications** – use of approved labor medications, epidural or local blocks, can control pain
- **Change in positions** – have beneficial effects of pelvic bone alignment; frequency, length, and efficiency of contractions; effects of gravity and oxygen supply to the fetus

Physical Therapy not only helps with back pain during pregnancy, but also with labor and delivery strategies pending your situation. There are certain positions to avoid based on your diagnosis (Ex: sciatica or hip pain). **If you are unsure of what is causing your pain, come in for an evaluation to determine the cause and what self-management techniques to incorporate before and during delivery.**

As you know, at FPTS, we are always looking to improve on our service to you. That's why we have recently formed a collaboration with **Amanda Fay**. Amanda is a **Corrective Exercise Specialist and Integrative Nutrition Health Coach** located in Manchester, New Hampshire. Her areas of expertise include pre and postnatal corrective exercise, fertility awareness, preconception planning, and holistic nutrition.

By combining Effie's expertise in assessing and diagnosing the cause of your pain during and after pregnancy, with Amanda's, fitness and exercise classes, you can be assured that your pregnancy will be the joy that you always hoped and dreamed it would be rather than being associated with pain and debilitation.

Read more about Amanda and how the **dynamic duo of Effie and Amanda** can help you and your pregnancy on page 4.



Injury Prevention & Sports Performance

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

Athletic Performance & Injury Prevention

Proactive vs. Reactive

Are you ready for preseason sports? If you are a young athlete or a parent who wants their child to succeed during preseason, then **listen up** closely. A common misconception most young athletes and parents have regarding preseason is that it will get you “in shape” for the season. Waiting till then is TOO LATE. The best recipe for injury prevention is preparedness and building a solid foundation before facing the rigors of preseason tryouts. **The majority of injuries early on in the season are a result of lack of preparation during the off-season and little maintenance during the season.** Our athletic performance program here at Family Physical Therapy Services in Bedford, NH provides the correct dosage of strength, agility, core stability, regeneration and conditioning needed to help prevent injuries the first week, or more importantly, as the season progresses.

Our program focuses on improving movement mechanics as well as equipping each athlete with the tools to maintain proper mobility and strength. Our athletes spend one hour per week working on various regenerative techniques such as self-administered myofascial release to decrease tissue restrictions, dynamic movement prep exercises, core stability and proper flexibility training. Leaving each session, you will feel lighter, looser, and refreshed – gaining an edge on your opponent for the next game or simply priming the body for that intense week of tryouts. Here are two common exercises (in addition to the one in Tom’s article) we implement in our program and should be staples in any performance program for young athletes:



Single Leg Glute Bridge
Perform 3x10 each leg
*2 second pause at the top



Lateral Band Walks
Perform 20 steps each direction
*maintain good tension on band

My background in physical therapy coupled with my experience as a strength and conditioning specialist and professional soccer player allows me to design an **evidence-based program geared toward both improving performance and ultimately reducing the risk of sport-related injuries.** Bridging the gap between rehab and performance is my passion and educating young athletes to be **proactive versus reactive** is my focus.

Contact me for more information: **603.644.8334**
jgoodwin@familyptservices.com

★★★★★ **NO TIME?...THINK TELEMEDICINE!** ★★★★★
•Treatment where and when you need it •Covered by Insurance



Vestibular Disorders

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

Concussions: What You Should Really Know

There are 3 main ways someone can sustain a concussion.

- “The **head strikes a stationary object**. Common examples include a fall where the head hits the ground or an object, or hitting the head on an object during an auto accident.
- **An object hits the head**, such as a ball or stick during sports, or as a result of human collision.
- **A quick acceleration/deceleration of the head** with no contact to any surface. This can occur in dancers and gymnasts due to rapid movement, or during an auto accident where there appears to be no head trauma.”¹

Regardless of the cause, the outcome and effects can be long term and devastating if not diagnosed and cared for properly. It can be especially worrisome when young athletes sustain blows to the head through collisions, ball striking, headers, or falls, and that is why it is so important to have the proper concussion protocols in place, and from a very young age. But it doesn’t stop there...

“Current research on athletes shows that **nerve signals in the brain are disrupted for 30 days after a single concussion, and during this time frame people are more likely to have another injury if engaged in sport activities.** This is because **reaction time and brain processing are not normal.** We are less likely to see something, like a ball, coming toward the head during this vulnerable period. **If more than one concussion occurs, the symptoms are typically worse and recovery time is increased.**”¹

It’s one thing to have protocols, it’s another to **enforce** them AND have the tools to address them with proper **treatment.**

FPTS is fortunate to have the professionals that provide concussion screening, proper protocols to address them when they occur, and the knowledge and advanced training in proper diagnosis and treatment.

[Lauren Fournier, PT, DPT](#), Vestibular Rehab Therapist will be bringing her expertise to our sports medicine arena and will be teaming up with [James Goodwin, our Director of Athletic Performance](#), in bringing this program to the young athletes at Ross Lurgio Junior High in Bedford. If you would like additional information on how your school or organization can access our team and implement proper concussion protocols from screening to treatment and follow-up care in your programs, please reach out to:

James @ (jgoodwin@familyptservices.com) or
Lauren @ (lfournier@familyptservices.com)

¹ Miranda, Nicole, PT, DPT. Concussion: When Recovery Is Complicated By Vestibular Involvement And How Vestibular Rehabilitation Can Help. *Vestibular Disorder Association*. Check out the full VEDA article “Concussion: When Recovery Is Complicated...” in our blog



Health And Wellness Guest Article

By [John Hardwick](#)

Become Superhuman!

One of the most important advantages of eccentric training with **ARX** (Advanced Resistance Exercise) is its ability to provide eccentrically overloaded training in a safe, practical and efficient way.

Fundamentals: Your muscles are stronger in the lengthening (eccentric), the phase of its motion, as compared to the shortening (concentric), phase.

Training the eccentric phase has strong scientific support, the most important being increasing total strength, bone density and hypertrophy. As many injuries occur during eccentric contraction, eccentric training can also greatly reduce the risk of injury for elite athletes as well as rehabilitation clients. Eccentric training is also shown to transform muscle into a faster phenotype.

In regular strength training with weights, the load in the eccentric phase is limited to how much the weaker concentric phase can lift. As a result, the eccentric phase is rarely loaded to its maximum, and the training loses efficiency.

Training with focus on the eccentric phase is called eccentric or negative training.

Eccentric Overload is when the eccentric force is larger than the maximal concentric force.

To reach your maximal force in the eccentric phase, you need to apply some method to get eccentric overload.

In traditional strength training with weights, achieving eccentric overload is challenging from both a practical and a safety point of view. The traditionally applied methods include:

Help from training partners with lifting beyond your max in the concentric phase, as well as controlling your movement in the eccentric phase. These methods are often time-consuming and have a high risk of injury.

Using certain weights stack machines, for example, leg extension by using both legs up and only one leg down, which is not a very functional movement.

“Cheating” using auxiliary muscle in the concentric phase, but you often get less efficiency in the concentric phase and also increases the risk of injury.

The ARX Advantage: ARX is resistance training technology that uses computer-controlled, motorized resistance in place of weights or other more traditional forms of resistance. This “adaptive resistance” provides safe, controlled, and quantifiable resistance that is of a higher quality than is currently possible with weights or other gravity-based systems found in the world today.

[Body Fusion Fit Club, LLC](#). is the exclusive home of ARX in the New England area. The Advanced Resistance Exercise pushes you harder than you could ever push yourself, giving you a week’s worth of weightlifting in under thirty minutes. In just one or two session per week, you can safely build strength and endurance. After just one workout, you’ll see why it’s quickly making traditional equipment extinct!

General Fitness

- A better you in less time
- More results in less time
- Muscle Mass, Bone Density, Fat Loss
- Whatever your goal, ARX can achieve it
- Simplify to Maximize
- Utilize compound movements to get the most out of every workout

Sports Performance

- A Better Athlete - Faster
- Spend less time in the gym and more time on the field
- Injury Prevention
- Strengthen ligaments and bones with safe eccentrics

Rehabilitation

- Quantify the healing process
- Use ARX's precise and useful metrics to track the healing process
- Heal in a safe environment
- Perfect resistance for every user, every time



Health And Wellness News

Introducing:



Our own pre & postnatal specialist, Effie Koustas, MSPT, is now collaborating with Amanda Fay, to provide a long term solutions to address musculoskeletal pain associated with pregnancy. After Effie correctly identifies the probable causes, establishes the best plan of care for you, and gets you started on treatment to alleviate the pain and disability, she can then safely transition you to Amanda for long term corrective exercise to help you stay fit and healthy throughout your pregnancy and beyond.

Amanda Fay is a Corrective Exercise Specialist and Integrative Nutrition Health Coach located in Manchester, New Hampshire. Her areas of expertise include pre and postnatal corrective exercise, fertility awareness, preconception planning, and holistic nutrition. Along with one on one private in home and virtual training, Amanda also teaches weekly pre and postnatal fitness classes at The River Guild in Concord, NH and is a Pre and Postnatal Head Coach for Fit For Birth. Amanda believes holistic pre and postnatal care can help bring about future generations of vibrant health that will help lead the world. Amanda lives in New Hampshire with her husband, Mike, where they love to lift weights, ski, hike, cook bone broth, and travel often. You can find out more about Amanda by visiting her [website](#).

On August 28th at 4:30 PM, Effie will be a guest on Amanda’s Face-Book Live podcast: [BENEFITS OF A Strong core BEFORE AND AFTER PREGNANCY](#)

Tune in to this dynamic duo to learn about “Mummy Tummy” and more!





Helping Hands Honoree

Helping Hands Referral Program

Thank you Bobbie Brayer for lending a helping hand and for trusting us with the care of a loved one! **You have provided them a "helping hand" towards their recovery** which is also the best compliment that we can receive. Without your referrals, we wouldn't be able to do what we love best nor **provide the same level of expert care** that we have become known for.

Thank you again for lending a Helping Hand to your loved one. It is GREATLY appreciated by all!

Patient of the Month

Rebecca Kelliher

Congratulations!



"After **two years of knee pain**, I came to Family Physical Therapy to improve my movement. I injured my knee doing yoga and **couldn't even roll over in bed without pain**. James and Thomas now have me walking, hiking, and moving again. My strength is better, my range of motion longer, and my stamina increased. **I'm thrilled to be able to join my husband and family on hikes and neighborhood walks**. Thank you for all the encouragement and improvements. I couldn't have done it without you!"

Keep up the good work and keep on keepin' on!



Ross A. Lurgio Info Corner

SUMMER IS ALMOST OVER!

Fall sports are right around the corner! All of us at FPTS want to extend a warm welcome to **Kristen Gauthier**, the new **Athletic Director at Ross A. Lurgio Junior High**.

The FPTS goal is to work closely with Kristen, the coaches, and the players and their parents in regards to injury prevention. With [James Goodwin's](#) background in performance training and working with young athletes, and [Lauren Fournier's](#) background in treating concussions, it will be the perfect team to continue the partnership with Lurgio. The focus has been, and will continue to be, on reducing injuries and safe return to sport. **BETTER RECOVERY—LONGER PERFORMANCE.**

If your young athlete is **passionate about their sporting activities**, and wants to "**PERFORM LIKE A PRO**", check out our [Athletic Performance Program](#). If you'd like additional information on **concussions, and the importance of screening, identification, and treatment**, stay tuned for FREE educational seminars coming later in August and September, and take advantage of our [library of articles](#) and links to organizations like the [Vestibular Disorders Association](#)

SEND INQUIRIES TO: JGoodwin@familyptservices.com or LFournier@familyptservices.com or call: 644.8334 - ask for James or Lauren

Community Activities

[Cathy J. Leer, PT, MBA](#), was a guest along with Kevin Curtis, Medical Director of Connected Care at Dartmouth Hitchcock, Alisa Druzba, Director, New Hampshire Rural Health & Primary Care at N.H. Department of Health and Human Services, and Jeanne Ryer, Director of N.H. Citizens Health Initiative at UNH's Institute for Health Policy and Practice, on NPR's "**The Exchange**" on **July 17th**, talking about "[Telemedicine in NH](#)" and the future of healthcare.

On August 1st, **Cathy J. Leer, PT, MBA**, presented "Making Heads or Tails Out Of Neck, Shoulder, and Knee Pain" to the residents at Maple Ridge Estates.

[James Goodwin, PTA, CSCS](#), Director of Athletic Performance, and [Lauren Fournier, PT, DPT](#), Vestibular Rehab Therapist will both be in attendance at the **Ross A. Lurgio coaches meeting on August 23rd** and the **parent/coaches meeting on September 4th**.

Join [Effie Koustas, MSPT](#) and [Amanda Fay](#) on **August 28th at 4:30** on FaceBook Live for: [BENEFITS OF A Strong core BEFORE AND AFTER PREG-NANCY](#)

On September 19th, FPTS will be presenting "**Balance Training and Fall Prevention**", also at Maple Ridge Estates-Bedford.

If you, or an organization that you belong to, are interested in hosting events at your location, please give us a call at: **603.644.8334**



NEED ADVICE?...THINK ASK-A-P.T.
Your physical therapist has the answers!



THE TRUTH ABOUT CONCUSSION

A concussion is a mild traumatic brain injury (mTBI). Most concussions occur without losing consciousness.

Effects of trauma

Trauma can cause vestibular dysfunction

- Ongoing dizziness
- Vertigo
- Blurred vision
- Imbalance
- Fatigue
- Falls

Symptoms

Thinking
Difficulty concentrating, memory

Emotional
Irritability, sadness

Physical
Headache, dizziness

Sleep
More/less than usual

Common causes

Falls: 41%
Struck by/against: 15%
Traffic accident: 14%

Assault: 11%
Other: 19%

Next steps



1. Stop sport/activity
When in doubt, sit it out



2. Seek medical evaluation

What should I do?

For more information, visit: vestibular.org



VESTIBULAR
DISORDERS ASSOCIATION

Share me with a friend!



Patients have the right to choose!