

PHYSICAL THERAPY

LEWISTON 784-3400
TOPSHAM 725-4400



In Touch

Quarterly Newsletter 2014

Treating the individual, not just the injury.

Local Business in the Spotlight



Like most small businesses, we feel very fortunate to be supported by members of the communities we serve. As our way of giving back and supporting other local businesses, we focus an article in each of our quarterly newsletters on a business we believe might be of benefit to one of our readers.

Head to Toe Physical Therapy is pleased to welcome Jeff Clark, D.C. and Balance Chiropractic to Topsham!

Dr. Clark moved back to Maine from Reno, NV in 2013 and opened a small office in Lisbon which he quickly outgrew. Fortunately he found our location in his search for a larger office space.



Dr. Clark brings over 15 years of experience to his new office and specializes in Headaches, Migraines, Fibromyalgia, failed back surgery, sciatica and other hard to treat conditions. Using specialized techniques and cold laser therapy, Dr. Clark has successfully treated thousands of patients with often remarkable outcomes.

Believing that everyone should benefit from chiropractic care, Balance Chiropractic offers Maine's Most AFFORDABLE Chiropractic Care. Dr. Clark does not accept insurance and therefore saves thousands of dollars every month and passes those savings on to his patients. All visits are just \$30 and include any needed exams and therapies, and there are never any additional or hidden charges. The office even has family care plans that include the whole family for just \$50.

Appointments can be easily scheduled via the website or by calling the office.

For more information regarding Balance Chiropractic, please visit their website: www.Balance-Chiropractic.com or call Dr. Clark at 207.725.6500.

Inside This Edition

- Katie participates in continuing education course
- Benefits of Aquatic Therapy
- Sign up on-line at www.headtotoept.com for e-newsletters
- Complete our newsletter game & enter to win 1 FREE month worth of chiropractic care

What's New At Head to Toe PT

- Welcomes Balance Chiropractic to the lower level of our Topsham Clinic
- Balance & Falls Screenings scheduled
- New Clinicient Insight EMR™ software

Calling All Runners!

Running competitively, for exercise, for stress reduction and endorphin release, or just for fun, whatever the reason, repetitive use injuries are quite common in runners. Ever suffer from heel pain, Achilles tendonitis, shin splints, knee pain, hip bursitis, or low back pain? These are a few of the common injuries associated with running and with improper running form, these injuries just keep coming back!

Katie recently participated in a course and beefed up her assessment skills for running injuries. Assessing the running gait pattern is a crucial key to figuring out how to best create a program designed for each individual. In other words, motion occurs at every joint from your big toe up the chain to the lower back during each phase of running, and movement occurs amongst 3 planes. If one part of your body is lacking in motion then another part of your body must compensate. Running is basically moving your body through space so quickly that you are preventing yourself from falling with each step. If these compensations do not happen, you could guess what might happen....ouch! So, our body compensates, and over time causes injury. With proper analysis of movement, a more normal running pattern can be established with an individualized program, and you can finally kick that pain once and for all!!

Balance & Falls Screening Events

Head to Toe Physical Therapy has a FREE Balance & Falls Screening event planned locally to create awareness in the senior community regarding the risk of falling.

People's Plus Center (Brunswick)
Friday, March 21st 11 am - 1 pm

This event is FREE to any member of the community. Our physical therapists will be present to educate participants in the importance of balance in preventing falls. Individual screenings will include: Functional Reach, Posture Assessment, Dynamic Balance and Timed Up & Go. Educational material will be available for home safety tips along with test results.

If you or a loved one have a concern regarding balance, this event is for you! Contact Christine Mecham at 725.4400 for additional information regarding these events.

Clinicient Insight EMR™



In November of 2013, Head to Toe PT decided to purchase a software called Clinicient Insight EMR™. This software automation allowed us to eliminate paper patient files, combine the schedules for both of our clinics, streamline our insurance billing process and most importantly provide our therapists the tools they need to focus primarily on patient care.

Therapists now have complete access to patient records at their fingertips. Communication between therapists, scheduling, insurance providers along with each individuals plan of care can be easily accessed by all staff. With just the click of a button, records can be faxed or emailed to primary care doctors or specialists to ensure that the treatment and progress of our patients are tracked and a team approach is our main focus.

Just another way for us to be able to 'treat the individual, not just the injury!'.

Referral Program



The biggest compliment we could receive is the referral of someone you care about! Our referral program rewards patients who refer someone to us. Just tell them to mention your name and you'll receive a \$15 gift card to Hannaford along with a reusable grocery tote.

Catch the PT Wave

Did you know that Head to Toe Physical Therapy offers aquatic therapy as well as land-based therapy?

Often times, a combination of land and water-based therapies are utilized for quicker recovery periods. Some of the benefits of participating in water-based physical therapy include:

- Increased range of motion
- Improved circulation
- Decreased edema/swelling
- Decreased muscle spasms
- Promotion of relaxation
- Increased efficiency of the respiratory system
- Improved cardiac output



Water allows for limited weight-bearing exercises in an environment that reduces the risk of injury and provides security to individuals with a history of balance issues. A patient who needs a walker or cane outside of the pool will most likely be able to walk freely in the water. Buoyancy assists individuals in supporting their weight, putting less strain on their joints, and less pressure through the spine. Another property of water that helps patients is hydrostatic pressure. This decreases swelling and can help improve body awareness. Lastly, the warmer temperature of a therapeutic pool allows for improved blood flow and helps to relax muscles.

Aquatic therapy is appropriate for all ages, from children with tone issues, to athletes, to elderly patients suffering from arthritis or who have had recent joint replacements. The resistance the water provides creates a force that muscles must work against. For individuals with decreased tone, this forces them to work harder to stay upright which requires them to recruit several muscle groups at the same time. The following is a partial list of conditions which aquatic therapy is used to treat:

- Pre and post-surgical injuries, including joint replacements
- Arthritis
- Low back pain
- Fibromyalgia
- Chronic pain
- Sports injuries
- Balance and gait issues

At Head to Toe PT we use aquatic therapy in conjunction with land-based therapy. Utilizing both methods seems to provide for a faster recovery and keeps the patients more involved. Every time patients enter the water for therapy at Head to Toe PT a licensed physical therapist joins them. One-on-one attention is given to ensure optimal form with exercises and to perform manual therapy at times.

For most, aquatic therapy is a great addition to a treatment plan. If you have any questions regarding aquatic therapy, feel free to contact one of our therapists!

This newsletter is brought to you by Head to Toe Physical Therapy. All information included is for educational purposes only and should not be considered medical advice. Please consult your primary care physician or physical therapist before performing any exercises or treatments described in this newsletter. If you have any questions regarding the material contained in this newsletter, please contact either of our offices at 784.3400(Lewiston) or 725.4400(Topsham).

Sign up for our on-line newsletter and be entered to win a \$25 gift card to Amazon.com!

Go to our website- www.headtotoept.com and enter your email address at JOIN OUR MAILING LIST.

Each quarter we'll pick a winner!

Head to Toe Physical Therapy
439 Lewiston Rd.
Topsham, ME 04086

FILL IN THE BLANK!

The best part is that ALL of the answers can be found on our website: www.headtotoept.com

How much easier could we make it?

Find the missing word for each sentence, mail or drop it off at one of our locations and be entered into a drawing for **ONE FREE MONTH OF CHIROPRACTIC CARE** with Balance Chiropractic.

1. We treat a condition called a _____ shoulder.
2. A type of secondary insurance that is available to people over 50 _____.
3. One of our therapists is a Board Certified _____ Clinical Specialist.
4. We also have a Certified Strength and _____ Specialist on staff.
5. We offer land and _____-based therapy.
6. We call your first appointment an _____.
7. _____ is the newest member of our 4-legged family.
8. Jill and Karen both earned degrees from _____ College.
9. Aquatic therapy is offered at our _____ office.
10. Our tag line: "We treat the _____, not just the _____.

Name: _____

Phone: _____

Fill in the missing words above to be entered into our quarterly drawing good for one free month of chiropractic care with Balance Chiropractic.

Entries can be mailed to 439 Lewiston Rd, Topsham, ME 04086 or dropped off at either of our clinics. All entries must be received by March 31st to be entered in the drawing. The drawing will be held on April 1, 2014.