



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

December 2017 Newsletter

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From The Desk of Our Managing Director

Cathy J Leer, PT, MBA



Incredibly Thankful During This Christmas Season



Even though the holiday season comes every year, each time I find myself mystified as to how it got here so quickly. The older I get, the faster the time passes by, and before I'm prepared, the Christmas commercials and advertisements are all that I see or hear on the radio, the television, and in the newspaper. Commercials and advertisements seem to start before I stop going barefoot or put the summer clothes away. I'm just not thinking about winter...or Christmas! Which brings me to my message today.

Because of the all negative things in the news about terrorism, scandals, or tragedies about killings or ODs, I am constantly reminded of how much I have to be thankful for. I am blessed to be surrounded by wonderful people in my life at work and at home, who remind me daily about love, compassion and understanding.

I am reminded about the good deeds that people do without want of praise or recognition, like offering a smile when someone is sad, or spending a day at the soup kitchen or food pantry. Simple acts of kindness like opening a door, lending an arm, or carrying a bag of groceries for someone who is struggling remind me that there is so much good in the world that we should be thankful for, and should be opening our eyes and hearts to. I am also reminded of recent tragedies, and thank the Lord that I have been personally spared. But I also know that tomorrow things may be different.

William Arthur Ward, one of America's most quoted inspirational writers once said, "feeling gratitude and not expressing it is like wrapping a present and not giving it."

So, in the spirit of Christmas and this holiday season, when you see an act of kindness, a gesture, a willingness to help or serve, make sure that you acknowledge it. Make sure that the headlines in someone's life is something more than bad news. Give them something to be grateful for, to be proud of, or just something to bring a smile to their face.

Thank you all for being part of Family Physical Therapy Services, and may your holidays be filled with joy and peace, and may you be blessed with health and happiness in 2018.



Health & Wellness Educational Series

Coming in January!

COST SAVING HEALTHCARE ALTERNATIVES

Staying Healthy shouldn't break your bank!

With open enrollment for health insurance behind us, many of you may be suffering from shell shock at the price of your 2018 health insurance premiums, not to mention your co-insurance or co-pay amounts. That's why we will be presenting a variety of seminars dedicated to "Cost Saving Health Care Alternatives" for you and your loved ones.

Our first seminar will be held on January 4, 2018 from 6:30-7:30 PM. Cathy Leer, PT, MBA, will be presenting: "Telemedicine: What Is It And How Can It Save You Money". Come and learn how physical therapy can be brought to you or a loved one, in your own home or office, and at a time that works for you and your busy lifestyle.

Check our [FB event page](#) for new details and a complete listing of featured speakers and topics coming in January.

NEW TIME: THURSDAY EVENINGS 6:30-7:30
207 Meetinghouse Road
Bedford, NH 03110

From The Desk of Our Managing Director

Cathy J Leer, PT, MBA

How To Choose A Physical Therapist (part 1)

In today's healthcare climate, with increased premiums, higher co-insurance and co-pay responsibilities, we, as a society, are finding that we have to become "more informed consumers". We ask questions in order to discover information or find a solution to a problem, like what restaurant to eat in, which mechanic to bring our cars to for repair, or even who to hire to cut our lawn or trim our trees. So, why is it that we still don't ask the important questions, like who is the best doctor, surgeon, dietician, or in my world, who is the best Physical Therapist for a particular issue and why?

Healthcare and insurance issues are in the news daily, and cost of care and insurance are on the rise, as you probably are aware. Unfortunately, that doesn't necessarily equate into more for your money or a better value - just paying more money. For over 35 years, I have been a physical therapist, and my goal has always been to "provide the best level of service, care, and value to my patients". Unfortunately, I see this phrase in just about every website, advertisement, or promotional product for every practice. So, how do you know exactly what that means? How do you determine the true differences from practice to practice or therapist to therapist?

All too often, I find that my patients have no idea what physical therapy is, let alone what to expect. Equally disturbing is that often times their doctors have no idea what the standard of care should be either. How can a person possibly know what to ask so that he or she can gather the information necessary to make that "informed" decision as to whom they will entrust their care and personal well-being? With that in mind, I have developed a short "Guide to Selecting Your Physical Therapist". This guide is set up in 3 sections:

1. What to ask your physician
2. What to ask your physical therapist
3. What to expect from your physical therapist

What to ask your physician when they recommend or refer you to physical therapy:

- Why do you recommend physical therapy?
- What are your expectations relative to physical therapy?
- Will it help me avoid surgery?
- How long do you anticipate it will take me to recover with physical therapy?
- Who do you recommend?
- To whom would you send a member of your family?
- Why are you recommending that physical therapist?
- What unique qualifications does that therapist have that will help me and my issues?
- Does the PT have a level of expertise or specialization in treating my condition?
- Do you have an ownership interest, or will you benefit financially from sending me to that particular therapist or clinic?
- Does the hospital that you work for have an ownership interest, or will it benefit financially from sending me to

that particular therapist or clinic?

- Are you bound by your employer to send me to that particular therapist or clinic?
- Do you have a list of PTs in the area?

Once you have satisfactorily acquired the information that you are looking for from your physician, it's time to interview the therapist. Please stay tuned for part 2 of this 3-part series.

7 Myths About Physical Therapy

(APTA, MoveForwardPT.com)

People everywhere are experiencing the transformative effect physical therapy can have on their daily lives. In fact, as experts in the way the body moves, physical therapists help people of all ages and abilities reduce pain, improve or restore mobility, and stay active and fit throughout life. But there are some common misconceptions that often discourage people from visiting a physical therapist.

It's time to debunk 7 common myths about physical therapy:

1. Myth: I need a referral to see a physical therapist.

Fact: A recent survey by the American Physical Therapy Association (APTA) revealed 70% of people think a referral or prescription is required for evaluation by a physical therapist. However, all 50 states and the District of Columbia (DC) allow patients to be evaluated and allow for some form of treatment or intervention without a physician referral or prescription. In NH, a physical therapist shall refer a patient or client to appropriate health care practitioners when:

- The PT has reasonable cause to believe symptoms or conditions are present that require services beyond the scope of practice; or
- Physical therapy is contraindicated; or
- There is no documented improvement within 25 calendar days of initiation of treatment.

2. Myth: Physical therapy is painful.

Fact: Physical therapists seek to minimize your pain and discomfort—including chronic or long-term pain. They work within your pain threshold to help you heal, and restore movement and function. The survey found that although 71% of people who have never visited a physical therapist think physical therapy is painful, that number significantly decreases among patients who have seen a physical therapist in the past year.

3. Myth: Physical therapy is only for injuries and accidents.

Fact: Physical therapy helps prevent injury and pain, and promotes mobility, health, and wellness. Physical Therapists are skilled at evaluating and **diagnosing potential problems before they lead to more serious injuries or disabling conditions.**—from carpal tunnel syndrome and frozen shoulder, to chronic headaches and lower back pain, to name a few.

4. Myth: Any health care professional can perform physical therapy.

Fact: Although 42% of consumers know that (cont. on p3)



Hero Healers: Every Body Needs A Hero

By Cathy J Leer, PT, MBA

HO, HO, OH....My aching back! How Holiday Activities Can Put Stress On The Back and Neck

Holiday celebrations bring joy and excitement to many of us.



Planning for these events can be hectic. Common holiday related activities such as shopping, writing cards and wrapping can cause undue stress and strain on the low back or neck. Being aware of how to best perform these activities may help you to avoid painful symptoms.

Shopping can put a strain on the muscles, ligaments and discs in the back and neck, as many of us spend hours on our feet, carrying heavy or awkward packages. The position you choose to do your wrapping and card writing in can make a big difference in how your neck and back will feel when you are finished. Commonly, wrappers opt to sit on the floor or bed, bending the neck and back forward. These positions offer no support for the spine, and rely on muscles and ligaments to hold the weight of the neck and body for a long period of time. It is no wonder why these positions cause pain and tightness in the back and neck! Following, are some tips to help minimize the pain:

- Choose supportive footwear while shopping, such as sneakers and avoid wearing high heels. Wearing heels places the back into an abnormal position, causing compression of the joints and tightening of the muscles in the back. The use of a soft, gel insert in the shoes may help to absorb some of the shock of those hard, unforgiving floors.
- Balance your load; avoid carrying all of your packages on one side of the body. This uneven loading can put a strain on the shoulder, neck and/or low back.
- Take rest breaks by sitting on a bench or chair with a back on it about every 1 to 2 hours for at least 15 minutes. This allows the muscles in your neck and back to recover from all the standing, walking and carrying.
- For wrapping or card writing, it is best to sit in a chair with a back on it for support. Sit all the way back in the chair and place your feet on a small box or low step stool to reduce the stress on your spine. You will feel less pull on the neck if your arms are resting on the table.

An alternative for wrapping would be to stand at a counter, and place a foot on the bottom of the inside of the cabinet. This position causes you to bend more at the hip than the back. Switch legs when one leg gets tired. Of course, using more gift bags would reduce the number of hours spent wrapping.

Give yourself a gift this season by watching your “body mechanics”, remembering the few easy steps noted above.

Go to our [blog](#) to find out how you can become our [Triple H Winner](#) next month, as well as pay tribute to our [Patient Of The Month!](#)



Health And Wellness GROUP EXERCISE CLASSES

Coming in
January!!

We are pleased to announce that we will be partnering with Lori Boyce for our **small group exercise classes beginning in January**. You'll get the same focus on proper technique, progression following physical therapy, and attention to your needs and limitations that we strive for, but you will also be getting unbeatable experience in the world of fitness.

Lori has a passion for helping and empowering all people. She has over 30 years' experience as a health professional, and has worked in fitness alongside celebrities in Boston, New York and Chicago. Her specialty is functional fitness incorporating body-weight exercises, resistance training, balance, flexibility and core strength. Certifications include; National Academy of Sports Medicine Personal Trainer, American Professional Fitness Association Nutrition Counselor, Registered Kundalini Yoga Teacher, STOTT Pilates Reformer and Mat Trainer, Master Reiki Practitioner, CPR/AED, Young Living Essential Oils Health Coach.

She believes that a healthy body means a healthy mind. She is instrumental in helping individuals achieve their highest potential. She is a trainer, coach, and mentor, as well as a life-long learner. She is constantly developing her skills to serve her clients better. **Ask for a complimentary 30-minute consultation to assess your goals for the next 90 days. She can be reached at 603-494-4191 - text or call. <http://loriboyce.oilsforeveryday.com>.**

(cont. from p 2, “7 Myths”) physical therapy can only be performed by a licensed physical therapist, 37% still believe other health care professionals can also administer physical therapy. Many physical therapists also pursue board certification in specific areas such as neurology, orthopedics, sports, or women's health, for example.

5. Myth: Physical therapy isn't covered by insurance.

Fact: Most insurance policies cover some form of physical therapy. Beyond insurance coverage, physical therapy has proven to reduce costs by helping people avoid unnecessary imaging scans, surgery, or prescription drugs. **Physical therapy can also lower costs** by helping patients avoid falls or by addressing conditions before they become chronic.

6. Myth: Surgery is my only option.

Fact: In many cases, **physical therapy has been shown to be as effective as surgery** in treating a wide range of conditions—from rotator cuff tears and degenerative disk disease, to meniscal tears and some forms of knee osteoarthritis. Those who have recently seen a physical therapist know this to be true, **with 79% believing physical therapy can provide an alternative to surgery.**

7. Myth: I can do physical therapy myself.

Fact: Your participation is key to a successful treatment plan, but every patient still needs the expert care and guidance of a licensed physical therapist. Your therapist will leverage his or her specialized education, clinical expertise, and the latest available evidence to evaluate your needs and make a diagnosis before creating an individualized plan of care.

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Disc-oncerting Back Pain

There are many causes of back pain. While chronic back pain is often due to many factors (some combination of patho-anatomical, physical, and non-physical factors), acute back pain (less than 6 weeks) can often be traced to simple anatomical causes and the most well-known, and often scariest sounding, is **pain from a disc**.



Disc problems can be the result of a single, traumatic event but more often are a result of **prolonged postures** (think slouching) or **repeated motions** (think shoveling snow or chasing a toddler around/ picking up items off the floor). The injury is a strain to the outer wall of the disc as the inner portion pushes against it. (Though this analogy does not perfectly correspond to the anatomy, the classic way of thinking about a disc is likening it to a jelly donut—the inner jelly pushes against the wall of the pastry.) Though the disc can be injured anywhere along its periphery, because of where the supporting ligaments are particularly strong and weak, and the stresses we most often place on them, disc injuries typically happen backwards or somewhat diagonally out the back.

Though some disc problems are trickier than others, the classic way to determine if you have one is if BOTH of the following are true: With repeated **forward bending** motions (reaching for your toes), your symptoms worsen and remain worse after you finish AND with repeated **bending backward** motions your symptoms improve and remain improved.

If you have the classic presentation above, your disc problem is **highly treatable** and you can likely treat yourself. First off, and most importantly, you need to avoid the positions and activities that keep provoking your symptoms! You need to avoid activities that bring your chest closer to your thighs. So, that means avoiding sitting as much as possible and activities where you

reach towards the floor. When you absolutely must do those (and who can avoid them completely?) it is important to keep a slight arch in your low back. Sit with a small pillow behind your low back and use your legs to lower yourself toward the floor.

Tuck Chiropractic

Second, bend backwards when you have symptoms to make them go away and even when you don't—prevent the problem from occurring.



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Pre & Postnatal Info Corner

By Effie Koustas, MPT

Low Back Pain During Pregnancy

Back pain can be debilitating and annoying, and happens to ~80% of us. That includes during pregnancy! As we know, our bodies drastically change during pregnancy. This includes **increased weight gain and ligament laxity**, both of which can contribute to low back pain.

Low back pain can occur at any point during pregnancy. We know that it can occur in younger women more frequently and you are prone to it if you experienced it prior to pregnancy. Pain can range from mild to severe, even affecting our sleep at night. When sleep is interrupted, the body has not had a chance to heal itself and is still in distress the next day. **During pregnancy, if you are in pain, your symptoms may worsen if not addressed immediately.**



The good news is that, even though it is common during pregnancy, **physical therapy can help**. We can show you what exercises you should or shouldn't be doing to counteract the stress from the extra weight and the lack of ligamentous support. We will educate you on proper **body mechanics and postures** throughout your day. Activity modifications, such as avoiding prolonged positions, may also be suggested. Although there are certain treatments that we can't use during pregnancy, heat and/or ice is acceptable.



Physical therapy along with other recommendations will help you to better manage your pain so that you feel more in control. Keeping stress to a minimum helps decrease back pain/spasms. **As you follow up with your obstetrician, make sure you mention if your back is bothering you. About 25% of women don't inform their provider, and therefore are left to their own resources to find pain relief. Don't let that happen to you!**

Effie Koustas, MSPT is an expert in pre & postnatal physical therapy. [Learn more](#)

Have a question?

Ask-A-P.T.

Call

603.644.8334

Helping Hands Honoree

This month we are honoring **Abigail Meszar** as our **Helping Hands Honoree**. As our **Triple H** winner, Abigail has demonstrated her trust and confidence in us and our ability to care for her friends and family in need of physical therapy. Abigail 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!](#)

Thank you Abigail!!

Congratulations and thank you for entrusting us with the care of your loved ones!

HEALTH & WELLNESS EDUCATIONAL SEMINARS

UPCOMING SPEAKERS

January 4th

Telemedicine

What is it and how it can save valuable time and money when used as an alternative to in-office visits.

Featured Speaker: Cathy J Leer, PT, MBA

January 18th

Fitness After Therapy

How proper exercise and training can further your recovery when your insurance benefits for physical therapy run out.

Featured Speaker: Lindsey Grant, Choice Fitness Mgr.

February 1st

Beyond Thieves: Advanced Immunity Training

Maintaining a strong immune system is a cost saving health care alternative. Be pro-active about your health and learn how to improve the air you breathe, super-power your environment, and keep your immune system strong.

Featured Speaker: Lori Boyce

February 22nd

Eat Like Your Life Depends On It

Healthier choices mean less trips to the doctor. This workshop will inform you of the effects on your body when consuming sugar and grains and gives an overview on what you can do as alternatives for healthier choices.

Featured Speaker: Kate Cretsinger, CNC

Check our [FB event page](#) for new details and a complete listing of featured speakers and topics coming in 2018.

ATTENTION BUSINESS OWNERS

- Would you like to save time and money on retraining employees to take over for an injured worker?
- Would you like to rid yourself of the worry associated with not knowing how to service your clients when you are short staffed?
- If you are a business owner, would you like to alleviate the risk of injuries in your small business?

If you know of business owners who would like to save time, save money, and save their customers so they can continue to make money, Hero Healers, our telemedicine division can help prevent injuries and maximize performance of their greatest investment... their workers.

If you know of companies that fall into this category I would love an introduction to tell them about an offer to implement this program FREE of charge.

Call me! **603.325.5123** Ask for **Cathy** or email me: cjleer@familyptservices.com

Family Physical Therapy Services, Inc.

Therapeutic Work Solutions

HeroHealers
Every Body Needs A Hero

Ask-A-P.T.:
Your Physical Therapist has The Answers

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

WE 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](#)

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

Call 644.8334 TODAY



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

Jeff Schnick

CONGRATULATIONS JEFF!

Jeff is our patient of the month. This is what he had to say: "When



I came here about 4 months ago I could barely get out of bed or stand up from a sitting position because of the intense pain in my lower back. Gradually, through manipulations, massage, and patient instruction on exercises and stretches, Tom has gotten me to the point where I am pain free. He has given me an exercise and stretch regimen that I am confident I can keep up for the long term. I am eternally grateful to you Tom, thanks!"

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



Ross A. Lurgio Info Corner

Jenn Millen, PTA, ATC

GO LIONS!!

All of us at Family Physical Therapy Services wish each and every one of you a very blessed and safe Holiday Season.

Merry Christmas and Happy New Year!

If you have concerns or questions about your athletes, please feel free to contact Jenn at: 644.8334 or jmillen@familyptservices.com



REMOTE PHYSICAL THERAPY SERVICES

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If I told you that you could have access to affordable care at your office or your home, get answers to questions about injuries or aches and pains without having to wait in an emergency room or for a doctors appointment, would that be of benefit to you?

If you'd like to know how Hero Healers, our Telemedicine division with licensed physical therapists, can provide treatment, guidance, and piece of mind when you need answers the most:

CALL: 603.346.4906 or email: cjleer@herohealers.com

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

We are ALL about putting the CARE back into HealthCARE, that's why these community partners are our TRUSTED associates.



Share me with a friend!



Patients have the right to choose!