



In Touch

SPRING / SUMMER

2017

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Clinic Hours

Monday
8:00 am - 4:30 pm

Tuesday &
Thursday
10:00 am - 6:30 pm

Wednesday
7:00 am - 4:30 pm

Friday
7:00 am - 3:30 pm



Hey Everyone!

Thought I would check in with my fans and give an update on my Head to Toe PT family.

My mom has some new folks working with her and I like them a lot. Pam gives me love

every morning and when I don't go to work she tells me how much she missed me. And her husband, Brendon, is nice too. I still haven't convinced him to give me any of his lunch, but I am not giving up. Christine has been working in our office for a full year already and she is my favorite! She drops LOTS of crumbs on the floor. She must be very messy because I know my mom wouldn't let her feed me on purpose! Sheena is back from maternity leave; little baby Everly is already 5 months old! I haven't met her yet but it's probably just

as well- I hear she is really cute- might take away from attention people should be giving to me!

One last thing- I am getting old. And that means that I can be a little cranky sometimes. So, if you come to visit me please don't get in my face - my right eye is blind and it scares me when people move in too fast for kisses and hugs. I don't want to bite your face, but I will happily bite the small soft treats you bring me!

Love you all,
Bailey



Pain Relief Through Physical

This year marks a new effort in Maine to control the opioid epidemic in the state. Limits have been placed on the amount of prescription opioid medication a patient can receive for pain management. Although this is a beneficial first step in fighting opioid-based addiction, Mainers are still in pain. So, where do you turn for relief? Physical therapy is proven to be a safe alternative to opioids

for pain management.

Signing up for a physical therapy evaluation is a vital first step in identifying, diagnosing and treating your pain. After your evaluation, your physical therapist and you, will work to develop a plan of care to best treat and manage your symptoms. Prescription medications help you ignore your pain, but physical therapy works to resolve your pain by

treating the cause of your symptoms. At Head to Toe PT we find aquatic therapy to be a beneficial path to reducing pain, building strength and increasing mobility. If you or someone you know has sciatica, osteoarthritis, low back pain, chronic pain, or a joint injury, we encourage you to ask your doctor for a referral to PT!



Credentialed Clinical Instructor

Pamela Ford, PT, DPT recently became a Certified Clinical Instructor through continued studies with the American Physical Therapy Association.



This course was held at Husson University and is designed for health care providers who work primarily in a clinical setting and are interested in developing teaching skills. The course work is intended to enhance the participants ability to instruct and guide students while obtaining clinical experience. Pam looks forward to mentoring a student during the spring or summer of 2018.

Top 10 List

Below is a list of the most common conditions we treat most:

1. **Low back pain**
2. **Rotator cuff/shoulder impingement**
3. **Neck pain/headaches**
4. **General arthritis/chronic pain**
5. **Balance impairment/dizziness**
6. **Torticollis**
7. **Developmental delays**
8. **Status post joint replacement**
9. **Bursitis/fasciitis**
10. **Ankle sprains**

HOLIDAY CLOSINGS

Memorial Day

Monday, May 29th

Independence Day

Tuesday, July 4th

Labor Day

Monday, September 4th

Columbus Day

Monday, October 9th



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5 Truths and 1 LIE

See if you can pick out the 5 true statements and the 1 that is a LIE.

- | | | |
|---|---|---|
| 1. Christine was born in Alaska | T | F |
| 2. Andrea is afraid of horses | T | F |
| 3. Karen spent a spring break helping at an orphanage in Costa Rica | T | F |
| 4. Pickles are Pam's favorite food | T | F |
| 5. Brendon has a black belt in karate | T | F |
| 6. Sheena and her sister were born on the same day | T | F |

Turn in your answers on or before 6/15 and be entered to win \$25 to Landscape World.

Name: _____

Phone #: _____

Like us on
facebook 

REVIEW CHALLENGE

We are encouraging our patients to visit and like our Facebook page; while you're there - write a review about the experience you had at Head to Toe Physical Therapy.

Each quarter we will enter the names of those who wrote a review into a drawing to win a \$25 gift card of your choice! Pick from Hannaford, J & S Oil or Amazon.com.

It's so simple- 4 steps:

1. Find us on FACEBOOK
2. Like our page
3. Click on REVIEWS
4. Tell people what you think

You'll be entered to win!
Questions? Call us 784-3400



www.headtooept.com