



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

September 2017

Newsletter

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Like us on Facebook



www.facebook.com/familyphysicaltherapyservices/



Overuse Injuries and Burnout in Adolescents
September 28, 2017



Jenn Millen, PTA, ATC
As a certified athletic trainer and physical therapist assistant, Jenn is an EXPERT on athletic injuries and methods to help protect against them. Join her and learn how to protect against overuse and burnout in adolescent sporting activities.

What's Next After Physical Therapy and How You Can Get Back To Your A Game
October 5, 2017 - 12-1 PM



Lindsey Grant, Fitness Director
Maximize your return to sport following an injury or surgery. As a certified Fitness Instructor and Director of Fitness at Choice Fitness in Bedford, Lindsey is going to address the importance of personalized training when physical therapy benefits are limited, or run out.

From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA

You've Spoken And We've Listened!



Hero Healers: The Virtual Sciatica Solution is more than just sciatica. That's why we are changing our program and our branding! There are **millions of people out there suffering from a variety of injuries, aches, or pains that they need answers to and can't get.** They may have geographical limitations, mobility issues, language barriers, communication issues because of age, cognitive barriers, or even health insurance concerns. The list goes on, but the same problems exist: where and how to find the answers.

[Hero Healers: Every Body Needs A Hero...](#) can help!

When You're the Patient

As a patient, or the one that is experiencing pain or symptoms of an injury or ailment, you often don't know where to go or who to ask. You don't know how badly you are hurt and you are unsure whether you should go to the emergency room, schedule an appointment with your PCP, or just tough it out. And more often than not, you just can't afford to do any of the above because you don't have insurance or your deductible or co-pay is just too high. So instead of getting the answers that you need, you just try to ignore it. Unfortunately, it may not be that easy. (cont. p3)

Health & Wellness Educational Series

Every Thursday
Noon to 1 PM

FREE educational seminars on a variety of health & wellness topics. Our next two events will feature Jenn Millen, PTA, ATC on September 28th and Lindsey Grant, Fitness Director with Choice Fitness in Bedford on October 5th

Jenn brings 8 years of experience to FPTS and holds certifications in Healthcare Provider CPR, AED, and Heartsaver First Aid from the American Heart Association. Her certification as an ATC, in combination with her Physical Therapist Assistant degree, puts her in a perfect position to combine these two areas of expertise which makes her an expert at athletic injuries and rehabilitation. She works closely on-site at Ross A. Lurgio Middle School in Bedford to assist their student athletes as well as the general student, staff, and teacher populations. Her previous work at the Groton School makes her particularly proficient at working with sports related injuries on youths and teens.

Lindsey Grant is the Director of Choice Fitness located down the road in Bedford, NH. Lindsey graduated from Colby-Sawyer with her degree in Exercise Science and went on to become a Certified Exercise Physiologist (CEP) through ACSM. Lindsey works with clients having controlled diseases and helps to devise appropriate exercise prescriptions for clients of all ages and abilities. Join her to learn how you can get back to daily activities and sports through exercise and proper stretching.

Check our [FB page](#) for future presentations and please post comments to request certain topics! We are here to serve you!



HeroHealers™

Every Body Needs A Hero

Powered by Family Physical Therapy Services

Serving NH and Massachusetts



Pre & Postnatal Info Corner

By Effie Koustas, MPT

I Sprained My Ankle...Again!

As the seasons change, new beginnings are underway. Children are back to school, fall sports and routines resume therefore allowing you to get back on track. Until an injury sets you back. No one plans for an injury or onset of pain, swelling and limitations. Although ankle sprains are very common, they are still a hindrance and can get in the way, as any injury can.

I had already chosen to write an article on ankle sprains this month; however, I didn't anticipate experiencing one first hand! Last night, I rolled my ankle in as I stood up to put the baby back to bed. Again, that wasn't part of the plan, especially in the middle of the night. After putting the baby back in her crib, I took an over-the-counter ibuprofen, applied ice and went back to bed.

The next morning, my ankle was stiff and slightly swollen, but tolerable enough to walk on unassisted. Ascending and descending stairs was by far the most limited activity and slowed me down. Otherwise, I was able to continue about my day caring for my children. As a PT, I know what to do: rest (not an option when you are a mom), ice, elevate and compress. I did the best I could, given the circumstances. I continued with ibuprofen as needed, performed range of motion exercises and soft tissue massage. After putting the kids to bed, I elevated and iced my foot.

At the clinic, I added ultrasound and the laser to help with decreasing inflammation and stimulating healing, followed by soft tissue massage. Range of motion exercises, strengthening and stretching are also part of the treatment plan, along with balancing exercises and use of the BAPS board for improving control and proprioception (knowing where your body is in space). These are particularly important as I will be at increased risk for spraining it again without it. Especially with this being my second ankle sprain, it may take a little longer to heal but I expect to make a full recovery. If you have sprained your ankle and are wondering what you should or shouldn't do, then schedule an evaluation with one of us. Being educated about your diagnosis can help speed up the recovery process.



From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Heed And Heal Your Hurting Heel—

Plantar Fasciitis

Though the nice summer weather often leads to increased activity (e.g., hiking, pick up games, etc.), it is often a time of more "leisurely" pursuits and people get away from their usual, structured exercise routines. With the start of the school year, the life of leisure gets left behind and people return to their routines such as school or organized league sports, or resuming a jogging program.



If you took the summer off and try to return at the level you remember in the spring, you may experience your fair share of soreness as muscles and joints react to unfamiliar stresses, or you may actually injure something that was ill-prepared for the new demands. This often occurs in the plantar fascia (arch) of the foot.

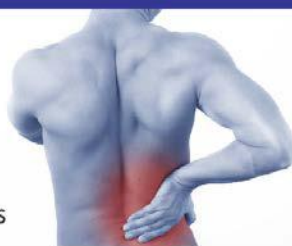
A cardinal sign of fasciitis is pain 1st thing upon putting your feet on the floor each morning, which improves after several steps or as the day goes on. The pain may then return by the end of the day after prolonged weight-bearing. To the touch, pain is felt at the middle to far end of the heel (toward the arch) and perhaps the arch itself but without any complaints of numbness or tingling.

There are several things to try on your own: ice the foot for 10 minutes at the end of each day. Use non-steroidal anti-inflammatories (if these are safe for you to use) such as Advil or Aleve. Buy a new pair of shoes if the ones you have been using are old. Buy shoes with more cushion if you seem sensitive immediately to weight-bearing; buy ones with stiff soles (difficult to twist in your hands) and slightly more arch (or an over-the-counter arch support) if you are mainly bothered with prolonged or frequent walking over the course of a day. You may especially benefit from an arch support if you are having to wear cleats, which are known for offering little to no arch support. Because cleats are narrow, most over-the-counter arch supports won't fit but we sell a narrower orthotic that fits most cleats.

If these don't resolve your issue, you likely need professional help. As physical therapists, we work to calm acutely inflamed tissue ("fasci-itis") or stimulate the healing response in chronically degenerated tissue ("fasci-osis") through modalities or soft-tissue mobilization, educate patients on ways to relieve stresses on the tissue (through rest or footwear recommendations), and address biomechanical inefficiencies (e.g., tight, weak, or stiff tissues; scar tissue).

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

Helping Hands Honoree

This month we are honoring **Frank L.** as our **Helping Hands Honoree**.

As our **Triple H** winner, Frank 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](#)! Without the help of our trusted past and present patients, we wouldn't be able to continue serving so many people in need!

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

(cont. from p1) You may be having so much pain that you can't concentrate or do your job properly. You may not want to burden a loved one or put them out, but you don't know what's causing the pain and you're afraid that it may be something serious. You also know that you should get it checked, but you're afraid of bothering your loved one, or if you take time off from work, your boss or co-workers will be upset or will suffer without you.

You also may be concerned because you don't have any more paid sick days available and you can't afford to take time off and pay for medical bills out of pocket with the high deductibles and copays. If your family relies on your income and you miss work, lose pay, AND have high and unwanted medical bills, you're worried about supporting your family. You don't know what to do and you're probably wondering "why is this happening to me" and "will I have to live with this for the rest of my life"...or worse.

Moreover, you're praying that you'll be able to get through the day because if you don't, you don't know what you will do. You're frightened, frustrated, discouraged, and just plain exhausted and you don't know which way to turn. So, if this sounds familiar to you and you want to:

- Reduce the fears, worries and anxieties of not knowing how to get help,
- Minimize your reliance on a loved one to help you,
- Identify what you have and the next steps to take to get care from the comfort of your own home and minimize the chances of developing secondary issues or problems, or
- Get back to doing the things you need to do and with the ones you love.

Hero Healers can help!

When You're the Care Giver or Family Member

But what if it's not you with the problem? What if you are a caregiver or family member of someone who has been injured or is in pain. You may be the mother, wife, daughter, friend, father, son or significant other of someone who is in pain and suffering. Whether

it is a simple turn of an ankle, a slip and fall, or a week-end warrior project gone bad, or something more serious, you may be afraid of not being able to help, or worried that something serious is going on and you're not sure who to turn to or where to get the support and answers you need most, right now.

In serious or more involved situations you may also be trying to keep up with your own responsibilities and spending more time on helping your loved one do theirs. Your fears and worries are keeping you up at night and you're exhausted both physically and emotionally. You're frazzled, run down, and you're falling apart. To top it off, you feel like you have failed someone you love.

Although you thought you had it together, as a family member or caregiver you may find that your lack of knowledge about the medical field and insurance is proving to be frustrating. You don't know where to turn or where to find the answers. You don't have the time or the energy to do your own job, get your own things done, let alone someone else's and find the answers and provide the care that they need. You need more hours in the day than 24! All you want is to:

- Find help for the one you love and care about,
- Relieve the stress and burdens of care giving and not knowing what to do, or
- Relieve the fears, concerns and worries that treatment needs to be involved or expensive.

Hero Healers can help with these concerns too.

Hero Healers Can Answer Your Questions

Hero Healers has answers, and it is easy to use! If you'd like to know more, we'd be happy to spend a moment with you to answer your questions. After all, not only is your loved one **your** hero that needs help, you are their hero and we can help you be that hero that helps them find answers and relief from their fears, worries, and ultimately their pain.

As Ronald Reagan once said: "We can't help everyone, but everyone can help someone". Go ahead. Check us out. Help someone in need and be a Hero Healer.

Contact me personally at: cjleer@herohealers.com or call 603.346.4906. Ask for Cathy. I'd be happy to help.



Health And Fitness

By Jenn Millen, PTA, ATC

IT Band Syndrome

Iliotibial Band Syndrome



If you have pain along the outside of your knee then you may have Iliotibial (IT) Band Syndrome. IT Band Syndrome is an overuse injury that is most commonly found in runners, hikers and bicyclists. The IT Band is a broad connective tissue that runs along the outside of your thigh – starting at the muscles in your hip and ending right below the knee joint.

This is a neglected tissue with the athletic population and can be somewhat difficult to stretch. However, when it gets tight, it can rub against the outside of the thigh bone by the knee causing inflammation and irritation, leading to IT Band Syndrome. Other causes of IT Band Syndrome can be running on a sloped surface, your legs not being the same length or running in shoes with a lot of wear on the outside of the heel.

Some of the main symptoms of this overuse injury will be pain on the outside of the knee, especially when your heel hits the ground during running and/or walking. You may also experience pain as you go up or down stairs.

Treatment of IT Band Syndrome will usually consist of stretching, strengthening the muscles in the hips, modifying activity and reducing the inflammation. In order to prevent IT Band Syndrome and other overuse injuries proper footwear, adequate stretching and avoiding training mistakes is important. If you think you may have IT Band Syndrome or want to learn more please feel free to contact us at [Family Physical Therapy Services!](#) 603.644.8334



Health And Wellness Guest Article

By Paul Mosier, MAOM, L.Ac, CCH

Connecting Mind and Body



- Do you find you're tense all the time and can't seem to relax?
- Does your mind keep you up at night, or keep you from focusing on your job?
- Are you feeling too many aches & pains of age, or having chronic pain?

Come learn how you can use meditation and mindful movement to help enrich your life!

We are hosting a group of people just like you, to help you enjoy reconnecting with a peaceful mind and a relaxed, stress-free body.

Our **four week program** will explore the [benefits of meditation](#) and encourage practice of it in ways that can help quiet the mind.

As each **1-hour class** develops we'll have a chance to practice the Chinese [art of qigong](#) – a gentle mind-body exercise that encourages vibrant health.

At the end of the course you will have newfound tools to help you continue to live a full, more self-empowered life.

Where & When



This program is suitable for adults of any age and health condition. We will be meeting at [Amherst Wellness Center](#): 17 Old Nashua Rd, Amherst NH 03031.

We will be meeting for one hour once a week, for four weeks. Our first meeting will be **Thursday October 12th, at 6:00 PM.**

Register

The total investment in yourself for this program is \$200.

Attendance is limited. Register today [by going to our events page!](#)

For more info, please visit [Amherst Wellness Center](#).

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.

HEALTH & WELLNESS EDUCATIONAL SEMINARS

UPCOMING SCHEDULE

SEPTEMBER 28, 2017

Overuse Injuries And Burnout In Adolescents

Featured Speaker: Jenn Millen, PTA, ATC

Did you know that by the age of fifteen, 70-80% of children are no longer involved with sports and 50% of injuries seen in doctor's offices are due to overuse? These are PREVENTABLE...Learn how!

OCTOBER 5, 2017

What's Next After Physical Therapy and How You Can Get Back To Your "A" Game

Featured Speaker: Lindsey Grant, Fitness Director

Choice Fitness in Bedford, NH specializes in personal results based fitness counseling, and can help continue your recovery after your physical therapy benefits run out. Learn how!

OCTOBER 12, 2017

Diastasis Recti. What Is It And What Can You Do About It...

Featured Speaker: Effie Koustas, MSPT

Diastasis Rectus Abdominis (DRA) is a separation along the abdominal muscles and can happen in 66% of women in the third trimester, but also seen 8 weeks after delivery in 30% of women. Whether you have just had your first baby, or your youngest is 20 years old, physical therapy can help.

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

Pat Sullivan

I have my life back again!



"I have had planter fasciitis for quite along time. I **have not been able to take walks, dance or do my music job pain free for more than a year.** Thanks to Tom's great patient help, I feel I **HAVE MY LIFE BACK AGAIN!** I am now pain free and very happy. Tom has helped me in a very encouraging, professional way to achieve my goal. He has made me think about what works and doesn't and guided me in a very positive way." **Way to go Pat!!**



Ross A. Lurgio Info Corner

Jenn Millen, PTA, ATC

Functional Movement Screen (FMS) is a screening process

that has been utilized by professional athletes to help maximize athletic performance and help with injury prevention. This screen uses functional movement (i.e. lunges, squats) in a certain way to help determine any weaknesses/muscle imbalances that a person may have. The FREE screen for students usually takes 15-20 minutes. They should wear sneakers and athletic clothing that they can move freely in. After the screen – the student will come back to go over the exercises to help improve any weaknesses that were seen during the screen.

Contact Jenn at: 644.8334 or: jmillen@familyptservices.com



HELP SOMEONE YOU LOVE

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



Have you ever wondered if you should have your child's ankle checked out, what that nagging pain is in your elbow, why your husband's knee is swollen, or why your mother or father can't sit or stand without pain? Do you know where to go, who to ask, or how to get the answers to these questions?

If I told you that you could get answers to these questions, and more, in the comfort of your own home and at a time that you need them most would that be of benefit to you?

Hero Healers, licensed physical therapists, can provide you the guidance and piece of mind when you need answers the most.

CALL: 603.346.4906 or email: cjleer@herohealers.com

Community Activities

Because of our commitment to providing unending service and value to our patients, we recently partnered with [Lori Boyce](#) at [Envy Sports Club and Café](#) in Manchester, as well as [Choice Fitness in Bedford](#) as our go-to facilities for personal training following completion of your physical therapy program. So whether you need a facility in Manchester or in Bedford, we've got you covered!

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!



Assurance

Safety Consulting, LLC



Share me with a friend!



Patients have the right to choose!