



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

November 2017 Newsletter

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From The Desk of Our Managing Director

Cathy J Leer, PT, MBA

5 Ways to Eliminate Excuses for Missing Physical Therapy



I know, everyone is busy! Patients miss their physical therapy all the time for a variety of reasons. But to get good results from therapy, you need to stick to the program. Here are 5 of the most common excuses for missing appointments, and how you can get around them and still follow your treatment regimen to achieve successful outcomes.

#1 Out of Town

If you discover that you must go out of town and need to reschedule, consider what this guy does to stay on track with his physical therapist.

“Hi, this is George Bernaki. I will be out of town next week. Please set up my appointments as telemedicine sessions. Thanks.”

When possible, switching an appointment to a telemedicine session can be easy and flexible to meet your schedule.

#2 Bad Weather

Weather and other things out of our control can raise havoc with our schedules and appointments.

“Hi this Pat Holland. I need to switch my therapy for tomorrow. There is supposed to be a blizzard, and I’d rather not drive in that.”

But rather than delay her therapy, Pat discovers, “Wow, I can set up the appointment instead as a telemedicine session? That’s great! Let’s do it.”

Most people are unaware that many treatment sessions can be done via telemedicine instead of only at the clinic. Check with your Physical Therapist.

#3 Waiting for the Cable Guy

We all have to wait at home for contractors and other vendors who will be delivering, installing, or maintaining equipment at the house. This can disrupt our schedule for the entire day.

Instead, be proactive. “Hi, this is Cathy Berman. Can I schedule my Thursday appointment for a telemedicine session? I have to wait for the cable guy to show up.” The objective should be to stay on track, so that your treatment schedule gets you back to your normal routine.

#4 Delayed by Work

If you are still working, work is a big part of your day. And the demands of your work can be unpredictable. “Hi, this is Bob Blunt. I am stuck at work again. Is it OK if I do my therapy as a telemedicine session from my office?”

(cont. on p.2)

Health & Wellness Educational Series

Coming in January!

New and Improved Educational Seminars!

Staying Healthy shouldn't break your bank!

You’ve spoken and we’ve listened! Beginning **January 4th, 2018**, we are launching our brand new educational series focused upon what matters most to you, our loyal customers.

We are in the midst of the open enrollment period for health insurance, and many of you have been exposed to and aware of the rising costs associated with health insurance and ultimately the cost of your overall healthcare. For that reason, we have chosen: “**Cost Saving Health Care Alternatives**” for our theme.

During the first quarter of 2018, we will have a variety of our most trusted health & wellness professionals speaking to you about how you, the consumer, can save money and enjoy good health by using their products or services.

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



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Hip Pain During Pregnancy



There are many aches and pains during pregnancy and hip pain is of them. Specifically, hip pain when moving around during the day or while sleeping.

Hip pain during the first trimester can be a result of our bodies adjusting to the increase in hormones. These hormones are necessary to relax our ligaments as our bodies prepare for carrying and delivering a baby. In the second trimester, pain from the round ligament (a ligament which runs from the sides of the uterus to the pubic bone on each side) is common and may cause hip, groin and/or abdominal pain. In the third trimester the body is preparing the body for labor, therefore soreness and pain are expected, especially on the side that the baby is resting. Lastly, as we gain weight throughout pregnancy, more pressure is placed on the sciatic nerve and can refer pain to your hips and legs.

Though these bodily changes are necessary and some can be debilitating, it doesn't mean that you MUST suffer. At any stage, I can help you cope with these changes through exercises and/or strategies to lessen the pain. Exercises to strengthen the core and leg muscles are beneficial. Learning how to use proper body mechanics while pregnant is also important. This also allows the joints to be in a supported position to prevent discomfort. Modifications to sleeping positions may also help lessen hip pain, especially since side lying is the preferred position after 3-4 months.

Pregnancy brings on many aches and pains that are normal but can also be concerning. If you have sharp, stabbing abdominal pains or severe cramping, you should always consult your provider. Even if you are unsure, a phone call to report your symptoms can be reassuring. Come in for a free screen or an evaluation if you or your doctor feel you have pains that could benefit from physical therapy.



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Every Body Needs A Hero

Powered by Family Physical Therapy Services
Serving NH and Massachusetts

(cont. from p.1) #5 Limited Time

Depending on our responsibilities, many of us have a narrow window for fitting in medical appointments.

“Hi, this is Bonny Smith. I only have 45 minutes for lunch today, can I schedule a telemedicine session instead of going to the clinic?” The answer for Bonny is that it may only take a phone call to change the appointment from an appointment at the clinic, which requires travel time, to a telemedicine treatment which only requires access to a computer and the Internet.

Summary

9 out of 10 business professionals have busy schedules that prevent them from following necessary treatment at a clinic. And most of us don't like travelling in inclement weather. Telemedicine offers the flexibility to schedule treatments that can be done at your office or home.

For further information about **Hero Healers Telemedicine**, call us today. **603.644.8334**

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Bursa Your Bubble

Pain on the outside of the hip can be a frustrating condition for both patients and physical therapists. Frustrating for patients because almost any weight-bearing activity can be painful and limiting. Frustrating for physical therapists because it can be difficult to determine where the pain is coming from and recovery time may be lengthy.



The trochanteric bursa (a pressure-relieving fluid filled sac located behind the bone on the outside of your hip) was long assumed to be the culprit, but a 2015 research review found that in two studies only 8% and 20% of subjects believed to have trochanteric bursitis actually had an inflamed bursa! So, though bursitis could still be the primary cause in 10-20% of cases, the primary cause of lateral hip pain is believed to be gluteal tendinopathy (degrading of the tendon that connects to the bone).

Risk factors include being a female over the age of 40, and having “knock knees” or a “pear-shaped” body type.

Try this simple test to see if you may have gluteal tendinopathy (note: do not try this if your pain was after a major trauma, such as a fall or accident, or if you feel that your leg won't support you):

Stand on one leg (the side that is bothersome) and make sure your hips remain level. Hold for 30 seconds or until painful. It is OK to use your fingertips for light support/balance. If you have pain on the outside of your hip before the 30-second mark, the odds are quite good that your gluteal tendons are involved in some way (i.e., tendonitis or a tear of some kind).

If so, there are some easy activity modifications you can perform to ease the strain on the tendon in this region. When sitting, position your knees slightly apart so the muscles on the side and back of your hips avoid getting stretched. When sleeping—if you're a side sleeper—sleep on the painless side with one or more pillows between your knees, or sleep on your back with a pillow under your knees. When standing, avoid one-legged standing on the painful leg or mindlessly standing with your weight shifted to that side.

If your symptoms don't get better, come in and see us so we can figure out the cause and get you better!



Hero Healers: Every Body Needs A Hero

By Cathy J Leer, PT, MBA

Ask-A-P.T.: Your Therapist Has The Answers



Q: How do I know if my mother is at risk of falling and possibly breaking her hip or something worse?

A: Here are three simple questions and a few screening tests that you can do at home that will give you your answer.

1. Do you feel unsteady when standing or walking?
2. Do you worry about falling?
3. Have you fallen in the past year?

If she answered YES to any of these questions, she is considered to be at an **increased risk of falling** and further assessment is recommended.

If she answered NO, that's great! But, if she was not sure or not totally honest with you, how do you know how good her balance really is? Has it ever been tested? If not, then here's your chance. Have her complete the three self-screening tests below to see where she stands. (If you are concerned, it's probably a good idea to be close by just in case she needs your assistance—safety is key.)

Self Screening Tests for Home:

1. Stand on one leg with eyes open (image 1)

Stand at your kitchen counter, place your hands on the counter and bend one leg up at the knee, putting your weight on the other leg. Once you feel balanced, hover your hands over the counter and balance for as long as you can. Try to avoid swaying your body or moving your arms. If you start losing your balance, put your hands back down on the counter or put your other leg down. The goal is to balance for 30 seconds on EACH leg.

2. Stand on one leg with eyes closed (image 2)

Follow the same instructions as above. Once you are balancing on one leg, close your eyes and hold for as long as you can. The goal is to balance for 30 seconds on EACH leg.

3. Tandem or staggered walking (images 3 & 4)

Stand next to your kitchen counter. Keep one hand on the counter while you position one foot in front of the other, heel lining up with toe. Repeat this with the other foot to see if you can walk heel-to-toe for 10 steps without needing to hold on to the counter.

If you can't do all of the above, then your balance could use some improvement.



Image 1

Image 2

Image 3

Image 4



Health And Fitness

By Jenn Millen, PTA, ATC

Persistent Deep Hip Pain – Femoroacetabular Impingement



Do you have a groin strain that just won't heal? Then you may actually have something called **femoroacetabular impingement (FAI)**. FAI is a condition that can occur after a minor trauma and will present similarly to a strain of the muscles in your groin. First it will feel like a **dull ache which can be accompanied by a sharp, popping and/or catching sensation.**

This condition occurs due to a mismatch between the ball and socket in the joint of the hip. If the "ball" part of the joint (i.e., femoral head) is large and ends up being jammed into the socket (i.e., acetabulum of the pelvis), then it can impinge upon (pinch) the cartilage lining, possibly tearing it. FAI can also be caused if there are "bumps" on the "ball" part of the hip joint which can cause friction.

These mismatches may be quite prevalent in the general population however they may not have any symptoms. It is much more typical for symptoms to develop in the active population.

A study done in 2012 found that 90% of the 125 athletes they looked at had findings in their hip consistent with FAI. This statistic is a large reason why the athletic population should be screened for conditions like these. There may be a mismatch they are unaware of – unless they are properly screened. Knowing whether you have this or not can be extremely helpful in avoiding further injury.

Research has shown that an active treatment plan, focusing on exercises for mobility, flexibility and strengthening; along with balance work; are the best to treat your immediate symptoms of FAI and reduce your chances of having pain in the future. If you think you may have this condition feel free to contact us at Family Physical Therapy for help!

Have a question?

Ask-A-P.T.

Call

603.644.8334

Helping Hands Honoree

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

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

HEALTH & WELLNESS EDUCATIONAL SEMINARS

UPCOMING SPEAKERS

Featured Speaker: Cathy J Leer, PT, MBA
Telemedicine

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

Featured Speaker: Paul Collins
Epigenetics

Turning good genes on and bad genes off. How Reliv products and supplements can return you to good health, and keep you there, saving you from unnecessary doctor visits.

Featured Speaker: Jenn Millen, PTA, ATC
Balance and Fall Prevention In The Elderly

Falls lead the way in fatal and nonfatal injuries in the elderly. Proper balance training and precautions can help. Learn how physical therapy can prevent injuries in your loved ones and save thousands of dollars in hospital bills associated with fall related injuries.

Featured Speaker: Sonya Lyn
Life and Strategic Intervention Coaching

Overcoming unhealthy pasts and relationships can lead to a healthier mind, body, and spirit.

Featured Speaker: Lindsey Grant
Choice Fitness

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

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

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

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Bedford & Chichester

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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

Valerie Weber

CONGRATULATIONS VALERIE!

Valerie is our patient of the month. This is what she had to



say: "Effie has been absolutely fantastic! I started coming to her when I was about 5 months pregnant, and **my hip pain was so bad I could barely walk**. She gave me lots of helpful stretches to do, and **explained how pregnancy affects your ligaments**. It was nice to know I was not alone! I continued seeing her after my pregnancy to work on some lingering hip and back pain, and **she has been so helpful with stretches and information on proper body mechanics**. I'm going to miss her."

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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.

Happy Thanksgiving and Merry Christmas!

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



Hero Healers: Every Body Needs A Hero HELP SOMEONE YOU LOVE

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

Insurance premiums are on the rise again and your out-of-pocket expenses are sure to rise as well. That means it's even more important to get the best value for your healthcare dollars.

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 Tele-medicine 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

On November 1st, Tom presented "Balance and Injury

Prevention" at Rivier University in Nashua and participated in the Wellness Fair for Merrimack Mortgage in Manchester.

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

Here are a few of our newest businesses and practitioners in the area that we know, like, and trust, and feel confident will continue to provide that same level of service and commitment to you. Our list keeps on growing, so please visit our website for a full listing.

our website for a full listing.



Share me with a friend!



Patients have the right to choose!