



Getting You On

THE ROAD TO RECOVERY

A Quarterly Newsletter from Peninsula Rehab & Sport Medicine October 2011 Issue 13

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OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH



A Message from:
R Scott Ward, PT, PhD, President
American Physical Therapy Association

MOBILITY is the key ingredient to aging successfully and remaining active and independent throughout our lives. I think most will agree that is a universal goal as we grow older.

October is an exciting time for physical therapists and physical therapist assistants. This is our unique opportunity to highlight the fact that we are your trusted experts in restoring and improving motion, and we can improve **your** quality of life, helping you to keep healthy, fit, and active and avoid surgery and long-term use of prescription medications, in many cases.

Our focus for National Physical Therapy Month this year is **sports injury prevention across the lifespan**. Whether it's Little League or the Masters, participating in sports helps promote physically active lifestyles. Despite the documented health benefits of physical activity (weight management, cardiovascular endurance, improved muscular function, increased self-esteem, etc.), we know the potential for sports-related injuries exists. Participating in sports the right way is key to avoiding injuries that can sideline you for a significant amount of time.

We invite you to visit www.moveforwardpt.com to learn about the physical therapist's role in sports injury prevention. And, please take a moment to browse through our in-depth consumer information guides, videos, "Ask a PT," and "Find a PT" for more about the many ways in which physical therapists can help improve your quality of life and to find a physical therapist near you.

Our role is to improve and restore motion to your life. As you make the important decisions about health care for you or your family, it is important to remember that physical therapists:

- Significantly improve **MOBILITY** to perform daily activities;
- Provide an alternative to painful and expensive surgery, in many cases;
- Manage or eliminate pain without medication and its side effects, in many cases.

When it comes to health care, one size does not fit all. A physical therapist's extensive education, clinical expertise, and "hands on" approach brings you a unique, individualized approach. When you are in the hands of a physical

therapist, you have a plan of care that is safe and appropriate and addresses your individual needs and pre-existing conditions.

Keep moving forward!

Walking for fitness?

Make it count with a pedometer

When the summer season comes to an end, it's a good idea to find ways to keep active. Of course, the Fall season brings on a whole new set of household chores: window washing, raking leaves, and garden clean up. But if you are up to it, there's nothing like a good walk to keep you well oiled and cardio fit. Just make sure your doctor agrees that a walking regimen is right for you.

(Following information obtained from Mayo Clinic Website)

Counting your steps with a pedometer can motivate you to keep walking. Here's what to look for in a pedometer and how to set your walking goals.

Walking can help pave the way to fitness. But are you taking enough



steps to get results?

Using a pedometer can help you set and achieve fitness

goals. A

pedometer can offer motivation and accountability. See how to choose and use a pedometer — it can be a powerful reminder that every step counts on the path toward better health.

A pedometer is a device that senses your movement to tally up the number of steps you take. A pedometer counts steps for any activity that involves step-like movement, including walking, running, stair climbing, cross-country skiing and even movement as you go about your daily chores.

To use a pedometer, you usually just clip it onto the waistband of your pants, tuck it inside your pocket or even slip it into a purse held close to your body — and then get moving.

But how do you know which kind of pedometer to get? Review these features to see what pedometer may best suit your needs and interests.

- **Ease of use and extra features.** Some pedometers have more features and require more setup than do others, and can provide lots of “bells and whistles” such as counting calories burned.
- **Accuracy.** Most pedometers are generally accurate and reliable at counting basic steps. It's harder for pedometers to accurately measure actual distance you walk or run and harder still to estimate calories burned.
- **Display.** Look for a pedometer with a display monitor that you can read in different types of lighting, especially if you'll be using it both indoors and outdoors
- **Sturdiness.** Look for a sturdy clip to secure the pedometer to your waistband. A pedometer may also have a strap to hold it in place and prevent it from being lost if it becomes unclipped.
- **Price.** The cost of a pedometer typically depends on how many features it offers. Pedometer price generally ranges from \$10 to \$50. You can buy a pedometer at fitness stores or online.
- **Mobile devices.** If you're into gadgets and technology, you can use a pedometer application for your smart phone or other mobile device. These applications (or apps) can count steps, distance and calories, much like a traditional pedometer. Prices vary, with some basic apps being free. A pedometer provides customized feedback about your activity level. It can serve as a strong motivator to keep moving. And it can help you track your progress over time. Use these tips to make your pedometer a partner in your activity program. Remember to talk to your doctor before starting a new fitness. Whatever your fitness goals, take them one step at a time.

Speaking of Walking – Wear the Right Shoes To Avoid Foot Injury

Plantar fasciitis is irritation and swelling of the thick tissue in the bottom of the foot, known as the Plantar Fascia. The most common complaint is pain in the bottom of the heel. It is usually worst in the morning and may improve throughout the day. By the end of the day the pain may be replaced by a dull aching that improves with rest.

Most people complain of increased heel pain first thing in the morning or after periods of inactivity, alleviated after walking for a short time.

Initial treatment usually consists of: anti-inflammatory medications, heel stretching exercises, night splints, and shoe inserts. Physical therapy would include the first two, and your therapist would work with you to perform exercises at home as well.

If these fail, putting the affected foot in a short leg cast (a cast up to but not above the knee) for 3-6 weeks is very often successful in reducing pain and inflammation. Alternatively, a cast boot (which looks like a ski boot) may be used. It is still worn full time, but can be removed for bathing.

Some physicians will offer steroid injections, which can provide lasting relief in many people. However, this injection is very painful and not



for everyone. In a few patients, non-surgical treatment fails and surgery to release the tight, inflamed fascia becomes necessary.

The plantar fascia is a very thick band of tissue that holds up the bones on the bottom of the foot. This fascia can become inflamed and painful in some people, making walking more difficult.

Risk factors for plantar fasciitis include:

- Foot arch problems (both flat foot and high arches)
- Obesity
- Running
- Sudden weight gain
- Tight Achilles tendon

Causes: Sometimes known as the Flip Flop Disease, it frequently occurs in people who wear flip flops or other non-supportive shoes for long periods of time. This condition is one of the most common orthopedic complaints relating to the foot.

Plantar fasciitis is commonly thought of as being caused by a heel spur, but research has found that this is not the case. On x-ray, heel spurs are seen in people with and without plantar fasciitis.

The prognosis is usually good. Nearly all patients will improve within 1 year of beginning non-surgical therapy, with no long-term problems. In the few patients requiring surgery, most have relief of their heel pain.

Prevention: Maintaining good flexibility around the ankle, particularly the Achilles tendon and calf muscles, is probably the best way to prevent plantar fasciitis. Also once you've had plantar fasciitis, wearing proper footwear with good support is a good way to prevent a second episode.

Contact your health care provider if you have symptoms of plantar fasciitis. Your doctor may recommend physical therapy to begin a course of exercises designed specifically for your condition.

BLACKBERRY THUMB

No, we don't mean did your thumb get stained blue from picking berries or sticking your thumb in a pie!



Do your thumbs hurt? If you're sending lots of text messages, you may have the trendiest new malady: "BlackBerry Thumb."

You can peck out text messages with any finger, but users of popular wireless devices such as the BlackBerry type much faster by pecking out messages with their thumbs. Many people soon learn to type 40 words a minute.

Whatever your thumb-typing speed, lots of messages mean lots of repetitive thumb motions. And that could mean trouble, says

Alan Hedge, PhD, director of the human factors and ergonomics research group at Cornell University in Ithaca, N.Y.

"The thumb is not a very dexterous part of the hand," Hedge tells WebMD. "It is really designed as a stabilizer for pinch gripping with a finger. That is why you only have two of them, not eight. It is the fingers that have dexterity, not the thumb."

The full-size keyboard was designed with this in mind. One uses one's dexterous fingers for lightning strikes on the letter keys. The relatively clumsy thumb is usually reserved for the humble task of striking the spacebar.

"When you switch that around, you put a lot of strain on the thumb," Hedge says. "So if you persist in typing a lot of information with your thumbs, you risk injury."

Hand surgeon Prosper Benhaim, MD, associate professor of orthopaedic and plastic surgery at UCLA, agrees that too much thumbing could be injurious.

"Anything that causes repeat motion can predispose someone to injuries of various sorts, whether it is tendinitis or aggravating underlying arthritis," Benhaim tells WebMD. "These things can be made worse or even initiated by overuse. Thumb typing is very repetitive, and the keys are so small it makes it difficult to navigate around easily. Because it is so small, people are likely to press harder vs. a larger keyboard. So the thumb on the BlackBerry does more than you would do with your other fingers on a keyboard.

HELP FOR THE WORCESTER COUNTY HUMANE SOCIETY



Trixie - Adult Female.

The Worcester County Humane Society collects the weight circles from Purina Products. **Purina dog & cat food bags are acceptable for this program.** (On some of the bags such as Purina One the weight circles are not easy to see but they are there). If you use Purina Products, please take the time to cut the circles and send them to us, or directly to the Humane Society at

the address shown below.

Our goal is to help them continue to alleviate and improve some of the conditions at the shelter.

The program works as follows: weight circles are collected by volunteers who tally them and send them to Purina. They are deposited just as you would into a checking account. Purina sends a statement to the shelter periodically that shows how many points they have. They can redeem the points for Veterinary services or food for the animals.

Please send or drop off your Purina weight circles to our office for forwarding, or send them directly to the Humane Society:



*Peninsula Rehab & Sports Medicine
12417 Ocean Gateway, #9
Ocean City MD 21842
or
Worcester County Humane Society
12330 Eagles Nest Rd
Ocean City, MD 21842*

Visit their website to find a furry friend to adopt!
<http://www.petfinder.com/shelters/MD33.html>

THIS AND THAT! Kitty Loves Being Vacuumed!



<https://www.facebook.com/video/video.php?v=212111012168854&comments>

Does your cat *RUN* as fast as he can when you turn on the vacuum cleaner? Not this furry friend! This kitty 'sucks it up'. Use the link above if you'd like to see this fluffy kitty get "cleaned up"!

Wacky Fitness Trends

Synchronized Swimming: The Aqualillies, an LA-based performance group, offers 75-minute classes for all levels in Santa Monica that have developed a cult following.

Aqua Jogging: Forget water aerobics, now you can take a run on a treadmill while submerged in water. Because of water's buoyancy, an athlete on an underwater treadmill is 90% "lighter" than he or she is on dry land, which greatly reduces impact on the joints—meaning this is a great workout for people with injuries (and for preventing new ones).

Mud Running: During a typical mud race, such as those offered in the popular [Tough Mudder](#) series, you can expect to crawl under barbed wire, run through flaming bales of hay, swim through freezing water, traverse up ski slopes, and, of course, slog through lots of mud.

Check out this website for a few more wacky fitness gimics that are all the rage from the east to the west coast.

<http://fitbie.msn.com/slideshow/wacky-summer-fitness-trends/slide/1>

Fun Facts: <http://www.funfactz.com/health-facts/>

- ❶ Lack of water is the #1 trigger of daytime fatigue.
- ❷ The lifespan of a taste bud is ten days.
- ❸ Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush. (This was proven as fact on Mythbusters!)
- ❹ Motorists who talk on cell phones are more impaired than drunk drivers with blood-alcohol levels exceeding .08!
- ❺ It takes 17 muscles to smile, 43 to frown.
- ❻ Crushed cockroaches can be applied to a stinging wound to help relieve the pain. (Ok, I'd rather itch for a week!!!!)
- ❼ Non-dairy creamer is flammable (use skim or 1% milk!!!)
- ❽ During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants. (Maybe we should be thinking about some smaller portions!)
- ❾ Apples are actually part of the rose family.
- ❿ Almonds are a member of the peach family.

Breathing Air in Common Spaces:

Keep in mind that when you go to a doctor's office, wait in line at the DMV, or get on an elevator with others, your strong cologne or perfume could cause allergic reactions in others who are in close proximity. Be considerate – use a lighter hand, or skip the aftershave or perfume all together if you are going to be in close quarters with others for any length of time. *People who wear strong scents applied with a heavy hand on a regular basis do not realize how strong they smell. Their olfactory senses have become so accustomed and de-sensitized to that scent that they need more and more of it to smell it themselves.*

GOING GREENER! SAVING TREES --- LESS TRASH

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We will remove your name from the mailing list immediately.

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We welcome your requests for topics of interest. All past issues are available at our website www.penrehab.com in the **PRESS** section.

Peninsula Rehab & Sports Medicine

is a state-of-the art Physical Therapy facility specializing in:

- * Orthopedics
- * Sports Medicine
- * Industrial Rehabilitation
- * Ergonomics
- * Manual Therapy
- * The needs of the active retirement community

with the goal of getting you *on the road to recovery* and back to the activities you enjoy.

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