



DREVNA PT ASSOCIATES @ NORTH POINTE

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DREVNA PT ASSOCIATES @ FORTIUS HPC

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OUR GREATEST PROMOTION EVER!

We want to celebrate our 2 year anniversary to mark the opening of our FORTIUS office with a great big thank you! To celebrate we are offering FREE examinations.

This free exam consists of a 30 minute one-on-one appointment with a physical therapist, They will listen to you about your problem and how it impacts you. They will take measurements to test how well you are moving and test your strength. **After your exam they will give you a written copy of :**

- The cause of your problem
- A plan for what successful treatment looks like

These exams are ideal for people suffering with pain from:

low back, hip, knee, neck, shoulder, foot/ankle, arthritis, elbow, sciatica, hand/wrist

If you are having pain or problems with day to day activities such as walking, standing, sitting for long periods of time, going up or down stairs, getting in or out of the car, sleeping or driving, then you should schedule your exam now.

If you are a past or present patient or if you are referring a friend or family member, give them this newsletter and tell them to call us to schedule their FREE exam.

Don't delay, register today by calling 553-4088!
Appointments are free but limited,so sign up as soon as possible.

**FREE SCREENING
for Back Pain!**

Call Amy at 717-553-4088 to schedule an appointment.
Please bring this coupon with you to your free screening.
This free screening coupon may be transferred to
friends and family. Expires June 1, 2017.

PT INSIGHT

A PUBLICATION OF DREVNA PHYSICAL THERAPY ASSOCIATES

**WORRIED ABOUT FALLING:
BALANCE IS THE ANSWER**



WORRIED ABOUT FALLING: BALANCE IS THE ANSWER

Can you get up from a chair without using your hands? How about getting up off the floor without using your hands? According to research in the European Journal of Preventative Cardiology in 2012, middle-aged and elderly people who needed to use both hands and knees to get up and down were almost seven times more likely to die within six years, compared to those who could spring up and down without support. This study shows that having good leg strength, balance and coordination are the keys to longevity. However, there are many individuals out there who are afraid to do this simple test because they are worried about falling. Falls don't always result in injury, but fear of falling can reduce physical activity, reduce confidence, decrease quality of life, and increase your risk for falls. Fear is also associated with the challenge of getting up from a fall.

According to the United States Centers for Disease Control and Prevention, one-fourth of Americans age 65 and older fall each year. The same institution reports that falls result in more than 2.8 million injuries in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.

There is a growing body of research supporting physical activities and exercises as a means to decrease fall risks. Recent studies indicate interventions for fall risk reduction including physical therapy are most beneficial. Physical therapy begins with a comprehensive examination of all the components of balance, as well as assessing strength, flexibility and analysis of walking. At Drevna Physical Therapy Associates, all of our patients are evaluated thoroughly and provided with a customized home program aimed at improving balance and preventing future falls.

Another program that is very popular with our clients, and directly impacts improved balance and coordination, is our Tai Chi for Balance class. T'ai Chi is an ancient martial art which focuses on posture, strength, balance and stability. Individuals with cardiac conditions, arthritis, osteoporosis, stroke, and Parkinson's disease can improve their sense of well being with T'ai chi. Benefits of T'ai Chi include improved body awareness, decreased stress on joints, relaxation, anxiety and depression reduction, and improved balance, coordination and reduction in falls. Group workouts often facilitate compliance and staying on track with personal goals and success especially with confidence and physical activity level.

If you have a history of falls, have a fear of falling, or your balance is unsteady, call our office at 717-553-4088 to schedule a free screening with Dr. Anita Roma. She will help you determine if physical therapy or a group class is what you need to decrease your risk for falls.



PREGNANCY AND FITNESS: EASING BACK INTO A FITNESS ROUTINE AFTER CHILDBIRTH (PART 2)

Amy Humphrey, DPT, OCS, MTC

The first thing to take into consideration when easing back into a fitness routine is to be realistic and patient. It took around 40 weeks to form the pregnant body and it could take nearly as long to fully return to your pre-pregnancy physical self. Here are some tips to ease you back into shape:

1. Start back slowly

The American College of Obstetricians and Gynecologists (ACOG) says it's okay to gradually resume exercising as soon as you get the go-ahead from your doctor or midwife, and as long as you feel up to it. Your provider may want you to wait until your six week postpartum checkup to see how you're doing first. If a woman gave birth via cesarean section, she needs to wait 6 weeks before returning to regular exercise. That does not mean that you need to be held hostage in your house for 6 weeks. A walk can be considered a good start to your road back to exercise!

2. How is your pelvic floor?

If the pelvic floor is weak, putting intra-abdominal pressure (like crunches, pilates or general ab work) can put too much pressure on the pelvic floor and inhibit healing or even lead to a chance of organ prolapse. One of the first forms of exercise you can start to incorporate daily after giving birth can be a strengthening routine for your pelvic floor muscles, which can be prescribed by a physical therapist.

3. Repairing Diastasis

It is common that women experience a separation of the abdominal muscles, specifically the rectus abdominus muscle. Your medical care provider can check this for you when you return for your six week check-up. If it severe enough, you may need to work with a physical therapist to help draw the muscles back together. So, when easing back to an abdominal workout, be mindful not to overdo it.

4. Wiggly, wobbly Joints

Relaxin, the hormone that is responsible for softening the ligaments and joints during childbirth and pregnancy, can stay in the body up to six months postpartum. This can lead to wobbly, unstable joints and a loose pelvis. Again, just be mindful of the activity you choose to return to.

5. Hydrate

Once you do start to ease back into your routine, please remember to hydrate well, especially if you are breastfeeding. If you are out for a stroll with your baby, put your water bottle in the cup holder of the stroller as a reminder to drink often.

6. Rest

Your body does the best healing when you are resting (or sleeping). Even though many new moms hear the old saying, sleep when your baby sleeps, very few adhere to these wise words. Including a few moments to simply relax post-workout can really help replenish you. If you are feeling rested and restored, you will have so much more to offer to those that need you.

7. Finally....EXERCISE!

You do not need to attend a scheduled class to start to return to a general fitness routine. As mentioned earlier, walking is a great place to start! However, if you want more guidance, our staff at the Fortius Health and Performance Center is ready to help you achieve your fitness goals.

Call our office at 717-553-4088 to make an appointment for a Free Fitness Screening.



Sherri Gagne (left) and her husband Aaron Gagne welcomed Caleb Matthew Gagne into this world on 3/29/17 weighing in at 7lbs 14oz.

Walker Pete Klaassen, Angie (right) and Jake Klaassen's newest family member, arrived during the snow storm on March 14 at 1:35am weighing in at 5lb 7oz.

“ MY PT STORY ”



"I have been active most of my life, from running for years with 2 marathons to now walking and dancing. I tweaked my right knee dancing and after my body did not heal itself, I finally saw a Dr. and asked for PT. I have had 2 other physical therapy experiences in recent years and I tell everyone this is without a doubt the BEST. I can't begin to truly say what a wonderful experience this has been, except thank you for excellent care!" - June Crisp 2/21/2017



"For a number of months climbing stairs was very difficult due to hip pain. Distance walking was also difficult. Michael explained the reason for the pain. Michael and Sherri were both very patient and helpful explaining all the PT exercises and being sure I was executing them properly. Now climbing stairs and distance walking is much easier than it has been for at least half a year. Thanks much to the staff for the wonderful help." - Mim Eberly 1/9/2017



I am an avid tennis player. I injured my shoulder due to years of overuse and surgery was the only option to repair my torn rotator cuff. I started PT about 10 days post surgery. Tim started off slow teaching me simple movements to break up scar tissue and relieve cramping. We progressed consistently over 4 months with manual manipulation and exercises that I could do at home. Tim always listened to my concerns, explained what we were doing, and never pushed beyond what I could tolerate. He understood my desire to get back to my tennis playing and active life style. He was always encouraging and got me excited about my progress. I enjoyed going to PT and being around the positive, supportive atmosphere created by the staff.

After PT with Tim, I had bridge sessions with Russ at Fortius. That got me the rest of the way there. I cannot say enough about the excellent care I received from both Drevna PT and Fortius. The physical therapy along with the bridge program is a great combination for total recovery. I feel stronger and in better shape than I had ever hoped to be and am grateful to Tim and his staff for getting me back to my active lifestyle - Christine Hartman 06/30/2016