



# Family Physical Therapy Services, Inc.

## Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

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Newsletter

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### From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA

### WE'VE MOVED!!

My apologies for letting our newsletter get pushed aside for these past several months! It's not that we didn't have anything to share with you, but we've been incredibly busy packing, moving, unpacking, and settling in to our new home at **207 Meetinghouse Road in Bedford**. We are all excited to be sharing this bright new location with the folks at Bedford Dental Care and MacKay Vision Center and looking forward to contributing to this professional medical facility and helping out those in need of care.

We are also excited about being on the first floor! No stairs! Big windows with LOTS of sunshine! No broken down elevators/lifts! No chance of floods from broken sprinklers above! I could go on, but you get the picture! There's also lots of parking and only a short walk to the front door. In fact, you can drive right up to the front entrance if you need to be dropped off. There's also a traffic light at the entrance to the property, so you don't have to fight the traffic or worry about how you are going to get across South River Road.

Please feel free to drop in and see the new location, or if you are visiting one of our neighbors at Bedford Dental Care or MacKay Vision Center, pop on over! We'd love to see you and show off the new digs.



### Educational Series

**New location.  
New services!**

Because we love our patients and want them to get the most out of their affiliation with us, we will be offering **FREE educational seminars** on a variety of health & wellness topics. We will even be having guest speakers from some of our most trusted [associates](#) in the greater Bedford and Manchester communities. We will be posting upcoming events on our [services](#) page...so **KEEP CHECKING BACK!**



## Pre & Postnatal Info Corner

By Effie Koustas, MPT

### Eating For Two (Or More)



Finding out you are pregnant is an exciting time in a woman's life that comes with a whole new set of rules to follow. You have to monitor your activity level and may need

to adjust it as needed. You will want to gain weight to ensure a healthy pregnancy. Gaining weight steadily throughout your pregnancy will lower your chances of stretch marks, varicose veins, backache, fatigue, indigestion and shortness of breath, to name a few. Pending your current weight, there are guidelines for what is considered healthy, in terms of weight gain. The breakdown is as follows:

- If you are at a healthy weight, the recommendation is that you gain 25-35 pounds
- If you are underweight, gain 35-45 pounds
- If you are overweight, gain 15-25 pounds

These guidelines are if you are only carrying one baby. With twins, it is expected that you should gain more to nourish both babies adequately. If you are at a healthy weight, 37-54 pounds should be expected. If you are overweight, you should aim for 31-50 pounds.

Now that you know how much weight you should expect to gain, how do you do so steadily? In the first trimester, you don't need to gain more than 5 pounds, which is good because you may also have to overcome morning sickness. This can be done by eating an extra 150-200 calories/day. As you progress into the second and third trimester, you can expect to gain up to one pound/week, until delivery. This can be accomplished by having an extra snack per day that is about 300 calories. That can be anything from a half a sandwich to a glass of milk. These amounts are based on a healthy pre-pregnancy weight. If you are under/overweight, you will need to adjust your calorie intake accordingly. Always consult with your provider, who will be monitoring your weight gain and may offer suggestions for boosting calorie intake or cutting back.



## Helping Hands Honoree

This month we are honoring **Lauren M.** as our Helping

Hands Honoree.

As our **Triple H** winner, Lauren 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!](#)

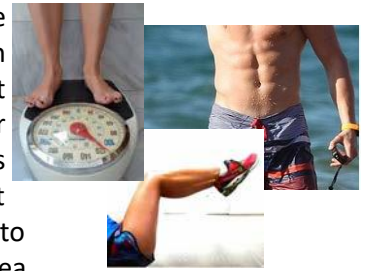
**Congratulations and thank you for entrusting us with the care of your loved ones!**

## From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

### Which Exercises Make My \_\_\_\_\_ Look Better?

People often ask me if there are certain exercises they can perform to lose unwanted fat from a specific part of their body. This is what is known as "targeted fat loss" or "spot reduction." It is tempting to think you can make a body area look better by selectively working it out and reducing the fat there—almost as tempting as a piece of pie or donut.



Unfortunately, it doesn't work that way.

Two research studies illustrate the point. A group of tennis players and a group of competitive arm wrestlers (i.e., those who disproportionately work out one side versus the other) were studied and, while they were found to have one arm that was *more developed* than the other, they did not have a "fat" and a "skinny" arm—both arms had an equal amount of fat on them. Another study had subjects exercise only their non-dominant arm over a 12-week period. MRI's revealed any subcutaneous fat loss they experienced was generalized and not confined to that one arm.

Your body has its own preferred body shape (for example, apple, pear, hourglass, rectangle and inverted triangle) and preferred places to store fat. If your body prefers to store fat around the middle and you lose fat after performing a bunch of abdominal exercises, it's not because you specifically worked your abdominals but because you burned more calories through increased overall activity. You could have just as easily gone for a vigorous walk or worked your leg muscles. Conversely, if your body tends to store fat around your hips, abdominal exercises (or other exercises) are less likely to reduce fat around your middle, at least initially. With consistent enough exercise, eventually your body will remove fat from the less preferred fat storage areas.

Cardiovascular exercise may be the most efficient at burning calories but building muscle through higher intensity interval training or resistance training may increase muscle mass and increase your resting metabolism (burn fat while you sit!!!). A pound of muscle burns more calories than a pound of fat.

While you can't reduce fat in a certain area by performing specific exercises, you will build muscle by selectively working it out (remember the tennis players and arm wrestlers). The overall amount of fat in your body may or may not change, but the muscles underneath it may contribute to a shape more to your liking.

If you're not sure how to begin exercising, come in for an evaluation or take advantage of our Therapeutic Fitness training options to work out safely.





## Health And Fitness

By Jenn Millen, PTA, ATC

### Flexibility With Your Approach To Stretching



Questions and confusion about regarding stretching. What type of stretching should I do? How long do I hold a stretch for? When should I stretch? The list goes on and on! So here it is - a quick synopsis of the do's and don'ts of stretching.

Here are the don'ts. You should never bounce when stretching. It has been found to cause more harm than good. Stretching should never be painful! So many people come in and say "you know it's that good stretch type of pain." A stretch should be gentle and you should only feel a mild pulling sensation. Otherwise, you could be causing harm to the muscle.

For the do's, a stretch should be done at the right time, performed properly and with a long enough hold. There are two types of stretching that are good for the body: static and dynamic stretching. Static stretching is the typical "stretching" (i.e., sustained hold) that everyone thinks of and dynamic stretching is actively moving through a comfortable range of motion in a variety of ways. To increase muscle flexibility, static stretching should be done following exercise and held for *at least* 20 seconds. That's 20 "Mississippi's!!" That doesn't mean count to 20 as fast as you can just to get through it. I usually tell patients to hold for 30 seconds just to make up for the varying speed of counting. If a stretch is not held for at least 20 seconds you have merely wasted your time and there has been no benefit to the muscle.

Research shows the best way to prepare for athletics/exercise is to perform a dynamic warm up before exercising, rather than static stretching (follow this [link for our recommended dynamic warmup](#)). This is not only for muscle flexibility, but it has been shown that *static stretching actually decreases muscle power and endurance* for a period of time, which is the opposite of what you want before exercising.

Hopefully this will help clear up some of the confusion that surrounds stretching! Any questions? Always feel free to contact us at [Family Physical Therapy Services!](#)



Ask our experts!  
Get **FREE** answers  
to your questions  
Call **644.8334**

## Open House At Our New and Improved 207 Meetinghouse Road Location

On Thursday June 22nd, we held our first open house to celebrate our new location and introduce our staff and services to health & wellness associates in the Bedford and greater Manchester areas.

Thanks to the entire staff: Heather, Effie, Tom, Jenn, Debbie, and Kaitlyn for making this a success. Special thanks to Deb Benton for her expertise in events: your attention to detail and making this enjoyable for all will not be forgotten! To all of my friends and colleagues in BNI and those we have met and formed relationships with in health & wellness, we thank you for your support! And, to all of our newfound associates, we look forward to forming new relationships and having the opportunity to serve you.

Special thanks to our past patients and those that have become our extended "family" at FPTS, without you and your support, we wouldn't be able to serve those in need for these past 26 years!

I am forever grateful for the opportunity to work with some amazing people, both in and out of my practice, and I look forward to continuing to serve you all.

Cathy



*Thank you!!*



# Family Physical Therapy Services, Inc.

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## 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

John Gorham

### Congratulations!!

John Gorham is our Patient of the Month!



Here's what John had to say: "After multiple years living with shoulder pain, I finally decided to try PT. Tom and staff provided an education in anatomy, stretching, and strengthening exercises. I feel 100% better, have no pain and look forward to using my shoulder again! Thank You."

GREAT JOB JOHN!!



### Ross A. Lurgio Info Corner

Jenn Millen, PTA, ATC

### Congratulations athletes!

Another school year has come and gone and so have the spring sports events. Congratulations to all the team participants for putting your best efforts forward. Remember to stay in shape over the summer and give Jenn a call or email her if you want any training tips to prepare for the fall sports programs.

If your child needs a screening or injury assessment, please feel free to Contact Jenn at: 644.8334 or email her at: [jmillen@familyptservices.com](mailto:jmillen@familyptservices.com)

## STOP Back, Buttock, & Leg Pain

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



**HeroHealers™**  
The Virtual Sciatica Solution

Powered by Family Physical Therapy Services  
Serving NH and Massachusetts

What you'll get immediately & for FREE:

- **FREE Personal One on One Call**
- Reliable **sciatica self- tests** to perform at home
- Report that identifies the **root cause of your pain**
- The FREE "**Sciatica -What You Need To Know**" Report

[Help Me Start Healing](#)

### Community Activities

Tom Fontana, PT, presented "Defend Your

Back" covering proper body mechanics for movement and sitting posture to staff at **Rivier University** on April 5<sup>th</sup>, and at **Talient Action Group** on April 13<sup>th</sup>.

If you are interested in learning more about programs we can offer **your** organization, please call us at **644.8334**.

### Community Partners

I'm excited to announce that we will be showcasing some

of our respected partners in the **Health & Wellness** fields in our upcoming issues. 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:



Share me with a friend!



Patients have the right to choose!