

DPTA

Fitness Classes

Pilates

Strengthen, Tone, Sculpt, improve Coordination and Flexibility, based on the method of Joseph Pilates.

Pilates can reach core muscles that no other form of exercise can. Classes are designed for specific needs in a relaxing, private environment, and are taught by Lisa Goussetis, PT and Amy Humphrey, DPT, OCS, MTC, who are Certified Pilates Instructors.

Intro Pilates Classes

For anyone with a current injury or for anyone interested in learning Pilates!

2014 Class Schedule:

Saturdays 9-10 am

February 1, 8, 15, 22

March 8, 15, 22, 29

Progressive Pilates Classes

Saturdays 8-9 am

February 1, 8, 15, 22

March 8, 15, 22, 19

Upright Pilates Class

Improve your balance, posture, strength, stability, and confidence with exercises that are friendly to your joints.

Fridays 10-11 am

February 7, 14, 21, 28

All classes are held at
Drevna Physical Therapy Associates
160 North Pointe Blvd., Suite 113
Lancaster, PA 17601

**Cost: 4 classes for \$50 or
\$15 per class**

Pre-registration is required and class sizes are limited. Please contact our office for more information and to register at 717.569.4184.

SNOW BLOWER USE

by Andie Harlan OTR/L, CHT

The U.S. Consumer Product Safety Commission estimates that approximately 5,740 snow blower related injuries occur in the United States each year that require medical attention. Injuries can be serious, such as amputations and mutilating injuries of the hand, from improperly using a snow blower. The biggest misconception is that the auger, located at the intake end of the snow blower, poses the greatest hazard. In fact, the impeller, which is a small piece of rapidly turning metal in the exit chute that blows the snow high into the air, causes the most injuries. As snow clogs the chute, the impeller suddenly stops. The operator usually is susceptible to injury when attempting to clear a clogged outflow chute. As the operator attempts to dislodge the clog, the impeller may rapidly start to spin again, potentially causing damage to anything in the way. Even with the machine turned off, there can be torque left in the system, and the impeller may spin rapidly once cleared. Some machines have caused injury despite claims that "all safety precautions were followed." We should not forget that the most important precaution is to avoid putting your fingers in harm's way.

RECOMMENDATION FOR SAFE USE OF JAMMED SNOW BLOWER:

- 1) If the snow blower jams, immediately turn it off.
- 2) Disengage the clutch.
- 3) Wait 10 seconds after shutting off to allow impeller blades to stop rotating.
- 4) ALWAYS use a stick or broom handle to clear impacted snow. The stick must be strong enough to avoid breaking and causing eye injury from flying fragments.
- 5) Keep all snowblower shields in place. DO NOT remove any safety devices on the machine.
- 6) Keep hands and feet away from moving parts.
- 7) Keep a clear head. Concentrate and DO NOT drink alcoholic beverages before using a snow blower.

SHOVELING SAFETY

Every winter people hurt themselves shoveling snow. Injuries range from minor aches and pulled muscles to fatal heart attacks. People don't realize that snow shoveling puts a lot of stress on the body over a short period. Shoveling snow is like lifting weights. If you are older or out of shape, there is a greater chance of hurting yourself. Even people who regularly exercise can find that shoveling snow can be strenuous if they try to do the job too quickly without taking rest breaks.

People most at risk when shoveling are those who have had a heart attack, people with a history of heart disease, those with high blood pressure or high cholesterol levels, smokers, and people who lead a sedentary lifestyle.

TIPS FOR SAFE SHOVELING:

- 1) Use a smaller shovel.
- 2) Take frequent rest breaks; even if only for a couple of minutes.
- 3) Stop and go inside if you get overheated.
- 4) Drink non-alcoholic fluids to stay hydrated.
- 5) Don't try to throw snow long distances.
- 6) Stop any time you feel chest pain, dizziness, or short of breath.

Think ahead of time. If you feel you're unable to complete the task safely, hire a neighborhood teen, young adult or a contractor to shovel or plow the snow. The money will be well spent.

*My Care.
My Choice.*

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PT INSIGHT

A Publication of Drevna Physical Therapy Associates

Dr. Michael Beiler
Weekend Warrior

Not Just Another
Day at the Office!

MEDICARE PLANS

DPTA participates in the following Medicare Advantage plans:

- Highmark - Freedom Blue
- Capital Blue - Senior Blue
- Preferred Health Care - Today's Options
- Aetna - Medicare Advantage
- United Healthcare - Medicare Solutions
- Cigna - Medicare Advantage

DPTA's own Dr. Michael Beiler competing in the 2013 Reebok Spartan Race World Championship "Beast."



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REEBOK SPARTAN RACE SURVIVOR

THE WRITTEN ACCOUNT OF DR. MICHAEL BEILER, PARTICIPANT IN THE 2013 REEBOK SPARTAN RACE WORLD CHAMPIONSHIP "BEAST" AT KILLINGTON SKI RESORT IN VERMONT.

Beaten, bruised, muddy, a little bloody, exhausted, and ecstatic. Welcome to the world of the Reebok Spartan Race series. These races are tougher and unlike any other "mud run" of which you may have heard. They consist of a host of military-style obstacles interspersed throughout mountainous trails, rocks, and lakes.

The obstacles include rope climbs, barbed wire crawls, swimming, carrying heavy objects (60 pounds or more) up steep slopes, and as many other means of physical and mental challenges that race designers can devise.

The object of which is to finish as quickly as you can while completing each obstacle without falling or failing to achieve the assigned tasks. The penalty of each failure is to perform 30 burpees (a squat thrust, push up, and a jump in succession) before you are allowed to move on. The three basic distances from which to choose from are the 5+ mile "Sprint," the 8+ mile "Super," and the 12+ mile "Beast."

Sound like fun? Well, it is. It helps if you have a large dose of adventure in your genes. Training for these is not easy. You need endurance, strength, balance, and mental fortitude. We therapists are always telling patients to, "Stay active and keep moving." Preparing oneself for and participating in these races certainly fits the bill on all accounts.

Over a year ago I received a phone call from my brother who left me the following message: "Are you up for an adventure?" He learned about these races online and thought it would be fun and challenging to enter one together.

For our first race, we signed up for the 2012 Spartan Sprint at the Blue Mountain Ski Resort in PA. During that first adventure, we discovered what it really means to push ourselves past mental and physical barriers and were able to finish with just a few scratches and sore muscles. That was 2012. In 2013, I decided to compete in the "Trifecta." My goal was to finish each of the three

distance races in one calendar year. I raced in Pennsylvania for the Sprint, New Jersey for the Super, and at the World Championship Beast in Vermont.

At the beginning of the race in Vermont, as I was starting up the first of many climbs, I struck up a conversation with a 42-year-old Canadian named Marco. He had recently begun his Spartan race journey in both the U.S. and Canada. We shared a few cordial anecdotes about our jobs, families, and lives as we began the 6,000 foot climb up the mountain. This turned out to be a temporary pleasant distraction from the strenuous march ahead. After reaching the first peak, I turned to him and said, "Win, lose, or draw, I'll see you at the finish line" and was about to take off down



the wooded path in front of me. I didn't think I would have the opportunity to speak to him again, but to my surprise he offered this, "Why don't we run it together." So we did.

At times when I was dragging, he would start jogging... so I did, too. If I finished an obstacle first, I'd pause and wait for him. We traded back and forth throughout the entire six and a half hour, 14.3 mile race to hell and back, all the while encouraging and congratulating each other for each accomplishment along the path. If one stumbled, the other would pick him up. If one was struggling to get through an obstacle, the other would shout words of strength. Never did we consider quitting or leaving the other behind.



To say I could have finished this grueling race on my own would be true, but not nearly as fast or enthusiastically. Marco became part of the fire that pushed me beyond what I thought myself capable. Crossing the fiery finish, as you can see on the front cover photo, with a comrade, a teammate, and now lifelong friend made this experience one I hope to never forget nor take for granted. This is why I have come to love participating in these events. It tests you in ways you cannot possibly imagine and makes your body feel worse than you ever thought you could endure. But in the end, the thrill of crossing that finish line with the people you have met along the way makes it all worth the sacrifice.

It was on the long drive home that I began to consider the similarities between this challenging race and my role here at Drevna Physical Therapy. You, our patients, all have goals when you walk in our door; some you might feel impossible or beyond your physical capacity. You may even feel your road to recovery looks more like a steep climb up mountain side. We, your therapists, are here to be your coaches, your cheerleaders, and your partners along the climb. We can push you when you are faltering and shout words of encouragement when you feel you can't quite get it right. You are the ones we will never leave behind. Let us be your Marco. Together we can cross the finish line, without the mud and blood.



FREE Demonstration Workout & Seminar

Drevna Physical Therapy Associates is hosting a **FREE** therapist-led workout seminar!

Tuesday, February 18, 7 pm

Learn about T'ai Chi and Pilates from our therapist instructors Amy Humphrey, DPT, OCS, MTC and Anita Roma, PT, DPT, NCS. This seminar will include information about these exercise disciplines, demonstration of technique, and a sample workout for you! Come ready to be educated, motivated, and to work out!

Conservative Care of Knee Osteoarthritis: Delaying and Preventing Knee Replacement Surgery

Timothy Drevna, DPT, OCS, CSCS, ATC

Tuesday, February 25, 7-8 pm

Current Concepts in Shoulder Rehabilitation: Rotator Cuff and Beyond

Michael Beiler, MPT, DPT, CSCS

Tuesday, March 25, 6 pm

All classes are held at Drevna Physical Therapy Associates 160 North Pointe Blvd., Suite 113 Lancaster, PA 17601

Contact Drevna Physical Therapy Associates at 717.569.4184 to pre-register for seminars, to join a class, or to schedule an assessment to begin taking charge of your fitness and health. The physical therapists at Drevna Physical Therapy Associates will play a vital role in planning and implementing your fitness goals. We look forward to cheering your success!