



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

February 2018

Newsletter

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From The Desk of Our Managing Director

Cathy J Leer, PT, MBA



President's Day: A Celebration

In 1800, after the 1799 death of George Washington, his birthday on February 22nd became a perennial day of remembrance. It wasn't until 1879 that it became an official federal holiday.

As with most other issues, politics got involved and Congress changed the day of celebration to fall on a Monday, the third in February to be exact. As a result, it was assumed that it was now a celebration for both Abe Lincoln, whose birthday was February 12th, along with Washington's. Although the name was never officially changed, it became known as President's Day, and today, it is now popularly viewed as a day to celebrate **ALL** U.S. presidents, past and present.

With that in mind, regardless of your political affiliation, I am asking everyone to pause for just a moment and think about our country... **THE UNITED STATES OF AMERICA**, and give thanks to all of our forefathers, and all of the men and women who have contributed to our democracy and what it stands for.

President's day IS NOT a day of commercialism and sales, although many would argue with me given the amount of money spent on advertising during February. President' day, IS and always SHOULD be a day of patriotic celebration and remembrance for ALL presidents who gave their lives to make America great...past and present.

Health & Wellness Educational Series

Our FREE seminars are back!

COST SAVING HEALTHCARE ALTERNATIVES

Staying Healthy shouldn't break your bank!

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

THURSDAY EVENINGS 6:30-7:30

207 Meetinghouse Road

Bedford, NH 03110

Visit our [FB page](#) for future presentations and please post comments to request certain topics!

We are here to serve you!

Our community partners:



Ross A. Lurgio Info Corner

GO LIONS!!

If you answered YES to ANY of these questions, we have the programs for you! **COMING SOON...**

- INJURY PREVENTION PROGRAM FOR YOUNG ATHLETES
 - ELITE SOCCER DEVELOPMENT PERFORMANCE TRAINING
- If you'd like to know more, CALL 644.8334 or send your inquiries to: Jgoodwin@familyptservices.com

From The Desk of Our Managing Director

Cathy J Leer, PT, MBA

How To Choose A Physical Therapist (part 3)

What you should expect from your Physical Therapist or physical therapy clinic:

- Highly trained and experienced physical therapists
- Specific course of treatment based upon a thorough evaluation and identification of the source of your symptoms
- A single therapist for the duration of your course of treatment
- Dedicated hands on care
- One-on-one care
- No double booking
- No group sessions unless specific to your needs and billed appropriately
- Private treatment rooms to assure your privacy as well as to assure that your PT is devoting 100% attention to you and your needs
- Positive changes or results within 2 weeks. That doesn't mean that you will be fully recovered by then, but you should have enough change to indicate that you are on the correct plan of care
- Communication amongst your health care professionals
- Courteous and professional care from your physical therapist as well as the entire staff
- Appropriate transition and inclusion of home exercises to maximize outcome and effectiveness of care and carry-over of benefits from treatment to treatment
- Educated and articulate answers to your questions relative to your condition or to the suggested plan of care

To recap, here are a few important points or "red flags" to keep in mind:

- Physician's that send you to facilities that they own are profiting from the referral and that brings up an ethical question. What are they more concerned with? Their profit or your well-being?
- Physicians who are employees of hospitals are generally "encouraged" to refer to other hospital-owned departments and often times suffer from negative reviews or punishments if they don't comply (another ethical dilemma).
- New graduates, assistants or trainers don't have the experience, certification, or advanced training that PTs with years or decades of experience have. They are less equipped to ascertain the source of your symptoms, which equates into ineffective or longer terms of care.
- Hospital-owned, outpatient facilities are often up to 4 times more expensive than the same services at physical therapist-owned private practices.
- Not having the same therapist treatment to treatment equates into inefficiency and lack of continuity of care.

Hopefully, you have been able to glean some valuable information from this article to help you make an informed decision on a very important matter... your health and well-being.

The "bottom line" for a business may be profit, but your "bottom line" should be who can provide the best care at the best price, in the most expeditious and professional manner and achieve the best outcomes for your recovery.

**YOU HAVE A RIGHT TO CHOOSE,
AND THE CHOICE IS YOURS!**



Health And Fitness

By Jenn Millen, PTA, ATC

Clinton's Quadriceps Rupture

While former President Clinton was in office, he slipped down a flight of stairs and suffered a complete tear (rupture) of his quadriceps tendon that required surgery.



The quadriceps femoris is a large muscle group in the front of the thigh that works to straighten your knee and the quadriceps tendon connects this muscle group to the kneecap. Rupturing this tendon is often obvious when it happens and can be quite debilitating. Many times, people will hear or feel a "pop," there will be immediate bruising and they will be unable to straighten their knee. Typically, there will be an indentation where the tendon had been attached and the kneecap may look like it is not in the correct spot.



Orthoinfo.AAOS.org

People with complete tears, such as what former President Clinton had, will require surgery to reattach the tendon. It is extremely important that the surgery be done soon after the injury for the best chances to regain full motion of the knee.

The surgery consists of drilling holes in the kneecap and using sutures to reattach the tendon. Immediately after surgery, patients will be put into a brace that, as the recovery progresses, will allow for more and more motion.

After surgery, physical therapy can usually be started right away. The initial focus in PT is working on regaining range of motion, especially bending the knee. This must be done very gently to avoid re-injury. At this time, strengthening the hip musculature may be done to help take some of the stress off of the knee during recovery. As the healing continues, strengthening of the quadriceps and increased load onto that muscle will be done, balance work will be prescribed and lastly multi-joint and more functional exercises incorporated to get back not only to daily tasks but the things one loves to do.

FREE INJURY SCREENING

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



Family Physical Therapy Services

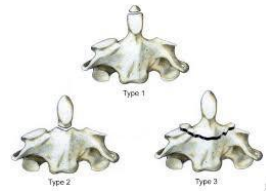
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From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

When A Bush Falls

In July 2015, former President George H.W. Bush fell in his Kennebunkport home and fractured the C2 bone (or Axis bone) in his neck. He suffered no neurological damage and, though details of the injury were never released, we know the fracture was able to grow back together with the use of neck braces. This means the fracture was never unstable, so it was probably one of two common C2 fracture types—either the tip fractured or the bone essentially split into front and back halves.



Without neurological damage, he didn't need PT to regain strength and coordination of his arms and/or legs, but he still benefitted from PT. Sometimes therapy is about healing the injury itself, sometimes it is about recovering from the after-effects of surgical intervention or immobilization, while other times it ensures safe, basic movement and addresses the cause of the injury in the first place.

In this case, the fracture needed a period of immobilization to heal so PT in the hospital would have ensured he could successfully move in bed and sit up, transfer out of bed to a chair, and be able to walk for short distances (at least to the bathroom) and navigate stairs (if the vacation home has stairs he needed to use to get in and out) in order to be discharged home.

The PT working with Mr. Bush almost certainly inquired about the cause of the fall to make sure the likelihood of it occurring again was minimized. This would have included ameliorating any trip hazards (such as removing throw rugs or grandchildren's toys lying about, or dealing with pets that like to roam around people's legs—why do they do that, anyway?) in the home, and whether he had underlying conditions (such as decreased sensation in his legs, decreased balance or decreased strength) that would put him at higher risk going forward.

After his fracture was sufficiently healed, he likely had outpatient PT to restore the range of motion and strength of his neck (after many months without moving it and relying on the brace to hold his neck up), and make sure the rest of him stayed fit.

If you have balance issues or falls, or injuries related to them, we at Family PT are ready to help you.



Pre & Postnatal Info Corner

By Effie Koustas, MPT

When A Musket Ball Breaks Your Arm

It's not fun to get hurt, or more specifically, fracture a bone. A fracture can never happen at an opportune time, because we don't typically schedule time in our day to get injured. It then means going to the doctor to get an X-ray to confirm that it is in fact broken. Then, you must rearrange your life for the next 4-8 weeks while you limit the use of the arm to allow the bone to heal, and allow up to one year to get full healing and function back—all while attending more medical appointments. It can happen to any one of us, even Rutherford B. Hayes, our 19th president, who was struck by a musket ball that shattered the humerus of his left arm (and with the state of medicine and no such thing as PT in the 1870's, who knows what his recovery was like).



The humerus, or upper arm bone, runs from the shoulder joint to the elbow joint and can be fractured at either end. Symptoms may include pain; swelling; bruising; severely limited movement of the shoulder; numbness and/or tingling in the arm, forearm, or hand; or an unusual appearance of the upper arm. Depending on the where the fracture is, surgery may be needed. Regardless, PT treatment is essential to safely and effectively restore use of your shoulder to return to normal activity.



In PT, we: use modalities for pain relief, stretch your arm to improve your range of motion, apply soft tissue massage and joint mobilization, add in strengthening exercises, and incorporate activity/sport specific exercises to return you to your prior level of function.

Though life happens, and trauma can occur to anyone, the best treatment is prevention. Eating calcium-rich foods and taking supplements can help decrease the risk of a fracture. Fall hazards around the home should be removed, especially if you are older and/or have balance problems, as our balance decreases over the age of 40. Lastly, if you are athletic, use proper protective equipment to prevent injury in the first place. And, try to avoid those musket balls...

Patient of the Month

Roland Boisvert

CONGRATULATIONS

ROLAND!

"Balance issues such as **fearing to fall** in a store with very shiny floors or in long hallways is what drove me to try PT. After a number of sessions, I regained my confidence. The time spent attending the sessions at PT was a good thing for me. I feel **I am much more confident and comfortable now** than when I first started coming to Family Physical Therapy."



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

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

Call 644.8334 TODAY

Check out our new website!

Helping Hands Honoree

Our Helping Hands Honoree this month is **Lisa Cross**. As

our **Triple H** winner, Lisa has demonstrated her trust and confidence in us and our ability to care for her friends and family in need of physical therapy. Lisa gets her choice of a 1 month membership at of our most trusted fitness associates: [Choice Fitness](#), & [Envy Sports Club & Café](#); a week at [The Focused Female](#); a healthy and great tasting sampler from [Healthy Solutions Spice Blends](#); or a Health Assessment with [Lori Boyce, AFPA, RYT, NASM](#)

Thank you Lisa!!

You can be a Triple H winner too! Each time you refer a friend, family member, or associate to us, your name is entered into our monthly drawing. The more you refer the greater the chances of winning.

REMOTE PHYSICAL THERAPY SERVICES

HELP SOMEONE YOU LOVE

Get treatment and answers about injuries, aches, and pains related to your muscles, joints, bones and ligaments - without leaving home!!

Stop sitting on the sidelines and start living the life you want to lead. If you are unable to prioritize your life so that you get the care that YOU need, then Telemedicine and remote physical therapy services are for you.

IF YOU'D LIKE TO LEARN MORE

call: **603.346.4906** or email: cjleer@familyptservices.com

HEALTH & WELLNESS EDUCATIONAL SEMINARS

UPCOMING SPEAKERS

February 22nd

Eat Like Your Life Depends On It!

Are you performing at your optimal level, or have you noticed a decline in your energy, focus, and outcomes?

If you are serious about your health, **love exercise** and outdoor activities, and are **concerned about your ability to excel** in everything that you do, then you can't afford to miss this program!

Featured Speaker: [Kate Cretsinger, CNC](#)

March 1st

Reliv

Nutritional Epigenetics—Learn how to turn bad genes off and good genes on with evolutionary supplements that will help you live a healthier life.

Featured Speaker: [Paul Collins](#)

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

NO TIME?...THINK TELEMEDICINE!

- **Treatment where and when you need it.**
- **Covered by Insurance.**

NEED ADVICE?...THINK ASK-A-P.T.

- **Your physical therapist has the answers!**

Family Physical Therapy Services, Inc.



Therapeutic
Work
Solutions



HeroHealers
Every Body Needs A Hero

Ask-A-P.T.:

Your Physical Therapist has The Answers

Family Physical Therapy Services, Inc.

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...

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www.familyptservices.com

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friend!



Patients have the
right to choose!