



# Family Physical Therapy Services, Inc.

## Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

July 2017

Newsletter

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### From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA

### I'm Incredibly Grateful!

I'd like to take a moment of your time to thank all of our wonderful past and present patients as well as the many friends and associates that helped us out over the past several months with our relocation. We could not have done it without your support and assistance on so many fronts: finding a location, lease negotiations, fit up, packing, unpacking, decorating, announcements, open house....the list goes on! You are all amazing and your generosity and support has not gone unnoticed.

So it is with great humility that I extend my deepest and sincerest thanks to all of you and especially to my amazing staff that makes this all worthwhile and to whom I have the greatest respect and admiration for who they are and what they do on a day to day basis. Without them, we would not be able to provide the level of care to those we serve.

*Thank you!*

### Health & Wellness Educational Series Beginning in August!

Each Thursday from noon to 1, FPTS will be hosting **FREE educational seminars** on a variety of health & wellness topics. I am pleased to announce that our first seminar will be presented by [Carol Phillips](#), a national health and wellness expert, multiple award-winning author of *52 Simple Ways to Health*, and host of the *Ask Coach Carol* radio show. As an energetic corporate health coach and consultant, she has helped thousands of employees improve their health using her proven techniques. Carol's company, [Health Design](#), helps employers significantly reduce costs and increase productivity through a new approach to employee wellness.

As a sought-after keynote speaker, Carol entertains audiences while giving them the tools they need to positively transform their lives.

In addition to 28 years of health and wellness experience and 12 years studying employee wellness programs, Carol holds degrees in Exercise Science and Health Education, graduating number one in her class and earning numerous awards. Her master-level classes focused on designing and implementing health promotion programs. She was one of New Hampshire's first Wellness Coordinators when former Governor Lynch issued an Executive Order designed to promote health and wellness to NH State employees and their families.

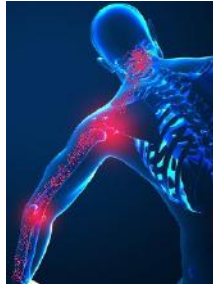


## Pre & Postnatal Info Corner

By Effie Koustas, MPT

### “Nerve-ous” About Arm Pain?

Don't you hate when you wake up but your arm is still “asleep?” Sometimes, we may sleep in awkward positions that cause us to wake up with pain somewhere in our body. But what if this pain in your arm wasn't from sleeping wrong? What if it is still lingering after a couple of days despite resting, taking Advil and applying heat/ice to the area?



There could be several reasons why this may be happening, one of which is cervical radiculopathy. This is when a nerve exiting the neck to your arm is being compressed. Compression could be the result of several causes including arthritis (degenerative changes in the joint), a ruptured disc (from possible trauma) or any other injury that puts pressure on the nerve root. The main complaint is pain that radiates into the arm, neck, chest, upper back and/or shoulders. This pressure on the nerve may also lead to muscle weakness and/or numbness or tingling in your fingers or hands, or possibly a lack of coordination, especially in the hands.

What does that mean for you? If your symptoms haven't resolved within a few days on their own (you really did just sleep on it wrong), you may want to go see your primary care physician (PCP). You may be prescribed medication and/or be referred to physical therapy or further testing. Your symptoms may dissipate with pain medications such as anti-inflammatory drugs. Alternatively, you could visit your physical therapist directly without first seeing your PCP (though some insurances don't allow this). At FPTS, you can schedule an evaluation or take advantage of our free screening. Either way, we will determine if physical therapy is appropriate for you based on your presentation at the time or if you would benefit from seeing a doctor.

Physical therapy can include gentle cervical traction, joint mobilizations, exercises, and other modalities to reduce pain. If your symptoms don't respond within 1-2 weeks of treatment, referral to a spine specialist may be warranted. If there is significant compression on the nerve, causing muscle weakness, surgery may be necessary to relieve the pressure. If surgery is indicated, patients will often benefit from a referral to physical therapy to help recover from the surgery and/or improve the predisposing factors that led to the problem in the first place.

## From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

### This Headache Is A Pain In The Neck!

Headaches are very common and there are many causes—dehydration, migraines, stroke—many of which can be quite serious. One type that we here at FPTS can help you with are those whose cause is from your neck, called cervicogenic headache.



These are associated with problems involving the 1<sup>st</sup> three bones of your neck, the junction between your neck and head and the associated soft tissues in the area.

But how would you know if your headache is coming from your neck? There are several common features of this type of headache that can help you distinguish it from others. Classic signs include that it is a headache on one side of your head that feels like it comes from the back of the head or neck where there is also local pain or stiffness. The headache is produced by the neck either being touched or with movement, which is limited. These types of headache rarely are accompanied by nausea or sensitivity to light/sound. They are not usually described as “throbbing” and do not increase with forward bending.

Research has shown that these respond well both to manual therapy as well as exercise therapy, though the largest benefit is with a combination of the two. If the condition is related to underlying stiffness, joint mobilization is in order. If there is soft tissue inflexibility that is contributing, or tender points, manual soft tissue techniques and/or stretching is employed. Modalities (such as moist heat, ultrasound, or electrical stimulation) may be used in instances where it is acutely painful to move. Exercises, particularly for the muscles controlling the shoulder blades and upper back along with the deep neck flexors (at the front of the neck) change the position of the upper spine and shoulders and the forces on the bones and soft tissues of the neck, which decreases both local complaints and the associated headache.

If the classic presentation above sounds like you, you may not have to continue suffering with your headache. Talk with your doctor to rule out more serious headache conditions and then ask to see us if it turns out you have a cervicogenic headache.



### Helping Hands Honoree

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

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



### Text Neck Is Not A LOL Matter

Texting has become a primary form of communication. Typically, when a person uses their phone there is a tendency to bring their head forward – but for every inch forward their head goes it adds approximately 10 pounds of stress to your spine. Adults between the ages of 45-54 send and receive an average of 33 texts per day! Adults between the ages of 18-24 use their cell phones even more and send and receive an average of 128 texts per day! It's no wonder "text neck" is becoming such a problem.

Text neck is a term used to describe neck pain that can be attributed to looking down at a cell phone or tablet for extended periods of time. (see image below) This can cause a number of issues such as neck and midback pain, muscle spasming, shoulder pain/tightness, and nerve issues! Text neck can even affect your lung capacity and lead to gastrointestinal problems. All of this can be avoided by a few simple tips!

- When using your cell phone, try to keep the screen at eye level so you aren't looking down at it.
- Always watch your posture! Whether you are sitting or standing, try to imagine you are a marionette with a string pulling your head upwards. This will help you elongate your spine and eliminate slouching. Also, try to bring your shoulders back and tuck your chin slightly to avoid jutting your head forward.
- If you use your mobile device for extensive typing, invest in an external keyboard. While using it, have your forearms resting on something so you can reduce neck tension.

If your text neck has already started to act up, exercises that emphasize strengthening and increasing the endurance of the postural musculature as well as stretching the appropriate muscles can greatly help. If you have any questions always feel free to give us a call at FPTS!



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

Call 644.8334 TODAY

### I've Got This Really Bad Pain In My Butt!



#### Sciatica: What is It... Really?

**Sciatica** is the pain that radiates along the **sciatic** nerve, which branches from your lower back through your hips and buttocks and down each leg. That is why **people with sciatica often times have more leg pain than back pain, and in some cases no back pain.** Herniated Nucleus Pulposus (**HNP**) is the **primary cause of irritation to the sciatic nerve.** According to the Spine Patient Outcomes Research Trial (SPORT), HNP affects 3 million people per year, **typically between the ages of 16-60 years**, and is the 2<sup>nd</sup> most common cause of back pain (behind degenerated disc disease and degenerated joint disease).

Overall, low back pain (LBP) and the symptoms such as pain in the leg(s), is responsible for over 13 million physician visits per year and is the 2<sup>nd</sup> most common reason to visit a primary care physician (PCP), 3<sup>rd</sup> most common reason for surgery, and the 5<sup>th</sup> most common reason for hospitalization. **That means it's no laughing matter, and should be taken seriously when it occurs.**

LBP is the primary cause of lost productivity and the 2<sup>nd</sup> highest cause of lost time from work. 2.4 million Americans are disabled because of LBP and it is the #1 cause of disability for individuals under the age of 45.

The good news is that 40-49% of LBP sufferers recover within 1 week, 50% improve within 6 weeks, and up to 90% recover without medical attention within 6-12 weeks. Unfortunately, many people will have repeated episodes of LBP. Often times, the single largest predictor of LBP is history of prior LBP. For this reason, **it is important to take aggressive steps to identify and treat the potential causes of LBP and accompanying leg pain, so that you don't become one of these statistics and suffer continuing problems over and over again, year after year.**

#### Top Causes

There are many causes of sciatica. The sciatic nerve can be irritated by a number of different structures in the body and at different levels of the spine. Some of the causes are HNP (also referred to as a lumbar disc herniation (LDH), slipped, collapsed, bulging, or protruding disc), spondylolisthesis, radiculopathy (pinched nerve), and pregnancy. It can also be caused by degenerated disc disease (DDD), stenosis, sacroiliac dysfunction, piriformis syndrome or lumbar subluxation.





## Health And Wellness Guest Article

By Carol Phillips

### Simple Ways to Live a Happier and Less-Stressed Life

As the years go by, we become wiser and, hopefully, learn from our trials and tribulations. However, we don't always have to endure hard times to gain new coping mechanisms that will reduce our stress and increase our happiness.

Check out these five new ways of thinking that you can easily embrace in order to reduce stress and create a more positive outlook on life:

#### **"It was meant to be!"**

When something doesn't go your way, instead of being upset and wasting energy on attempting to alter fate, learn to let it go, knowing that life has a better plan for you. If you spend time obsessing about what wasn't meant to be, you may miss the better opportunity that will soon present itself.

#### **"The glass isn't half full, it's full."**

Learn to banish negative thinking from your mind. Pay attention to how you react to countless situations each day. When you catch yourself thinking negatively, take control and find something positive to ponder. Realize that almost all our negative thinking concerns things that are of very little importance in the overall scheme of life. Practice makes perfect. Or in this case, practice makes for a much more positive existence.

#### **"Stop comparing yourself to others."**

When you compare yourself to others, one of two things almost always happen: Either you're left feeling inferior to those you are comparing yourself to or you find yourself feeling superior. Either way, this thinking is a lose/lose situation—you're either being unkind to yourself or you're being unkind to others. When you catch yourself comparing yourself to others, remind yourself that your time is better spent viewing yourself and others as important and worthy.

#### **"Decide to be happy."**

Too often in our overly busy society, we allow endless outside factors to control our happiness. Terrible stories on the news, stressing over our long "to-do" list, negative co-workers—the list goes on and on. When you make the decision that you are going to start each day in a happy mood and do your best to not allow other people or situations to sabotage that joy, your life will be significantly enriched. This isn't to say that life is always happy and perfect, but making this mind-shift can greatly improve your quality of life.

#### **"Stop playing the blame game."**

Begin to notice the times you become irritated and blame someone else for your bad mood or lack of patience. For example, you're running late for an appointment and you

Make Health Easy

August 3, 2017



**Carol Phillips**

A national health and wellness expert, the multiple award-winning author of *52 Simple Ways to Health*, and host of the *Ask Coach Carol* radio show, Carol entertains audiences while giving them the tools they need to positively transform their lives.

HEALTH & WELLNESS  
**EDUCATIONAL  
SERIES**

LIMITED SEATING

Thursday's noon - 1  
Family Physical Therapy Services

### SCHEDULE OF EVENTS

**AUGUST 3, 2017**

**MAKE HEALTH EASY: Strategies to Help You Embrace a Healthy Lifestyle**  
Featured Speaker: Carol Phillips

Learn how the wellness connection - and changing your thinking - results in making healthier decisions in all areas of your life!

**AUGUST 10, 2017**

**DEFEND YOUR BACK: Body Mechanics To Prevent Low Back Injury**  
Featured Speaker: Thomas Fontana, MSPT

**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

**FAMILY PHYSICAL THERAPY  
SERVICES, INC.**

begin to curse the other drivers on the road. If you allow extra time knowing you won't be the only car on the road, you'll greatly reduce the risk of becoming upset.

Over time, chronic stress causes a wide variety of health problems. Changing your thinking can have an enormous impact on reducing your stress. Some of these changes may take time to incorporate into your daily life; some may happen very easily. Either way, your efforts will take you down the road to a happier, healthier, and less-stressed life!



# Family Physical Therapy Services, Inc.

Bedford, NH 03110 Chichester, NH 03258

603.644.8334

[www.familyptservices.com](http://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

Teresa Shaka

### Congratulations Teresa, great job!!

"I came to PT with what I felt was **unbearable neck pain from arthritis**. I did not want to take pain pills so requested a referral back to physical therapy (I was here 5+ years ago). **Effie works wonders!** I had been unable to attend gym and aerobics classes- **now I am back to the gym (after 4 months away) and have resumed walking 2 miles daily with my dogs ...** Thanks so much!"



### Ross A. Lurgio Info Corner

Jenn Millen, PTA, ATC

### Summer's Almost Over!

July is nearing a close and that means August is right around the corner. School sports will be starting out. Tryouts will be held. Practices will be scheduled. And the season will begin.

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 email her at: [jmillen@familyptservices.com](mailto:jmillen@familyptservices.com)

## HELP SOMEONE YOU LOVE STOP Back, Buttock, & Leg Pain

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

Get:

- **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
- Learn **9 Critical Dangers** of **AVOIDING** sciatica treatment



## HeroHealers™

The Virtual Sciatica Solution

Powered by Family Physical Therapy Services

Serving NH and Massachusetts

Help Me Start Healing

### 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!