



In Touch

Fall 2013

Treating the individual, not just the injury.

Local Business in the Spotlight



As a small business, 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.

Many of our 'Tuesday Trivia' participants have been fortunate enough to win a gift card to Benoit's Bakery & Wine Cellar, located at 72 Lisbon Rd in Lisbon. The feedback has been nothing but positive!

Benoit's Bakery & Wine Cellar opened in the fall of 2011 by Nick Benoit on the backside of Benoit's Farm Stand. Along with pastries, the store offers fudge, wine, cheese and artisan breads.

This has become one of our staffs' favorite lunch spots for homemade soups, sandwiches and salads!

The bakery is open Monday - Saturday from 6 am to 6 pm and Sundays from 6 am to 3 pm.

www.benoitsbakery.com

Inside This Edition

- Ted Greeley II, PT, DPT obtains new CSCS certification
- Christine Mecham joins HTTPPT staff
- 2013 Central Maine Heart Walk
- Learn more about Diabetes and PT

What's New At Head to Toe PT

- We hosted 2 summer interns from Husson University and Franklin Pierce University
- New Website Released
- Katie moves to Topsham Office full time

REFERRAL PROGRAM



The best kept secrets are between friends-

Have you told your friends about us?

The most credible reference we can receive is from a current or existing patient who has benefited from our services. We would love the opportunity to help a friend, family member or colleague of yours return to optimal health.

If you take the time to tell someone about us and they seek treatment with us, we'll reward you with a reusable grocery tote and \$15 gift card to Hannaford!



Ted Greeley, PT Certified Strength and Conditioning Specialist

We are pleased to announce that in July Ted Greeley became a Certified Strength and Conditioning Specialist.

Ted earned this certification through the National Strength and Conditioning Association (NSCA).

“Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance.

They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention.

*Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.”**

* <http://www.nasca-lift.org/Certification/CSCS/>



Head To Toe PT Participated in the 2013 Central Maine Heart Walk

2013 marked our 3rd annual year participating in and supporting the American Heart Association’s Central Maine Heart Walk.

This year we raised in excess of \$1,600, bringing our total raised for the past 3 years to over \$5,000 for this worthy cause. FMI information on how you can donate to the American Heart Association, visit: www.heart.org

Thank you to all of our friends, family members and patients for supporting us along the way!

Patient Appreciation Day!!

WHEN:

**Wednesday
October 23rd**

WHAT:

**Food, Fun,
Friends & Prizes**

WHERE:

**Topsham Clinic 9 am - 11 am
Lewiston Clinic 2 pm - 4 pm**



Please Join Us in

Welcoming the Newest Member of Our Staff

Christine Mecham joined Head to Toe Physical Therapy in June. Christine serves as the Public Relations Coordinator for the practice. She oversees all marketing and community related functions for Head to Toe Physical Therapy.



Christine earned a BS degree in Marketing from St. Joseph’s College in Standish. She brings over 13 years of marketing experience in the financial and construction industries and is looking forward to the challenges of marketing in the medical field. Christine resides in Bowdoinham and is very active in her community, including serving as the Mt Ararat High School Varsity Cheering Coach.

Diabetes got you down?

By Katie Caron, MSPT

Diabetes affects an average of 26 million individuals in the United States. I happen to be one of them. Being diagnosed at the age of 15 with Type 1 diabetes changed my life. Type 1 is an auto-immune disease where your body destroys insulin producing cells, causing you to rely on injected insulin. I receive my insulin through a pump that constantly drips a small amount each hour and I give an extra “bolus” with any glucose (sugar) intake. Type 2 diabetes is due to environmental factors, not enough exercise and poor diet control. With this type, there is a resistance to the insulin that your body produces. Your body continues to produce more and more insulin, thinking there is not enough. Eventually, the insulin producing cells shut down from fatigue. Type 2 diabetes that has gone under-treated can ultimately lead to the need for injected insulin as well.

Regardless of which form of diabetes an individual has, we face the same daunting risks of complications associated with the disease. These can affect every system of the body, and include: peripheral neuropathy, retinopathy, kidney disease, peripheral vascular disease (which could result in amputation), and heart disease and stroke. What we ultimately know is: Control your blood sugar. Test your blood sugar. Take your medication as prescribed. Exercise. Eat a healthy, low fat, low carbohydrate diet.

Where does physical therapy play a role in the management of your diabetes? The ability to exercise is crucial in diabetes management. Exercise helps to lower insulin resistance in your body. This means that your insulin, whether made by you or injected, will have a greater effect on lowering your blood sugar. If you have trouble exercising due to joint, back, neck pain, or any other body pains, a therapist can evaluate your pain, help get it under control, and design an appropriate exercise plan. If your diabetes is not being optimally managed, it can lead to disease of the blood vessels, which can ultimately lead to muscle cramping, nerve pain, numbness or tingling, skin breakdown or ulcers, and difficulty walking. It has been shown that increasing cardiovascular exercise can help to regenerate and improve blood flow into your arms and legs. Cardiovascular or endurance type exercise, be it an exercise bike, treadmill, etc., can help lower blood sugar, so it is important that you have a glucometer with you to help monitor blood glucose during exercise.

Resistance training with use of weights or resistance bands can actually increase blood sugar by releasing stored glucose from your muscles. Depending on your starting blood sugar, certain exercises would be prescribed to best suit your needs. It's been shown that a consistent exercise regime over time promotes blood flow, improves cardiac health, reduces pain, improves mood and mental health, and can help manage blood glucose control.

If you have challenges with balance, maybe due to numbness in the feet from peripheral neuropathy, a therapist can help you strengthen other balance systems of the body and/or teach you how to appropriately use an assistive device, like a cane, to prevent loss of balance and falls.

If you're struggling with tendinitis (whether it's in the shoulder, elbow/wrist, ankle, knee, or hip), tight muscles, or adhesive capsulitis of the shoulder, you're certainly not alone. These conditions are quite common in people with diabetes. Physical therapy can help reduce pain, improve your range of motion of the joint, strengthen, and improve your ability to function and exercise.

So whether you have been recently diagnosed or are someone who has been living with diabetes for years, physical therapists can help. Understanding your condition as it pertains to exercise and living a healthy and safe physical lifestyle is crucial to preventing injury and leading to a long and healthy life.

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 725.400 (Topsham).

Have you had the opportunity to visit our redesigned website?

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!

Word Search Contest!

T	G	I	P	M	F	S	K	L	A	W	T	R	A	E	H
U	O	G	A	T	H	E	R	A	P	Y	P	E	Q	C	R
C	J	P	T	E	O	C	M	B	U	T	T	F	S	I	Y
K		S	S	W	H	Q	M	N	F	D	N	E	W	T	V
E	B	D	Q	H	E	A	J	B	G	F	E	R	Q	A	Z
R	A	F	A	E	A	S	U	V	H	A	M	R	I	U	E
U	I	G	X	R	L	M	I	C	J	C	E	A	U	Q	I
A	L	H	C	T	T	D	O	X	K	E	G	L	O	A	L
D	E	J	V	Y	H	F	P	Z	L	B	A	S	P	E	L
G	Y	P	A	R	E	H	T	E	N	O	N	O	E	N	O
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E	E	O	N	K	L	K	N	O	T	S	I	W	E	L	O
F	R	T	L	H	J	L	R	G	T	Y	A	C	B	R	D
M	A	N	U	A	L	T	H	E	R	A	P	Y	V	F	W

- AQUATIC
- TOPSHAM
- MASSAGE
- LEWISTON
- MANUAL THERAPY
- PAIN MANAGEMENT
- ONE ON ONE THERAPY
- POOL
- HEART WALK
- HEALTH
- FACEBOOK
- THERAPY
- BLOG
- REFERRAL
- TUCKER
- OLLIE
- BAILEY

Locate the words in the list above to be entered into a FREE drawing for a \$25 gift certificate to Benoit's Bakery & Wine Cellar. Entries can be mailed or dropped off at our Lewiston or Topsham office. All entries must be received by October 23rd to be entered in the drawing (stop by our Patient Appreciation event to enter and enjoy other goodies). The drawing will be held on October 24, 2013.