

Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

August 2017

Newsletter

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Like us on Facebook



www.facebook.com/familyphysicaltherapyservices/




ACL Tear Prevention
August 17, 2017



Jenn Millen PTA, ATC
As a certified athletic trainer and physical therapist assistant, Jenn is an expert on athletic injuries and methods to help protect against them. Join her and learn how you can protect yourself or someone you love from this SEASON ENDING injury.

Back To School: Essential Oils to Boost Your Child's Immunity
August 24, 2017



Lori Boyce
A highly respected Wellness Coach, member of the National Academy of Sports Medicine, Personal Trainer, Certified Nutrition Counselor, and Registered Yoga Teacher (RYT), Lori brings a wealth of experience and knowledge to the field of healthy living.

From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA

I'm interested In Serving YOU!



As many of you might know, we've been undergoing a great many changes: new location; new telemedicine division; new educational seminars; and lots of added programs to help serve the needs of our past and present patients, and provide the best possible value for future patients as well. In order to better serve you, **I need your help!**

If you would be kind enough to participate in a short survey (it's only 6 multiple choice questions), I'd be forever grateful to you! I've even made it super simple...just click this [link](#)

Thank you!

Health & Wellness Educational Series

Every Thursday

Noon to 1 PM

FREE educational seminars

on a variety of health & wellness topics. Coming in August, our next two events will feature Jenn Millen, PTA, ATC on August 17th and Lori Boyce, Wellness Coach, National Academy of Sports Medicine

Personal Trainer, Certified Nutrition Counselor, Registered Yoga Teacher (RYT) on August 24th.

Jenn brings 8 years of experience to FPTS and holds certifications in Healthcare Provider CPR, AED, and Heartsaver First Aid from the American Heart Association. Her certification as an ATC, in combination with her Physical Therapist Assistant degree, puts her in a perfect position to combine these two areas of expertise which makes her an expert at athletic injuries and rehabilitation. She works closely on-site at Ross A. Lurgio Middle School in Bedford to assist their student athletes as well as the general student, staff, and teacher populations. Her previous work at the Groton School makes her particularly proficient at working with sports related injuries on youths and teens.

Lori is a NASM Personal Trainer, STOTT Pilates Mat & Reformer Trainer, RYT, Kundalini Yoga Instructor, Certified Nutrition Counselor, and Master Reiki Practitioner. She has a wealth of knowledge and experience and certifications in the areas of fitness and nutrition, which combined with her passion for healthy living, brings purpose to the field of essential oils and how they can be utilized throughout the home by reducing toxins; with exercise to maximize results; in nutrition; and for mental health.



HeroHealers™

The Virtual Sciatica Solution

Powered by Family Physical Therapy Services

Serving NH and Massachusetts



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Be Like A Pineapple: Stand Tall!

With back to school right around the corner, we must get back into a routine and with that comes going back to basics. "Stand up Straight!" You can hear your mom constantly reminding you throughout the day. Fall is a time of year that we revisit our new year's goals, and paying attention to posture should be one of them.



Starting school and taking classes, whether online or onsite, can take a toll on our sitting posture. This can include a forward head and rounded shoulders, which can lead to pain with everyday use of our neck and arms. This stems from slouched sitting, which also puts pressure on our internal organs/ribs and strain in our lower back. In turn, pain develops and can progressively worsen if the postural changes are not addressed early. Improving your posture when you are young will benefit you not only today but more importantly in the long run.

Carrying a backpack can wreak havoc on our standing posture. Some helpful tips to keep in mind are wearing both (wide padded) straps, evenly distributing the weight in the backpack and ensuring the loaded backpack does not exceed 15% of your (child's) body weight.

You can effectively counteract the effects of day-to-day activity with a comprehensive home stretching program and/or attending yoga. If you are unsure of what the appropriate exercises are to perform, or what proper posture looks like, come in and visit us to set up a personalized routine for you. In the end, like the expression goes, "Be like a pineapple: Stand tall, wear a crown and be sweet on the inside 😊."

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Say Goodbye To Summer Without Saying Hello To Pain

As summer draws to a close, it won't be long before many of us close down the old summer cottage for the winter. This can include many strenuous activities like putting boats or canoes away, bringing in docks, moving appliances to weatherproof them, swapping out screens for glass windows, etc. What may have taken an entire to summer to set up may get taken down in a single weekend or single day. Depending on your level of fitness, this can easily lead to overuse or injury, especially if you get fatigued.



Here are some tips to keep you injury free. Go for a short walk and move your spine and extremities through their ranges of motion to warm up. It may seem hokey to warm up before performing manual labor but it can often be as strenuous, or more, than athletic activities. Identify the most strenuous tasks and do them early (but not first thing in the morning!) before you've had a chance to fatigue. When lifting heavy items from the floor or ground, the common advice is to "lift with your legs and keep your back straight." Often this is easier said than done. As you squat down, don't allow your knees to move beyond your toes and make sure they travel directly over your feet (not to the inside or outside of the knees). Try to get your rear end as low as possible, while pushing it out behind you so you maintain a slight arch in your back as opposed to allowing it to round. Keep what you are lifting as close to you as you can and move your feet to turn rather than rotating your spine. And, it's not a character flaw to ask for help when lifting awkward or heavy items.

If you need to spend significant time reaching for, or manipulating, objects overhead, use stepstools or ladders as needed so you're working more at eye level or below rather than pinching and grinding the soft tissues in your shoulders.

Despite your best efforts, you may be sore for a few days. This could be normal muscular soreness. If pain persists for more than that, come in to see us for a free screen or evaluation so the problem does not become chronic.

Health & Wellness Educational Series

Check our [FB page](#) for future presentations and please post comments to request certain topics! We are here to serve you!



Helping Hands Honoree

This month we are honoring **Lisa King** as our **Helping Hands Honoree**. As our **Triple H** winner, Lisa gets her choice of a 1 month membership at 3 of our most trusted fitness associates. [Choice Fitness](#), [Envy Sports Club & Café](#), or [The Focused Female!](#)

FREE INJURY SCREENING

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



Family Physical Therapy Services

Bedford & Chichester

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



Hero Healers: The Virtual Sciatica Solution

By Cathy J Leer, PT, MBA

The Simple And Virtual Roadmap to Relief for Spinal Stenosis

Hero Healers is **not just for sciatica**. Although designed to identify IF you have sciatica and what you can do about it immediately, and from the comfort of your own home, at Hero Healers, our team of experts are equipped to identify and treat a variety of low back pain causes. We constantly strive to seek out information that might be of benefit to you, your family and your friends. Recently I did research on Stenosis and found some information that I thought you or someone you know might find valuable.

First I need to ask, **have you or someone you know and care about ever:**

- Had back pain or leg pain with standing or walking?
- Had 50 or more candles on your birthday cake?
- Need to sit down for a minute for the pain to go away?
- Suffered with pain, numbness, tingling or heaviness in one or both of your legs?

If you do, then you may have **Stenosis**.

“What is Stenosis?”

With age and injuries, the space between the bones in our back decreases. This is one of the reasons we may lose an inch or so as we become older. With the decreased space, nerves in the lower back may become pinched causing pain in the lower back and possibly down the legs. Stenosis may also be called “arthritis” or your doctor may call it “Degenerative Disc Disease.”

“What can I do about my Stenosis?”

There are many available treatments for Stenosis – and to select the right treatment for the cause of your Stenosis can be confusing and frustrating.

After helping thousands of people here in the greater Manchester and Concord NH areas with Stenosis, this is the proven guide we use:

1. Exercise via Telemedicine
2. Hands-on Physical Therapy
3. Medications
4. Injections
5. Surgery

How Does This Work?

The rule with this system is “only move onto the next step after the previous treatment has failed.” So don’t take medication (step#3) until first you have done the right exercises for Stenosis (#1) and hands-on PT* (#2) with an expert physical therapist who specializes in Stenosis if your virtual PT via telemedicine is not effective, or if you would like to speed up the process.

A similar system was mentioned in the #1 New York Times Best Seller “The 4 Hour Body.” This may not be for everyone. You must be focused on being as healthy as you possibly can be, and be committed to carrying through on the program established by your Hero Healer.

And just in case you are asking, the #1 BEST Exercise to do for Stenosis is the “Double Knee to Chest.” (see above)



Health And Fitness

By Jenn Millen, PTA, ATC

Don’t Let Shin Pain Become A Stressful Situation



“Shin splints,” medial tibial stress syndrome (MTSS), anterior tibialis strain, stress reaction and stress fractures of the bone in your lower leg are all injuries that are VERY closely related, sometimes synonymous to each other

and will present with many of the same symptoms. Typically, though, most shin pain can be broken down into two groups: shin splints and stress fractures.

Shin pain most often occurs from **overuse** but sometimes it can be due to a **change in shoes**, the **surface** you are doing activities on and/or a **sudden increase in activity**. Most people have had “shin splints” before – that aching pain in the front of your leg – especially during and after exercise, but beware of that shin pain because it can progress from a soft tissue injury to causing a stress fracture.

Red flags to be aware of if you are suffering from shin pain that could mean you are developing a stress fracture are: pain that wakes you up at night, pain that started out as diffuse throughout the lower leg and is now in a pin point spot, or the pain you are experiencing is a deep, throbbing pain. The only true way to diagnose a stress fracture is through a bone scan or MRI.



Some **ways to avoid shin pain** are to make sure that you slowly increase your activity, increase the flexibility in your calves through stretching, ensure you have a shoe that is appropriate for your foot/activity and try to run on a softer surface to avoid unnecessary impact through the legs.

Runner’s Tip: If you run on roads often, make sure to switch directions! Most roads are crowned which can increase the pronation of the foot on the “high side” of the road, which can lead to shin pain. Make sure sometimes you run with traffic and sometimes against it.





Health And Wellness Guest Article

By Lori Boyce

The Basics of Essential Oils

Is my lifestyle increasing my risk of Cancer?

Did you know that lifestyle changes make a big difference in reducing our risk of cancer? I can teach the basics; nutrition, exercise, mental health and reducing exposure to poisons in our environment. Most of us spend 90% of our time indoors. A simple gesture of throwing away toxic household items will make a huge difference. Learn what to use instead. There are many all-natural alternatives.

What are some all-natural ways to protect my family during Tick Season?

There's no need to spray harmful chemicals all over your children. Protect yourself, your kids and your pets from summertime critters...naturally. Learn how to make your own outdoor adventure spray using 100% pure, therapeutic-grade essential oils. There are different sprays for different purposes; mosquito season, tick season and an ultra spray for campers or you can buy all-natural insect repellent directly from [Young Living](http://YoungLiving.com).

The What, Why & How of Essential Oils for Optimum Health!

Essential oils are plant concentrates. We use them to give us more energy, reduce stress, increase accuracy, boost our immunity, feel vibrant, and for better sleep. They work immediately in the body. When applied topically, essential oils will reach our blood stream in 3 seconds. There are four different grades of essential oils on the market. Only 100% pure therapeutic-grade essential oils are ok to put in our bloodstream. The rest are potentially harmful. In an unregulated industry, we need a guarantee. Young Living Essential Oils, has a "Seed to Seal" promise with that guarantee, 100% pure, grown without pesticides, harvested at the peak time, distilled at the right temperatures and third party tested.



Feeling sluggish? Need a boost for one or more of these systems? Digestive, Excretory, Respiratory, Circulatory, Nervous, Muscular & Skeletal, Endocrine, Cardiovascular & Immune systems.

[Lori](#) is available for consult individually, or for groups or corporations.



Let the experts at FPTS get you on the road to recovery!

Call 644.8334 TODAY

Back To School: Essential Oils to Boost Your Child's Immunity
August 24, 2017



Lori Boyce

A highly respected Wellness Coach, member of the National Academy of Sports Medicine, Personal Trainer, Certified Nutrition Counselor, and Registered Yoga Teacher (RYT), Lori brings a wealth of experience and knowledge to the field of healthy living.

HEALTH & WELLNESS
EDUCATIONAL SERIES

LIMITED SEATING

Thursday's noon - 1
Family Physical Therapy Services

SCHEDULE OF EVENTS

AUGUST 17, 2017

ACL Tear Prevention
Featured Speaker: Jenn Millen, PTA, ATC

Learn how to protect your child from the dreaded SEASON ENDING knee injury

AUGUST 24, 2017

BAC TO SCHOOL: ESSENTIAL OILS To Boost Your Immunity
Featured Speaker: Lori Boyce-Wellness Advocate & Success Coach

Stay Healthy this year using 100% pure therapeutic-grade essential oils. Round table HANDS ON workshop sampling essential oils and essential oil products. Learn how to take care of yourself and your family...naturally.

AUGUST 31, 2017

TBA
Featured Speaker: TBA

FAMILY PHYSICAL THERAPY SERVICES, INC.



YOU DO NOT NEED A REFERRAL*

&

PATIENTS HAVE THE RIGHT TO CHOOSE





Family Physical Therapy Services, Inc.

Bedford, NH 03110 Chichester, NH 03258

603.644.8334

www.familyptservices.com



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...

Patient of the Month

Cameron Campbell

Cameron's standing tall!



"I first came to Family PT after graduating college, and **four years of studying & computer use had taken its toll on my posture.** My shoulders were perpetually hunched, my back was tense, my neck was forward and I walked like a Neanderthal. After a few months working with Tom and Jenn, **I was able to improve my posture dramatically, and stand up tall and straight with no trouble at all.**" **Great job!!**



Ross A. Lurgio Info Corner

Jenn Millen, PTA, ATC

Back to School!

Protect your children from the dreaded

"season ending" ACL injury. It's well known that female athletes are 4-6 times more likely to suffer ACL injuries in non-contact sports than their male peers. Jenn Millen will be presenting: **ACL Tear Prevention** at our upcoming Health & Wellness Educational Seminars on August 17th at noon. It's FREE! Join us!

Be proactive with your child's sports health and fitness and have them undergo a functional screening to determine what they will need to work on to help prevent injuries in the upcoming season.

Contact Jenn at: 644.8334 or: jmillen@familyptservices.com



Telemedicine is in the news!

HELP SOMEONE YOU LOVE STOP Back, Buttock, & Leg Pain Without leaving home!!

No Expensive Doctor Bills, No Health Insurance No Leaving Your Home, Real Pain Relief

Are you a daughter, a mom, a sister, or just a friend of someone struggling with back, buttock or leg pain? Are you the one that is responsible for finding care, asking the right questions, and getting reliable answers?

If so, then Hero Healers has resources you're looking for:

- **FREE Personal One-on-One Call** to help you understand what is available and how to determine what the best "next step" is to help you or the one you love.
- Step-by-step instructions on how to perform reliable **sciatica self-tests** you can do at home to help identify the **root cause of your pain.**
- The FREE "**Sciatica -What You Need To Know**" Report, and
- **9 Critical Dangers of AVOIDING sciatica treatment**



Community Activities

Do you or your company have an educational program to help enrich the lives of your fellow workers or employees?

Are you in need of guest speakers or want to learn more about physical health and well-being? If so, give us a call. We have a variety of topics that we can present. If you are interested in learning more about programs we can offer **your** organization, please call us at **644.8334.**

Community Partners

The list of our respected partners in the Health & Wellness fields is growing!

Because our focus has always been and always will be on our patients, we have searched out and found businesses and practitioners in the area that we feel confident will continue to provide that same level of service and commitment to you.

Here are just a few:

RADURA
salon & spa



Share me with a friend!



Patients have the right to choose!