



# Family Physical Therapy Services, Inc.

## Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

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Dec 2016/Jan 2017 Newsletter

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**HeroHealers™**  
The Sciatica Solution For Men

Powered by Family Physical Therapy Services  
Serving NH and Massachusetts

### From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA



### WE'VE LAUNCHED!

### Hero Healers™: The Sciatica Solution For Men!

Is your back, buttock and leg pain keeping you on the sidelines? If the answer to that question is yes, and you are missing out on life's little pleasures like playing with your kids, tossing the ball with your grandson, or playing a game of pick-up basketball with the guys, then we have the solution for you.

**We can help you get back into action and get back to living.** The process is simple, and it is guaranteed to help get you on the road to recovery. But you must act now to take advantage of this offer to take our FREE self-tests to see if you have sciatica.

If you don't, you face the prospects of watching your basketball buddies heading off to the court without you, or worse, watching the disappointment in your children's eyes when you can't go out and play with them. As a parent of 2 boys, both grown and wonderful young men now, I personally don't think there's an emptier feeling than when you know you want to play with your kids but they don't understand why you can't. Especially when they don't see a cast, sling, blood, or other outward signs of injury.

So, if you've ever felt or seen that deep disappointment in the eyes or your child, in a team mate, or another loved one, then we have a solution that you can get started on right now.

**Hero Healers is a telemedicine service that brings physical therapy to you.** No time off from work. No waiting weeks for an appointment and no hoops to jump through with insurance. In the comfort of your own home, and at a time of your choosing, you can get some answers about your back, buttock and leg pain, and start on your road to recovery.

You can stop your pain and get back to living the active life that you and your family need and deserve. In just a few minutes you can find out if you have sciatica and learn how you can get back to living.

I've been a physical therapist for over 35 years and have treated hundreds, if not thousands, of people with back problems. I've also suffered from sciatica myself and know how excruciating the pain can be, and how much of an impact it can have on you, your family, your friends, and your co-workers. I also know how tough Obamacare has made it for you to access or afford the care that you need!

That's why we've developed this program and know that it can work for you.

I am so confident that our program can get you started on your road to recovery, we are giving away the self-tests and the questionnaire FREE. There is absolutely no obligation and no risk. Take the tests and answer (Cont. on page 2)

### Patient of the Month

Sandra Sheppard



**Congratulations Sandra for being our Patient of the Month!**

Here's what Sandra had to say: "I had never been to physical therapy before and feel fortunate to have had Tom as my PT. He was friendly, professional, and very thorough in addressing me. Tom developed an exercise program for me which greatly improved the use of my knee. He is very knowledgeable about the body so if you follow Tom's instructions and suggestions, you will improve. **When I completed my physical therapy, I was able to go back to living the life I had before surgery.** I want to thank him for encouraging me to continue exercising after completing PT. **Tom looks to keeping one healthy not just today but into the future.**" ★ GREAT JOB SANDRA!! ★

(Cont. from page 1) the questionnaire. You'll at least have an idea of what you are dealing with. And our FREE sciatica report will also help you learn about the possible causes of your injury and outlines some of the steps you can go through to help alleviate your pain and start the healing process.

Take the self-tests. Answer the questionnaire. Read the report. Take advantage of this **no obligation risk free offer**. If you do, you'll be able to make your own choice on how to get started on your road to recovery. So, don't keep watching your kids from the sidelines. Get help from our Hero Healers! Choose a solution that works for you.

Don't let your friends and family down. Don't let yourself down! Every minute that passes by is a minute that you've lost with the most precious things in life. Don't be one of those people who regrets not having done something sooner. We can't go back in time...we can't hit rewind and rewrite history. As Eleanor Roosevelt once said : *"Yesterday is history, tomorrow is a mystery, and today is a gift; that's why they call it the present."*

**Give yourself the gift of health** by getting started NOW! Take the [FREE test and questionnaire](#). Choose a plan that works for you and get back to living!



## Health And Fitness

By Jenn Millen, PTA, ATC

### Care After A Joint Replacement

In most cases, physical therapy occurs in three stages after a joint replacement. The first stage occurs even before you leave the hospital! Almost immediately, the hospital physical therapists will help you learn how to move in bed, transfer out of bed, and gently get around your room. You'll get familiar with whichever assistive device you'll use and do some gentle exercises to prevent complications from surgery (like blood clots) and to start you on your road to rehab.

After you leave the hospital, many times a physical therapist will visit you at home and begin to help you regain your motion and strength (some people aren't ready to return home but don't need an acute-care hospital any more—they may go to a rehab hospital or skilled nursing facility—while others don't need a home therapist). Then the third and final stage will be at an outpatient physical therapy facility, such as Family Physical Therapy.

When attending physical therapy we will continue to work on building your strength and regaining the motion of your joint. We will also help you with that annoying scar left over from the surgery! Not only is it not that appealing to look at, but more importantly it may also cause adhesions between the skin, fascia and other soft tissue, which can limit your motion and delay your recovery. So, once the incision has healed, we will teach you how to massage the scar to help prevent this from occurring and to try to make your scar have the best appearance possible.

Swelling may also be a lingering problem after surgery. Pain and a decrease in mobility usually go hand-in-hand with swelling so it is important to decrease the swelling in (Cont. on page 3)

## From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

### Avoid Being Disappointed By Your Knee Replacement



According to a 2006 study, the vast majority of patients who undergo knee replacement surgery report being satisfied with their outcome a year after the procedure. Some studies show satisfaction is as high as 90%.

However, peering behind the numbers, most of this satisfaction is due to the substantial pain relief people achieve since it is not well correlated with functional tasks people are able to perform. One year out from surgery, those who have had a knee replacement have significant deficits with daily tasks including walking and navigating stairs compared to similar-aged peers without knee problems. This may be attributable to persistent weakness in the quadriceps muscles—through a process known as arthrogenic muscle inhibition—and can lead to falls (which almost a quarter of patients with knee replacements experience in the first year—not OK!). The causes of arthrogenic muscle inhibition are not fully understood but it is linked to pain, swelling and joint damage.

The quadriceps are the four muscles at the front of your thigh that allow you to straighten your knee from a bent position (such as kicking a ball), prevent your knee from buckling when you are standing and walking, and work with the other leg muscles to push you up from a sitting position and navigate stairs.

Perhaps because doctors rely on patients' reports of satisfaction/pain relief shortly after surgery, they may underestimate the need for physical therapy after surgery (as recently as 2000, only 26% of patients were referred to outpatient PT).

We highly recommend patients attend PT after a knee replacement for a thorough assessment and plan so they not only achieve pain relief (doctor's job) but also restore their lost function (our job). We encourage you to speak with your doctor about receiving PT so you can return to what you love to do. However, there are two exercises you can perform on your own to try to "wake up" the quadriceps. One you can perform immediately after surgery and involves volitional control (i.e., deliberate contraction) while the other is for a few weeks later once things have calmed down a bit, you've regained some strength and range of motion and involves activating the muscles without thinking about it. See the descriptions elsewhere in this issue for the "Quad Set" and "Church Pew" exercises.



### Helping Hands Honoree



Your referrals are the best compliment that we can receive, and our free screenings are just another way for us to serve you and this wonderful community. If someone you know or love is struggling with an injury or a problem, or just doesn't know how to get started on an exercise or health and wellness program, don't worry! Our **Helping Hands program** is designed for just that! Just have them call for an appointment, and for every referral that you make that comes in for a free screening or evaluation, we will enter your name for the **Triple H Award**. It's just our small way of saying **THANK YOU**. This month we are honoring **Marilyn F.** as our Triple H winner.

**Thank you for entrusting us with the care of your loved one!**

(Cont. from page 2) and around the joint as much as possible. Gravity often helps the swelling travel to other areas, which can cause those areas to hurt as well. We give you strategies to limit this from happening and use manual techniques, which we also show you, to get rid of it.

After your joint replacement, physical therapy is a great resource to ensure your path to recovery is a smooth one and answers your questions!



### Pre & Postnatal Info Corner

By Effie Koustas, MPT

## Anterior Vs. Lateral Approach...Which One Is Right For You?

You just found out that you are a candidate for a total hip replacement. Although you are not happy about having surgery, you should feel good about knowing that a hip replacement is the second best orthopedic surgery to have. Even better, there is a newer less involved approach, if you meet the required criteria.

Traditionally, hip replacements have been done with a posterior/lateral approach. This means that a large incision is made on the side/back of your hip and postoperatively you must follow three standard precautions. First, do not cross your legs. Second, do not turn the foot of your operated leg inwards. And lastly, do not bend over past 90 degrees, for example as if to pick anything up, or flex your hip greater than 90 degrees. Abiding by these three restrictions ensures your hip will be stable during recovery without dislocating.

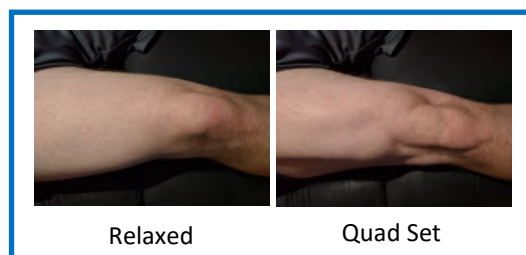
More recently, the anterior approach was developed and has become more common. Not only is it preferred by surgeons, but also by patients, primarily because there is potential for less pain, faster recovery and improved mobility because the muscle tissues are spared during the surgical procedure. The surgeon is able to work between your muscles and tissues without detaching them from either the hip or thigh bones—sparing the tissue from being disturbed. This, in turn, produces less risk of surgical failure and better patient compliance. In addition, keeping the muscles intact minimizes the risk of dislocation as well as decreased pain with sitting due to the location of the (small) incision at the front of the hip. There are typically no precautions that have to be observed.

With every surgery, there are risks and benefits that need to be considered. The surgeon will review your medical history, age, weight and activity level with you. Only then can you both decide which approach is best for you.

## Two Of The Best Exercises Following Joint Replacement

### Instructions For Proper Quad Setting

To perform the quadriceps setting exercise, or quad sets, sit on a bed or couch with your legs as straight out in front of you as you can (an alternate position is sitting at the edge of your chair with your legs as straight out in front of you as you can, with heels resting on the ground). Try to fully straighten your knees by contracting the muscles on the front of your thighs, as if you were pushing the back of your knees toward the ground. Hold for a few seconds and repeat 10 times. Repeat numerous times per day to try to “wake up” the muscles. Sometimes, it is helpful to place a small rolled up towel behind the back of your knees so you have something to push into. This exercise can be performed almost immediately after your surgery (consult with your doctor).



### Instructions For Performing Proper Church Pew Exercises

To perform the “church pew” exercise, stand with the backs of your calves up against the front of a chair whose back is pushed right up against a wall (THIS IS IMPORTANT as the chair cannot be allowed to move). Slowly rock back and forth from your heels to the balls of your feet. As you rock backwards, your quadriceps will fire automatically. The further you lean back, the more they will contract (but don't overdo it—we're not looking for you to fall back into the chair!). Perform for two minutes. By activating the quads, you may find that your walking is improved immediately afterward. This exercise should only be performed a few weeks after your surgery once your pain has receded a bit, you've improved your range of motion and have some control of the quadriceps already.



### FPTS IS GOING GREEN!

Coming soon, Family PT Services will be going green. By February 1<sup>st</sup>, our monthly newsletters will no longer be mailed home. They will be emailed to you and posted on our website as well as on Facebook and Instagram. For many of you this will not be much of a change as this is currently how you view our news. However, for **those few who wish to continue to receive a printed copy of our newsletter each month via the mail, please let us know** by stopping by the desk when you are in the office, emailing [info@familyptservices.com](mailto:info@familyptservices.com) with “I like my printed newsletter” in the subject line, or by calling us at 603.644.8334. With today's information highway so accessible to so many, we are looking for the simplest ways to get our message out. As always, we love to hear your feedback.





# Family Physical Therapy Services, Inc.

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**INSIDE THIS ISSUE:**  
Maximize results of your  
total joint replacement!  
FREE tips and exercises!!

## Specializing in:

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...

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No Expensive Doctor Bills, No Health Insurance  
No Leaving Your House, Real Relief



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Serving NH and Massachusetts

What you'll get immediately & for **FREE**:

- 4 FREE videos showing you exactly how to test yourself for sciatica
- The sciatica questionnaire to explore the root cause of your pain
- The FREE **Sciatica Report**-What You Need To Know
- Remote access to a physical therapy expert who can help you start healing!

[Help Me Start Healing](#)



**Ross A. Lurgio Info Corner**  
Jenn Millen, PTA, ATC

Welcome back all  
winter athletes!

In the winter season, Lurgio offers boys' and girls' basketball, wrestling and a spirit squad. Most games/matches are on Mondays and Thursdays so please come and support your local student athletes. Go to <https://sites.google.com/a/bedfordnhk12.net/ralathletics/athletic-calendars> for more information!

If your child needs a screening or injury assessment, please feel free to **Contact Jenn at: 644.8334**

**GO LIONS!!**

## Community Activities

On Monday 11/14  
and Tuesday 11/15,

Tom presented "**Balance and Injury Prevention**" at Puritan Backroom's Employee Health/Wellness Fair in Manchester, NH.

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

Share me with a  
friend!



Patients have the  
right to choose!