

**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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**TREATS FOR
TROOPS!**

We are pleased to share an exciting program, part of celebrating October's National PT Awareness month, that put the candy and snacks received this time of year to good use ... Treats For Troops. Our staff and patients donated unopened candy bags (no chocolate) and snacks to our office. We added to the candy/snacks that received and shipped to troops stationed overseas, in particular the battalion that our own Sarita Smith's son serves in. If you'd like to send along treats, mail to: JESSIE A SMITH CJTF - 82, CJ6, APO AE 09354. During this season of treats and thanksgiving, we are excited to offer this opportunity for the community to bring a sweet surprise to our troops, while promoting fitness and putting candy and snacks to a good use.

**JOIN THOSE WHO REFER
FAMILY AND FRIENDS &
RECEIVE A GIFT CARD!**

Jim Beathard
Helen Burns
Susan Love
Pat Myer

Thank you to these individuals and all the patients and physicians who referred someone to us for physical therapy or any of our many services. Do you know someone recovering from an injury or surgery, or who wants to begin an exercise and fitness program? Call our office today, make a referral, and receive a gift card too.

— Ann Freeman, P.T. (owner)
— Rick Bergman, P.T., CSCS (co-owner)



**SPECIAL THANKS TO OUR TROOPS
AND THEIR FAMILIES!**

FOR THE ATHLETE IN ALL OF US

How do you transition from one sport to the next, from warm weather seasons to the cold? For athletes of all types, this can be a question of strength and will and the following simple steps:

- Take a break between sports to allow for rejuvenation of the body. Continue with light workouts to maintain minimum fitness levels.
- Start lightly with new activities or routines to allow the body to adjust to new settings. Then increase the intensity gradually.
- Maintain both strength and endurance during the season. This will make transitions smoother, especially if going from more of an endurance sport (distance running) to a strength sport (wrestling).



And, continue with all the other things that have made you a strong athlete: ample hydration before and during activity, proper stretching, rest between activity and care and treatment for injuries.

MINIMIZING INJURIES FROM FALLS

Falls are the leading cause of accidents among seniors and result in a fracture in one out of three instances. It is estimated that one third to one half of elderly individuals fall at least once every year. These falls often lead to hip fractures, other bone injuries, or even death. However, seniors can combat these risk factors and regain strength and mobility by starting a regular exercise program.

Even individuals who are currently considered "home-bound" can benefit from exercise and strength training. Our therapists are highly experienced in setting up treatment plans, in our facility or in the comfort of your own home, specifically designed to maximize the quality of life and functional ability of each patient, with strength and balance training as the focus.

Strength training can help rebuild lost bone mass by increasing the blood flow to bones, which is especially important for women who are suffering from osteoporosis. Additionally, strength training and exercise can help reduce the symptoms of arthritis, depression, type II diabetes, sleep disorders and heart disease.

Strength training also helps prevent the loss of bone density and muscle mass that leads to physical disability and frailty. When combined with balance training, strength training can significantly reduce the high risk of falls.

Talk to our therapists about a program that will keep you or a loved one on steady ground and only thinking of "falling back" when it's time to change the clock at Daylight Savings Time.



Holiday gift giving is easy with a gift certificate for any of our many services!

BE FIT FOR LIFE!

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Circleville
PHYSICAL THERAPY, INC.
Orthopedic & Sports Rehab • Work Injury • Fitness
Mississippi County Center for Occupational, Circleville, OH

A REGULAR PUBLICATION FROM CIRCLEVILLE PHYSICAL THERAPY

PHYSICAL THERAPY 101

What is Physical Therapy?

Physical therapy addresses the treatment, healing, and prevention of injuries and disabilities. Physical therapists focus primarily on relieving pain, promoting healing, restoring function and movement, building strength in the weakened area, and preventing further injury. They are trained to treat specific areas with specialized techniques. Some examples are joint mobilization, soft tissue and trigger point release, manual therapy, myofascial stretching, muscle re-education, therapeutic exercise, re-conditioning program, and specific strengthening of weak muscles, to name a few.



What can a Physical Therapy program do for me that I cannot do on my own?

Some patients come to us thinking that they know how to properly exercise, manage their pain and rehabilitate themselves. Our physical therapists are specifically educated and skilled in rehabilitation and receive continuing education on a wide variety of injuries and dysfunctions. They also work closely with referring physicians in the development of a rehabilitation program specifically designed for each individual patient. This is a particularly important reason physical therapy can help in healing, as each patient is different -- different types of bodies, patterns of movement, alignments and habits. Our physical therapists monitor each patient and work to correct improper habits, alignments and movements.

How long will my Physical Therapy take?

This is often the first and most common question. Everyone has other priorities in their lives. Exercise and therapy can seem an imposition. Our therapists understand that recovery from injury can be much more time consuming than prevention and that each patient's degree of injury is different with varying rates of recovery. Our therapists put together a personalized plan with the goal of getting a patient back to the point where he or she can perform normal, everyday activities without difficulty and as quickly as possible.

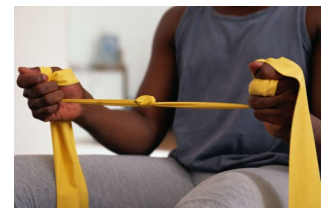


Who benefits from Physical Therapy?

Most everyone who is recovering from an injury or surgery can benefit. Typically the most appropriate patients are those who have been in accidents (work-related, automobile, or falls), athletes with stress injuries, arthritic patients, pre- and post-operative patients, and those with general deconditioning, or strains. There are hundreds of benefits of physical therapy: evaluate physical problems, increase and maintain muscle strength and endurance, restore and increase joint range of motion, increase coordination, alleviate pain, decrease muscle spasm and plasticity, decrease swelling and inflammation of joints, promote healing following surgery, prevent contracture and deformity of limbs, alleviate walking problems, decrease stress, and educate patients and family. These are only a few of the benefits of physical therapy.

What will I have to do in Physical Therapy?

Our programs generally focus on pain relief, strength and flexibility training, proper postural alignment, regaining movement or range of motion, improving and correcting posture, endurance training, relaxation and stress relieving techniques, balance and coordination training, proper walking, education, safety awareness, and an ongoing exercise program. We work with patients to learn therapeutic methods to relieve discomfort and improve performance through various physical techniques and activity modifications.



Physical Therapy is worth the time and effort!

Remember that each individual is different. Your rehabilitation and physical therapy experience will be unique. Be patient with yourself, your physician and your physical therapist. Healing takes time, diligence and compliance. Most of all, consider the benefits of physical therapy and, more importantly, the pains and risks of leaving your health untreated without a qualified therapy program.

Visit our website to see the fun and exciting ways we celebrated National PT Awareness Month in October!

Whether you are trying to manage the symptoms of a long-term illness or just want to improve your general health and mobility, physical therapy can help you reach your goals and maintain your independence. In addition to helping patients, physical therapy can also be beneficial to caregivers -- by providing easier methods for performing their caregiving responsibilities. Individuals of all ability levels and with all types of diagnoses can use physical therapy. Call today for a FREE initial consultation and learn how you, too, can benefit from our therapy services.

2008 is a milestone anniversary for Circleville Physical Therapy. We have offered physical therapy services in this community for how many years? The first THREE readers who call our office at 740.474.9318 with the correct answer will win a gift card.