

**A REGULAR
PUBLICATION FROM**



PHYSICAL THERAPY, INC.

Orthopedic & Sports Rehab • Work Injury • Fitness

Pickaway County's choice for experienced, one-on-one care

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**PERFECT GIFT
OPTIONS!**

As we approach the end of the school year and the beginning of spring and summer activities, you may be searching for the perfect gift to give that special graduate or loved one. Or, maybe you're finally starting to work on those 2007 resolutions. If you're like most, you or someone you know resolves each year to exercise more in order to lose weight, look better and feel healthier. Bathing suit season is just weeks away!

Circleville Physical Therapy offers perfect solutions for just these gift-giving needs. Try a fitness class, offered twice a week right here at our facility. Schedule one-on-one workouts with our personal fitness trainers. If relaxation is just what is needed, enjoy massage therapy in our peaceful, private setting.

Give the gift of healthier living to yourself or someone you love. Contact us today to learn more and to set up an initial appointment. Stop by our office for immediate service. We offer gift certificates to make this special gift truly memorable — whether for a loved one or as a special treat for yourself!

Thank you to all patients, physicians and others who referred a friend or client to us for physical therapy or any of our many services in 2006.

Do you know someone recovering from an injury or surgery, or who wants to begin an exercise and fitness program? Call our office today to learn about our referral program.

— Ann Freeman, P.T. (owner)

— Rick Bergman, P.T., CSCS
(co-owner)



THE POTENTIAL OF LASER THERAPY

Low level laser therapy has been used in the United States for the past few years, first as a promising treatment for carpal tunnel syndrome. It has also been used more recently in the rehabilitative treatment for repetitive stress injuries, soft tissue damage and chronic joint problems. Increasingly, low level laser therapy is being used as an effective, drug-free and non-invasive treatment for these types of conditions.

The term cold laser refers to the use of low-intensity laser light. Photons of near infrared and visible red penetrate the skin, providing temporary pain relief. The lasers are used directly on or over the affected injury area. When laser light is absorbed by living tissue, it triggers biological reactions in the cells that result in the production of Adenosine TriPhosphate (ATP). This shuttles more energy and nutrients around the body for healthy metabolism and properly functioning organs. If a person has insufficient levels of ATP available, this important energy cannot reach the body's tissues. This can lead to a variety of health problems, such as susceptibility to infectious diseases, poor wound healing, inflammation and swelling.

The Food and Drug Administration (FDA) has approved therapeutic/medical low level laser treatment for their safety with no significant risks. The FDA is currently monitoring research studies to evaluate the effectiveness of laser/light therapy in medicine, dermatology and anti-aging applications. The therapists at Circleville Physical Therapy are well trained in the use of cold laser therapy in the treatment of many injuries and conditions. Contact us to learn more.

ELIMINATE DIZZINESS (CONT.)

From page 1

“Many people don’t know that physical therapy can help dizziness. Personal Therapy has proven to be quite effective,” states Mary Jo Foglesong, physical therapist. “Sometimes the results are immediate. Sometimes it may take longer, but most patients still feel relief.”

Our trained therapy professionals evaluate each patient’s specific symptoms to determine specific

impairments and functional limitations. An individualized plan of care is recommended that includes specific exercises and therapy activities that are completed in the clinic and at home. The individualized therapeutic plan of care is designed to help each patient compensate for the vestibular problem, minimize symptoms and make patients feel more safe and steady at home, at work and in their daily lives.



Get ready for the upcoming warm weather and outdoor activities with a gift certificate for any of our many services!

BE FIT FOR LIFE!

VOLUME 2,
ISSUE 1
SPRING 2007

Circleville
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Physiotherapy solutions for experienced, one-on-one care

A REGULAR PUBLICATION FROM CIRCLEVILLE PHYSICAL THERAPY

THE FAMILY THAT DOES THERAPY TOGETHER ...

Meet a couple who truly believes in the benefit of healthy living and healthy relationships. Richard and Harriet McClish have been patients of Circleville Physical Therapy for several years and have continued to come to us again and again for different treatments and therapies. We are blessed to have been a part of helping them maintain an active lifestyle.



Richard shares: "I have had treatment for several conditions over the past six years — all at Circleville Physical Therapy. My experience has always been very positive, both in results and with the congenial and supportive staff. Technically, the staff is well-informed and up-to-date on the latest procedures. My recent elbow, arm and back therapy has resulted in a nearly pain-free situation. This, after years of painful inflammation and discomfort. I can now return to my more active and relaxed lifestyle."

Harriet adds: "I chose Circleville Physical Therapy each time I required care from experienced physical therapists. The atmosphere of this conveniently located facility is friendly and relaxed and the staff at all levels is receptive and helpful. Each time I needed treatment, I was scheduled immediately and my appointments were conveniently scheduled around my personal calendar. I received individual attention and my privacy was respected during each session. I was impressed with my treatment plan, the knowledge of the therapists with my particular needs and how flexible the staff was in adjusting treatments to meet my goals. This wonderful therapy has greatly reduced my symptoms and allowed me to return to normalcy."

Eliminate Dizziness with Circleville Physical Therapy

Are you tired of feeling dizzy or nauseous every time you move? Does the room spin when you get up? Maybe you just occasionally feel unsteady or dizzy. These symptoms may result from a problem with the part of the brain that controls motion or balance. People who suffer from these symptoms may be dealing with them by changing their daily activities to avoid movements that aggravate the symptoms. Unfortunately, rather than help, this may be making the condition worse and affect the ability to adjust to or decrease the problem.



Circleville Physical Therapy offers treatments to help with poor balance, dizziness or unsteadiness. The problem typically results from a weakness of the vestibular system and therapy is available to help improve the symptoms. Oculomotor and tracking exercises retrain how the body responds to vestibular input. Strengthening exercises can improve leg strength. Balance exercises will improve proprioception. Positioning exercises can minimize or eliminate dizziness. All of these things work together to improve balance and eliminate dizziness. They also work to strengthen all areas of the vestibular system and to compensate for any areas that are weak or that have deficits.

Continued on back

STAY IN STEP WITH ACTIVE LIVING!

As you walk, your heel and the 26 bones that make up the foot move in a natural motion. Many of us, however, do not move correctly when walking, running or moving about due to poor alignment. Over time, this can lead to a change in the foot's shape or even pain when we walk.

Custom orthotics are medical devices that support and gently reposition the heel, arch, muscles, ligaments, tendons and bones in the feet to work together as nature intended, making each step pain

free. Unlike shoe inserts bought over the counter, custom-made orthotics are built from molds of your feet custom fitted by our trained therapists to meet your unique needs and can be designed to fit in dress shoes, boots, sneakers, or whatever you wear. Custom orthotics can relieve many types of foot pain including heel pain and plantar fasciitis, arch pain, pain from athletic activity, pain related to diabetes, pain related to aging and many other types of foot pain related to bunions, trauma, sprains and other disorders.

Our therapists start by talking with you about your particular pain, the types of activities you are involved in and the footwear you use daily. Then, impressions or casts of your



feet are made to correctly position your feet into the best functioning position. This controls any abnormal motion of the foot that may have lead to foot pain. The therapist may also include, as part of your treatment, physical therapy and a stretching or exercise program to improve flexibility and overall movement.

Using custom orthotics and other therapy treatments can put you on the road to relief from foot pain, making each step you take secure and pain-free.

