



In Touch

Fall 2015

Treating the individual, not just the injury.

Heads UP!

Concern about head trauma from concussions is not only involving the NFL these days. More and more pediatricians, coaches and parents have realized their children are at risk too. Read on to learn more.

A concussion is a type of brain injury that causes temporary loss of normal brain function usually caused by a blow to the head. A bump or blow to the head or body can cause the head and brain to move rapidly. The brain can bounce inside the skull causing injury to the brain cells. Your child does not have to lose consciousness to have a concussion

The Centers for Disease Control estimates that 3.8 million concussions occur each year in just sports alone. Symptoms from a concussion may last minutes to even months. Concussion symptoms may be physical, cognitive, emotional, and sleep related. It can be dangerous to not allow enough time for the brain to heal. Signs and symptoms may occur immediately but may also take hours or days to show up.

Signs and symptoms related to concussion may include but are not limited to:

Dizziness	Memory difficulty	Irritability
Headache	Confusion	Restlessness
Nausea/vomiting	Difficulty concentrating	Anxiety/Depression
Vision changes	Difficulty sleeping	Aggression
Impaired balance	Sensitivity to light and sound	Mood swings

Coaches, parents, and medical professionals all have a role in detecting concussions in children and teenagers. If you suspect that your child has sustained a concussion then seek medical care immediately. Brain scans are often normal and unable to detect concussions alone.

Exertion should be limited if your child has suffered a concussion. Returning to school, social, or physical activities too early can impair the brain's ability to heal. Recovery from a mild concussion can take days, weeks, or even several months. One can slowly begin normal activities once symptoms have improved and stayed improved.

Physical therapists can evaluate and treat problems related to concussions. Dizziness, balance difficulties, and headaches are some of symptoms that physical therapist are trained to treat.



October 26th -
30th

Join Us For PATIENT APPRECIATION WEEK

Maine Apple Monday- Apples and cider

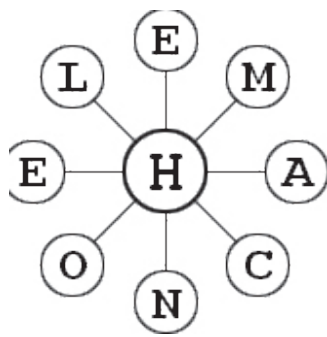
Tune-Up Tuesday- Free Screenings at each clinic by appt.
(injury & balance)

Wacky Wednesday- Wear something CRAZY and win a prize

Thirsty Thursday- Free water bottles

Freaky Friday- Celebrate Halloween with us. Dress up & stop in for some treats!

Stop in daily for the treat & gift of the day! We'll also have a week-end raffle you can enter to win at each visit!



Brain Teaser

See how many words you can create using these letters. Each word must contain the central H and not use any one letter more than twice.

Mail or drop off your answers by October 30th to be entered into our drawing!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____

Name: _____

Phone: _____

Address: _____



Dog Blog

The working shih tzus of America must unite! We need to join forces and end the unfair treatment that is occurring in offices around the country. I understand that there is a push for increased minimum wage for humans- that is great and all- Go, Fight, Win! Have any of you thought about us, the cute, adorable, loveable shih tzus of Head to Toe PT? (Ok, well, really just me! The boys can fend for themselves.)

I show up to work every day, rain or shine. I wake up when my name is called and greet all the patients. There is value in that! I let you pet me, kiss me, hug me. I even allow some of you to rub my belly. Do you hear me complain about it? NOOO! Well, I have had enough. I want more snacks, more breaks, more food, more nap time (without interruptions)! I'm getting old and I need to be pampered.

Why is it that I have to wait until 4 pm for dinner? You probably get to eat lunch every day, right? Do you have any idea how famished I get working so hard all day? Is it really too much to ask for lunch?

Another thing that really bothers me- when you tell me to go outside to pee only to call me back in a minute later. Have you noticed the days are getting shorter and the weather a little colder? What kind of break is this? Aren't there guidelines? Six hours work = 30 minutes break, ever heard of that law? I want to sit outside and enjoy the sunshine for a bit. I promise I won't wander off or get into a stranger's car. Heck, if I did they'd probably treat me better than this joint.

I could go on and on, but perhaps this is a good start. I don't want to sound too demanding. I thank you in advance for your compassion, understanding, and support.

Sincerely,

Your hard working shih tzu, Bailey

**Did you know we have given out
OVER \$500 in FREE groceries this year?**

Ask about our Referral Program

Join us in welcoming our new Physical Therapist, Nikayla Towne-Relyea, DPT



Nikayla joined our Topsham clinic at the beginning of October. She is a graduate of Sage Graduate School in Troy, New York. Originally from New York, Nikayla recently relocated to Maine.

When asked to describe herself as a PT, she writes:

"I have a passion for pediatric and orthopedic physical therapy. My treatment techniques include, but are not limited to, modalities, manual therapy, therapeutic exercise, and patient education. I have experience working in an orthopedic setting both during my school affiliations and in a position following graduation. When treating patients, I feel an important concept is to view them as a person, not an impairment."

When asked to describe herself as a person, she writes:

I enjoy reading, exploring new places and spending time with family and friends. I love being outdoors, walking on the beach, hiking and bicycling. I am a big sports fan in regards to participating in as well as being a spectator. I was a high school volleyball player and am a fan of the New England Patriots."

We are very excited for all of our patients to meet Nikayla!

GIVING BACK



In August, we had the opportunity to volunteer at the Good Shepherd Food Bank in Auburn. We spent the day working on the Community & Supplemental

Food Program (CSFP).

CSFP provides 2 food packages per month to over 3,000 seniors in need. As a team, we filled, packaged and prepared for delivery- 340 sets. The packages contained 2 boxes of cereal, 2 bottles of juice, 2 cans of peas, 2 cans of mixed veggies, peanut butter, chili, 2 bags of wheat pasta, 2 boxes of milk, and 2 cans of applesauce. It took all 7 of us working together with varying tasks to make a difference in the lives of 340 people.

It made us all realize how fortunate we. We were tired, hot and sweaty, but we all left there feeling amazing about making a difference in the communities we serve.

Read more about the Good Shepherd Food Bank and how you might possibly be able to help this worthy cause by visiting their website www.gsfb.org.

Just like Where's WALDO- You never know where Head to Toe PT might show up!



2015 Events

The Highlands- Balance & Falls 2/5/15

Let's Make Some Waves - Intro to Pool Therapy
3/10/15

Fill the Plate Breakfast-Seniors Plus 3/20/15

Westrum House- I've Fallen & CAN Get Up 3/25/15

The Highlands- I've Fallen & CAN Get Up 5/7/15

Good Shepard Food Bank 8/19/15

Bowdoinham Seniors-Wellness Fair 9/22/15

Lewiston Peoples Plus- Matter of Balance 10/2/15

Brunswick Peoples Plus - Health Expo 10/20/15

Bowdoinham Seniors- Matter of Balance 10/21/15

Head to Toe Physical Therapy

439 Lewiston Rd

Topsham, ME 04086

9 Physical Therapist Tips to Help You #AgeWell

We can't stop time. Or can we? The right type and amount of physical activity can help stave off many age-related health problems. Physical therapists, who are movement experts, prescribe physical activity that can help you overcome pain, gain and maintain movement, and preserve your independence—often helping you avoid the need for surgery or long-term use of prescription drugs.

Here are nine things physical therapists want you to know to #AgeWell.

1. Chronic pain doesn't have to be the boss of you.
2. You can get stronger when you're older.
3. You may not need surgery or drugs for low back pain.
4. You can lower your risk of diabetes with exercise.
5. Exercise can help you avoid falls—and keep your independence
6. Your bones want you to exercise.
7. Your heart wants you to exercise.
8. Your brain wants you to exercise.
9. You don't "just have to live with" bladder leakage.