

PHYSICAL THERAPY



Treating the individual, not just the injury.

New Therapist Joins Head to Toe

Please join us in welcoming our newest therapist Christina Levesque, DPT to our Topsham clinic.



Christina joined the Head to Toe PT team in October 2014. Born and raised in Rhode Island, she relocated to Maine upon marrying her husband Ryan.

Graduating from Franklin Pierce University in February 2013 with a Doctorate in Physical Therapy, she recently moved to Maine from Rhode Island where she had been working in an outpatient orthopedic clinic since graduation. She enjoys a versatile patient case load including orthopedic and neurological conditions, and sports injuries.



Mark you calendars for our first ever spring fling event!

- * Meet our therapists
- * Tour our clinics
- * Receive door prizes
- * Enjoy spring theme treats

Wednesday, May 6, 2015

Topsham: 2:00 pm - 3:00 pm

Lewiston: 4:00 pm - 5:00 pm

New Certification



Karen Krzywda, MSPT, OCS (co-owner) recently completed a course in Graston Technique and is now considered a 'Preferred Provider'.

The Graston Technique® utilizes specially-designed stainless steel instruments to enhance the clinician's ability to detect adhesions, scar tissue or restrictions in the affected areas. Skilled clinicians use the stainless steel instruments to comb over and "catch" on fibrotic tissue, which immediately identifies the areas of restriction. Once the tissue has been identified, the instruments are used to break up the scar tissue so it can be absorbed by the body.

The protocol includes a brief warm-up exercise, Graston Technique® treatment, followed by stretching, strengthening and ice. Patients usually receive two treatments per week over 4-5 weeks. Most patients have a positive response by the 3rd to 4th treatment.

For more information regarding the Graston Technique, visit www.grastontechnique.com

Time to give your brain a workout!

The object of the game is to decode the message. Each letter in the secret message has been replaced with a different letter of the alphabet. For example all of the letters 'a' in the message might be replaced with the letter 'x'. There is a hint to help get you started.



Send us your solution by to be entered to win a \$25 Visa® gift card.

RXR WJL UFJT WJL PIGC VPC NXEPV VJ DPJJMC TPCNC WJL EJ SJN
ZPWMXDIQ VPCNIZW?

And here is your hint: X = I

Answer: _____

Drop off your entry at one of our clinics OR send to: Head to Toe PT, Attn. Christine, 439 Lewiston Rd, Topsham, ME 04086. Entries must be received by May 5, 2015.

Refer a Friend



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.

Community Events

Head to Toe has a commitment to reinvesting in the communities we serve.



Completed Events:

Highlands- Balance & Falls	2/2/15
Head to Toe - Make Some Waves	3/10/15
Seniors Plus-Fill the Plate Breakfast	3/20/15
Westrum House- I've fallen and I CAN get up	3/26/15

Upcoming Events:

Highlands- I've fallen and I CAN get up	5/7/15
Bowdoinham Seniors Health Fair - Balance Screenings & Fall Demonstrations	9/22/15

Boost your Balance

Forestall any Falls

Head to Toe Physical Therapy is excited to announce our first 6 week balance and falls prevention program instructed by physical therapist Christina Levesque.

If you or a loved one have a concern regarding balance, have experienced falling or are in fear of falling- we encourage you to attend.

Class time will be spent focusing on exercises to improve you balance and strength, how to recognize risk factors and in the event of a fall, teach you how to safely get up or decide if you need to call for help.

What: Balance & Falls Prevention Program
When: Friday 1:00 pm - 2:00 pm
Where: Topsham Clinic
439 Lewiston Rd, Topsham, ME 04086
Cost: \$5 per class
Duration: May 1, 2015 - June , 2015

Please contact Christine Mecham at 725-4400 to register today!

Join our e-mail newsletter list and help us be more environmentally conscious- visit www.headtotoept.com