



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

October 2017 Newsletter

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From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA

Hero Healers Offers Telemedicine For All!



Earlier this year, we launched *Hero Healers: The Sciatica Solution For Men*. Last month, we were asked by our patients if we could open Hero Healers to all therapies, not just sciatica., What a GREAT idea!!! So, we are rebranding this service to

“Hero Healers: Every Body Needs a Hero.”

Now, not only will we be offering telemedicine for our sciatica solution for both men and women, we will be offering our telemedicine **solution for all musculo-skeletal (muscles and bones) problems that we see in traditional physical therapy settings**. Shoulders, knees, hips, ankles, necks and backs, you name it, our professionals will be there for you!

Because we are committed to provide you with the most comprehensive services possible, this program has become a reality. We value your time and your money, and we want you to live life to its fullest.

With telemedicine, or in this case, “telerehabilitation”, you will be able to access **your PT professionals from anywhere that you would like**, as long as you have an internet connection. You’ll no longer have to miss an appointment because of an important business meeting, a child’s game, a scheduling conflict or because you will be out of town. Hazardous traveling is no longer an issue, so you can stay safely at home while the streets are cleared and the (cont. on p 2)



New time!

**October 19th
and October 26th!**
5:30-6:30 PM

**FREE
EDUCATIONAL SERIES**

Your Mood & Food: Ways to Help Deal with Seasonal Challenges.
October 19th, 2017 - 5:30-6:30 PM



Julie A. Izsak, MEd, RD, LD

Julie is a registered and licensed dietitian with 25 years of experience providing nutrition education for weight management, digestive/gastrointestinal disorders, food allergies & intolerances, autoimmune disorders, heart health and general nutrition. Completing her internship at Boston Children's Hospital, she holds a B.S. in Dietetics and a Master's Degree in Nutrition Education.

Why Does My Kneecap Hurt?
October 26, 2017



Tom Fontana, MSPT

There are many causes of knee pain, but how can a puny bone like your kneecap be the source of so much pain? Come find out about patella tendonitis (jumper's knee) and patellofemoral syndrome and ways you can prevent them from occurring or help yourself if they've already begun.

Health & Wellness Educational Series

FREE—Every Thursday educational seminars

October 19th 5:30-6:30 PM Featured speaker: [Julie A. Izsak](#), MEd, RD, LD will be addressing how you can positively influence Vitamin D deficiency and Seasonal Affect Disorder. If you get moody, depressed, or tend to fly off the handle during the darkest days of winter, you can't miss this FREE seminar. If you'd like to learn how to tame the beast, please join us!



On **October 26th**, join [Tom Fontana](#), MSPT when he will present “Why Does My Kneecap Hurt?”. **November 2nd**, [Sara Dlubac](#), LMT will discuss Therapeutic Massage, and may even offer a chair massage to attendees! **November 9th** brings up our own [Jenn Millen](#), PTA, ATC, who will discuss Balance and Fall Prevention in the Elderly.

Check our [FB event page](#) for more details including **new times!!**



HeroHealers™

Every Body Needs A Hero

Powered by Family Physical Therapy Services
Serving NH and Massachusetts



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Time To Decorate



It's officially Fall! For me it means it's time to decorate my front door with pumpkins, bales of straw, mums and scarecrows. My children get very excited to see all of it because to them it means Hal-

loween is near. For me, it means looking for the crates and scarecrows, and picking up the rest. All this decorating means there is a lot of lifting, bending and reaching!

At the store, I pick out the mums and bales of straw. Although these are lightweight, I keep my back straight by **hinging from my hips** to pick them up. Then, I look to buy one of the largest pumpkins where it's even more important to watch my posture. Again, I use the **body mechanics** above to lift one out of the bin properly and place it into my cart. Keeping my back straight, abdominals braced, and knees bent, I find the biggest one. But it doesn't stop there. I must then place them into my trunk and then bring them to my front steps.

My boys like to help with scarecrow placement, so they run around the yard pointing to where my husband will stake into the ground. I supervise, making sure he is not bending at his back. Lastly, a few smaller pumpkins decorate the edge of the stone wall, which is the boys' favorite part because they get to do it.

At the end of the season I like to recycle, so I plant the mums in the ground, making sure to cover them with enough mulch to survive the winter. The planting, digging, bending, and reaching associated with the season must all be done carefully to avoid aggravating my back, which can be a challenge. It can be quite a little workout, especially if people are not used to lifting. Such a fun, yet simple task, could land you in PT. **Be sure to keep your back straight by hinging from your hips, brace your abdominals and use your legs to get objects to, and from, the ground. Follow these tips to keep you safe year-round.**

(cont. from p 1) parking lots adequately salted or sanded. Whatever mother nature throws at you, you won't have to worry about navigating the slick roads to get to therapy. Telemedicine brings treatment to you.

Parity laws in our state mandates that your health insurance provider reimburse for these services in the same manner they would if you received treatment in the office. So, if you are lucky enough to have health insurance coverage, we have you covered! If you don't have insurance, or if your benefits aren't the greatest, we have plans that will meet your needs and will provide you access to the treatment and professional guidance that you need...and deserve. At prices that are affordable.

If telemedicine interests you, give us a call!

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Being Scared May Be Good For Halloween But Not For Pain



Two years ago, while trick-or-treating, an adult dressed as a zombie jumped out from behind a bush and scared my daughter half to death (she is still traumatized to this day...). As scary as this would have been in any circumstance,

the fact that it occurred at night on Halloween when she was already on the lookout for scary things likely influenced the size of her response. Had it occurred on a random sunny afternoon in July, it would have been less scary.

Similarly, **when people are "on the lookout" for changes in their pain this influences their experience of it, generally in the form of increased severity.** If maintained over a long enough period, this can lead to long-term changes to how pain is perceived (i.e., chronic pain) and the precise physiological (hormonal?) and anatomical (brain?) mechanisms are areas of intense research.

While one of the first questions we typically ask each session is, "How is your pain?" we don't want people overly focused on it.

Fortunately, there are several strategies you can use to limit the adverse effects of focusing on, or worrying about, your pain all of which are free, easy to understand, and most without disrupting your schedule.

First, it is important to **focus on the things that you enjoy doing and continue doing them.** The time you spend doing something you love not only produces good physiological effects but also means less time for concentrating on your pain and producing negative effects. The same holds true for continuing to **spend time with the people you love.** There may be some activities you can't perform or times when you don't want to be around others due to pain and occasionally limiting these makes sense. But, routinely withdrawing will likely contribute to the pain worsening over time.

Actively pursuing relaxation techniques may be helpful as well. Try closing your eyes and visualizing a time or place where you are most happy or at peace. Alternatively, **take moderately deep breaths** in through your nose (over two seconds) and then blow out slowly through pursed lips (over a 5-6 second count). This will slow down your breathing rate, which is associated with calm states, rather than quick, short breaths associated with stressful/anxious states. Perform each (or both together!) for as long as necessary to "take you away."

Fortunately, **the human body is blessed with an enormous capacity to heal (though sometimes doctors and physical therapists are needed to help things along).** **Though pain is never a treat, don't let it trick you into making it worse than it is.**



Hero Healers: Every Body Needs A Hero

By Cathy J Leer, PT, MBA

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

When I read the news piece below, I fluctuated between anger and hopelessness, but in the end, went with anger!

I'm **ANGRY** at what has become of the medical system that was once the envy of the world.

I'm **ANGRY** that so many middle class Americans won't be able to afford health insurance.

I'm **ANGRY** that Washington can't figure this out!

I'm **ANGRY** that Washington got involved in the first place!

And I'm **ANGRY** that there's a lot of complaining and little action to solve it!

I happen to be one of those people who will be affected by this increase and there is a good likelihood that many of my patients will be affected by this as well. 26 years ago, I built my practice on the belief that our patients come first and that they deserve the absolute best service that we can provide. I feel so strongly about providing solutions for our patients to help self-manage their issues that I've come up with at least one tool that I hope will provide some benefit to those who are affected by the rising cost of healthcare and the ever-increasing difficulty with affordable access. It's called **Ask-A-P.T.**

Ask-A-P.T. will be where anyone who has a question about the musculoskeletal system (muscles and bones of the body) can get some answers. Consider these common questions I hear:

- Someone in my family is hurt and I don't know if I should get it checked out
- Woke up in pain and not sure if it's serious
- Not sure whether to use ice or heat
- How high should I elevate the limb
- How long should I ice
- Will I need physical therapy
- Can I return to sports
- Should I see a doctor
- What's better, aspirin, Tylenol or ibuprofen
- How much will it cost me to get treatment
- How long will it take for me to recover

WORST WEEK
INDIVIDUAL HEALTHCARE MARKET SHOPPERS
 According to an analyst hired by the state to study insurance market trends, premiums for unsubsidized coverage in the individual market will experience an average increase of 52 percent in 2018. The report, prepared by Bela Gorman of Gorman Actuarial for the New Hampshire Premium Assistance Program Commission, found that people who qualify for subsidized coverage will see no change or possibly a decrease in their rates. But those who do not get insurance from employers or discounted by the government could see their prices spike significantly. According to the report, there are about 25,100 people in that market in New Hampshire. Of those, 15,300 are getting insurance through the Healthcare.gov exchange, while 8,900 do not.

Ask-A-P.T. is part of our Hero Healer offerings and is designed to provide knowledge and information that will ease your mind when you don't know where or to whom to turn. These are but a few of the possible questions that can be answered by our staff of professionals.

Just imagine how much **time it could save you** if you knew exactly what to do to help the child that got hurt in the game. Or the **comfort that it could provide** your elderly parent knowing that they could get answers without having to bother or burden you one more time. How about knowing **in advance** if recovery was going to take long, or that icing can help a recent injury from developing problems that can slow down healing. Would this information be of help to you?

If you or a loved one could benefit from answers at your fingertips, from extra time not spent waiting in doctors' offices, emergency rooms, or long-awaited appointments, would that be of interest to you? Would you like to know more?

Keep checking our FB page and our web-sites for additional details on this exciting new program that can save you time, money, and give you and your loved ones peace of mind, especially if you are being affected by exorbitant health insurance premiums, high co-pays and sky rocketing deductibles.

Even if you aren't, **this service will help provide you with the knowledge and the power to make informed decisions that will impact the health and well-being of your loved ones, and that in itself is an amazing value!**

Ask-A-P.T....Coming soon! Want to learn more? Call me personally at: 603.325.5123. Ask for Cathy!



Health And Fitness

By Jenn Millen, PTA, ATC

Maximize Autumn By Minimizing Falls



Falls are one of the leading causes of fatal and nonfatal injuries in those over the age of 65. Just one fall can lead to injury, impaired function, loss of confidence in everyday activities, loss of independence and even death. **People of all ages can prevent falls by working on their balance, strength, reaction time and flexibility.**

Besides maximizing your physical abilities, remaining upright is also about **limiting risk factors**. There are risk factors outside the home that contribute to falls that are more about managing than preventing. With the fall weather the ground is going to get slick with leaves and eventually we need to be on the lookout for snow and ice in winter. If you're not confident in your ability to keep walkways clear, hire someone as it will be well worth it.

Inside the home, **reduce the risk of falls by making easy changes like removing trip or slip hazards such as throw rugs, knick-knacks or clutter on the floor or stairs**, etc. Also, **make sure the lighting is adequate** to see where you are going and what may be in your path. **Keep frequently used items where they are easy to reach** to avoid having to bend/lean to pick them up. Keep the furniture spaced out so you have **plenty of room to walk freely**. Sometimes it can be difficult to see what could potentially be dangerous in your own home. Invite a friend or family member over to take a second look to see if they notice something you may not have that could be a potential fall hazard.

If you are fearful of falling, **physical therapy can be helpful in helping your confidence and to prevent falls**. Working on your balance, strength, reaction time and flexibility can greatly decrease your risk of falling. In fact, **a program developed to decrease falls in the elderly was shown to decrease falls by 58%**! If you're worried about your ability to avoid falling, get started today before the really nasty weather hits. Give us a call for an evaluation to ease your fears!

Helping Hands Honoree

This month we are honoring **Lindsey Grant** as our **Helping Hands Honoree**. As our **Triple H** winner, Lindsey has demonstrated her unending concern and care for her clients at [Choice Fitness](#). With their wellbeing in mind, she is able to work collaboratively with her clients to make sure that they are exercising safely and seeking medical attention when the need arises. We are thrilled to be working with Lindsey and her entire staff at Choice Fitness in Bedford in our hopes to maximize recovery and performance! Thank you [Lindsey!!](#)

HEALTH & WELLNESS EDUCATIONAL SEMINARS

UPCOMING SCHEDULE

OCTOBER 19TH, 2017

Your Mood & Food: Ways To Deal With Seasonal Challenges

Featured Speaker: Julie A. Izsak, MEd, RD, LD

Is your mood as dark as winter days? Are you affected by Seasonal Affect Disorder? Join Julie and learn what foods will get you and your loved ones through the darkest days of winter in a better mood and better frame of mind.

OCTOBER 26th, 2017

Why Does My Kneecap Hurt?

Featured Speaker: Tom Fontana, MSPT

Our clinical staff director discusses two common knee problems, jumper's knee and patellofemoral syndrome. Learn what you can do about them to help the ones you love.

NOVEMBER 2nd, 2017

Massage Therapy

Featured Speaker: Sara Dlubac, LMT

A trusted colleague and owner of 5 star rated La Belle Vie Therapeutic Massage, Sara will discuss how massage can help heal you spiritually, mentally and physically.

NOVEMBER 9TH, 2017

Balance and Fall Prevention In The Elderly

Featured Speaker: Jenn Millen, PTA, ATC

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.

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



HeroHealers
Every Body Needs A Hero

Ask-A-P.T.:

Your Physical Therapist has The Answers

FREE INJURY SCREENING

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



Family Physical Therapy Services

Bedford & Chichester

603.644.8334 - Info@familyptservices.com - www.familyptservices.com

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





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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

Martha Rouillard

I have my independence back!



"When I first started at FPTS, I could not go up a curb without holding on, lost my independence, and was afraid to go out by myself for fear of falling. After about 3 months of PT and doing my exercises at home, I am walking better and even doing curbs on my own. I have my confidence and independence back which I never want to go back. I learned an awful lot. Jenn even gave me exercises to do in the pool in Florida. Jenn got me through a very bad time in my life!"

Great job Jenn, and CONGRATULATIONS for a job well done Martha!



Ross A. Lurgio Info Corner

Jenn Millen, PTA, ATC

GO LIONS!!

Can you believe it?! The end of the season is here!

All of us at Family Physical Therapy Services wish each and every one of you a successful and safe playoff season

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, 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

RECENT CALENDAR

On August 15th, Tom presented "Balance and Injury Prevention" at Merrimack Mortgage in Manchester and on September 7th, "Hip Strengthening vs. Running Injuries" at Runner's Alley in Manchester. On October 18th you can find us at the School Care 6th Annual Wellness Retreat, at the executive Court Banquet Facility in Manchester. Come check us out or stop in at our vendor booth.

Community Partners

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. Our list keeps on growing, so please visit our website for a full listing. These are our newest!



Share me with a friend!



Patients have the right to choose!