

PHYSICAL THERAPY



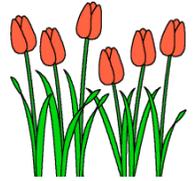
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# In Touch

The quarterly newsletter of  
Head to Toe Physical Therapy

Spring 2012



*Treating the individual, not just the injury.*

Head to Toe Physical Therapy is a privately owned outpatient physical therapy clinic with two convenient locations, providing our communities with a one on one personalized approach to physical therapy. At Head to Toe PT we help you return to optimal functional mobility by teaching you how to manage your injuries.

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**Spotlight on a local business: *Revelations Massage***

Relax, revitalize and rejuvenate with a customized therapeutic massage from Revelation Massage in Auburn. Co-owners Kim Jacques and Chelsea Callanan opened their doors in September 2011 with a mission to increase the wellness of individuals and community. This is accomplished through delivering high quality, customized massage therapy services to their clients. Owner Kim has been a respected massage therapist in central Maine since 1999. Her tenure was spent training over 700 massage therapists as the Director of Education for Spa Tech Institute.

Revelations Massage has 11 highly trained therapists who offer numerous massage techniques, including Swedish Massage, Sports Massage, Reflexology, Pregnancy Massage, and Couples Massage, just to name a few. Their unique membership program offers discounted pricing and monthly specials for all of their members. Expanded hours (open 7 days a week) make it easy to schedule a massage around your busy life. For more information or to book a massage please visit [www.revelationmassage.com](http://www.revelationmassage.com) or call 207-376-3233. Revelations Massage is located at 600 Turner St. Suite 3 in Auburn, ME. For a chance to win a free \$50 gift certificate please read the whole newsletter!

**What's new at Head to Toe PT?**

- Help us in our quest to reach 500 likes on facebook! If you already “like” us tell your friends and family! Once we hit the magic number, one lucky “liker” will be randomly chosen to win a digital picture frame! (It’s a nice one too!) So, what are you waiting for? Spread the word!
- There are 3 office suites available for lease in the lower level of our Topsham location, perfect for an acupuncturist, chiropractor or other independent health care provider. The entire space is available as one single lease if preferred. For more information please contact Jill at 725-4400.
- As many of you know, we ask patients to fill out a survey at the end of your care. Thank you for your comments and suggestions. We are constantly trying to improve and value your opinion. If you have something to share and didn’t have a chance to tell us, please email Allison at [Allison@headtotoept.com](mailto:Allison@headtotoept.com).

# Tackling Tennis Elbow



Even if you don't play tennis *Lateral Epicondylitis* (or Tennis Elbow, as it is more commonly known) can become a nuisance if it is not prevented or taken care of properly. Tennis elbow can happen to anyone who repeatedly uses their elbow, wrist and hand for their job, sport or hobby.

Tennis elbow is a painful condition caused by overuse of the "extensor" muscles in your arm and forearm. These are the muscles you would use to grip, twist and carry objects with your hand and also why movement of the wrist or hand can actually cause pain in the elbow. Prolonged use of the wrist and hand such as using a computer or operating machinery and, of course, playing tennis with an improper grip or technique can lead to tennis elbow and most commonly affects people between the ages of 30 and 50.

Symptoms generally develop gradually over a period of several weeks or months as a result of repeated or forceful use of the wrist, hand and elbow.

Symptoms may include:

- Pain that radiates into your forearm and wrist
- Difficulty doing common tasks such as holding a cup of coffee or turning a doorknob
- Stiffness in the elbow
- Weakness in the arm
- Increased pain when holding or lifting objects
- Pain from turning a jar and even gripping silverware

Within the first 24-48 hours of diagnosis, visiting a physical therapist can immediately help with your pain. PT treatment may include manual therapy, special exercises, ice or heat treatments and/or electrical stimulation. Of course the type and length of your PT treatment will be based on your individual needs as diagnosed by your physical therapist. Your PT will help you return to physical wellness by teaching you how to modify daily activities and also how to prevent future injuries.

If you are experiencing any of the above symptoms, be sure to contact your physical therapist today to stop the pain!

*\*For more information please visit [moveforwardpt.com](http://moveforwardpt.com)*

*\*Information within this article was provided from the American Physical Therapy Association and should be considered as educational, not medical advice.*

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**THIS NEWSLETTER IS BROUGHT TO YOU BY HEAD TO TOE PHYSICAL THERAPY**

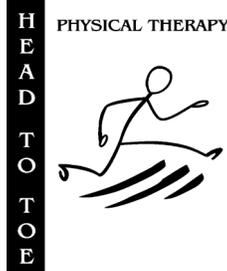
*All information is for educational and informational purposes only; it should not be considered medical advice.*

*Please consult your physician or physical therapist before performing any of the exercises or treatments described in this letter.*

**439 Lewiston Road (Route 196), Topsham, tel. 725-4400**

**1977 Lisbon Road (at the Health Club & Spa), Lewiston, tel. 784-3400**

**[www.headtotoept.com](http://www.headtotoept.com)**



# Jackie Gets Involved!

On April 9th Jackie played the role of guest educator at one of the workshops for the Matter of Balance educational series held at Senior Spectrum in Topsham. She fielded several questions related to how physical therapy can help prevent falls. The program is dedicated to managing concerns about falls through several different program focus's such as exercise, thoughts and concerns and recognizing hazards within the home. The series of workshops are held for 8 weeks through MaineHealth's Partnership for Healthy Aging. For more information about the program please contact Vicki Foster 1-800-282-0764 ext. 126.

# Karen's class

Not only do the physical therapists at Head to Toe PT need to keep up with advances in treatment, but we also have to make sure we can identify the actual problem that brought the patient to us in the first place!

Karen recently attended a seminar hosted by Greater Brunswick PT with a guest lecturer from the North American Institute of Orthopaedic Manual Therapy. The focus of the course was on differential diagnosis. In this course, Karen built upon her current knowledge and learned how to better localize and analyze the site and source of an individual's pain. By knowing the exact cause of pain we are that much better at treating it!

## Q: Did you know?

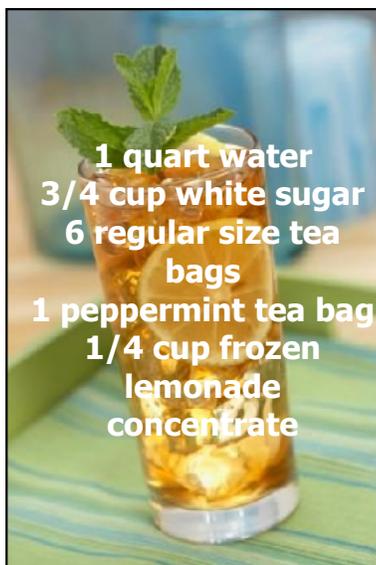
A: You have the **Right to Choose** where to go for your physical therapy treatment.



At Head to Toe PT, we strive to provide the best possible care to each and every one of our clients. We rely on you to share your positive experience with friends and family. So, the next time someone needs physical therapy treatment be sure to tell them about Head to Toe Physical Therapy!

**We value your referrals!**

## Healthy Eats for Physical Wellness~ Lemon Mint Iced Tea



Summer came and went....(remember that week in March?) But we are sure it will be back again, and this time it will stick around for a while! In hopes of getting you ready for summer time in Maine what better than a delicious front-porch-swing iced tea?

Drinking tea packs a huge healthful punch as well. A few of the benefits include:

- Tea contains heart healthy antioxidants
- May reduce the risk of heart attack or stroke
- Keeps you hydrated
- Increases your metabolism

**Bring the water to a boil in a large saucepan over high heat; remove from heat, then stir in sugar until dissolved. Add the tea and peppermint tea bags, and allow to steep for 30 minutes. Remove tea bag and stir in the lemonade. Serve tea over ice.**

## Contest: Sudoku

6			5					3
8	5					7		4
9	3				1			
	4	6	2	5			8	7
		7	8					2
							6	
	1		6	2			4	9
3				7	9	5		
	2		3	1				

**Want to WIN  
A \$50 gift certificate to  
Revelation Massage?**

Complete the following Sudoku puzzle and return to either Head to Toe PT location or send your answers to:

**Head to Toe PT  
Attn: Allison  
439 Lewiston Rd  
Topsham, ME 04086**

before *June 15th.*

**BE SURE TO INCLUDE YOUR  
CONTACT INFORMATION!**

Place numbers 1–9 so they appear only once in each box