

PHYSICAL THERAPY



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# In Touch

The quarterly newsletter of  
Head to Toe Physical Therapy



Summer/ Fall 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.



**Spotlight on a local business:**  
***Maggie Pierce; Skin, Life and Nutrition Coach.***  
***Located at Agape Day Spa in Brunswick***

As an internationally trained aesthetician, Maggie offers clinical and therapeutic facials designed to restore the skin, our largest organ, to its natural standard of wellness and radiant beauty. Each facial is customized, with options such as professional chemical peels, dermaplaning, and serums, to address the skin challenges of every individual client. Maggie's services always include a relaxing massage of the face, hands neck and arms.

Maggie offers several other services, including custom designed eyebrows, achieved through waxing and tinting. She provides personalized education to offer more awareness and knowledge of what influences skin and its performance. Maggie, who holds a Master certification with Jane Iredale make-up, also offers make-up lessons, applications for weddings and special occasions.

Agape Day Spa is located at 86 Farley Rd (Cook's Corner) in Brunswick. Appointments are available Monday -Friday 10am-7pm by contacting 522-7219. Be sure to read the whole newsletter to see how you can win a free facial!

**Maggie is offering \$10 off an introductory facial to anyone who mentions this article!**

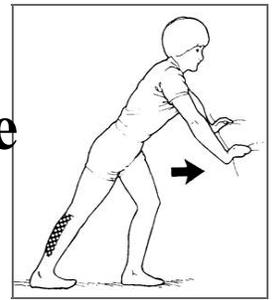
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### What's New at Head to Toe PT?

- We have welcomed a new therapist, Ted, to our team! Be sure to read about him on page 3.
- Head to Toe PT will be participating in the Central Maine Heart Walk on September 16th for the second year. We are accepting donations at both clinics. More info on page 3.
- We are introducing a new twist on our refer a friend program. Check out page 3 to read about how you can earn free groceries!
- Watch for us on TV! Head To Toe PT will be starring in a commercial appearing on WPXT Monday through Friday between 7-8am. Be sure to keep an eye out for us!
- It is with much sadness that we say good bye to Jackie. After working with us for almost 4 years, she has decided to change employers for more flexible hours. We wish her success and happiness!

# Heel Pain: Hands-on Physical Therapy Combined with Stretching Prove Effective



**DO YOU EVER WAKE UP WITH PAIN IN THE HEEL OF YOUR FOOT FIRST THING IN THE MORNING?**

If so, you may have plantar fasciitis, the most common type of heel pain. Plantar fasciitis is not typically the result of an injury. Instead, this condition usually develops gradually and, if untreated, may get worse over time. There are several factors that contribute to heel pain, one being poor footwear. A research study conducted last year found the greatest improvements in patients who performed stretches *and* received hands-on therapy, suggesting that people who are not getting better on their own may benefit from additional hands-on treatment. So, if you have heel pain that hasn't gone away, it may be time to seek the help of a physical therapist!

*\*Information within this article was provided from the Journal of Orthopaedic & Sports Physical Therapy and should be considered as educational, not medical advice.*

<p align="center"><b>Save the Date!</b> Wednesday October 3rd Patient Appreciation Day 2012!!</p>	<p align="center"><b>HTT Staff outing:</b> Seaspray Kayaking at Sebasco Harbor Resort</p>
<p><b>Who:</b> Everyone! Past patients, current patients, possible future patients, friends, and family  <b>Where:</b> the Lewiston clinic, 1977 Lisbon Road (at the Health Club and Spa)  <b>When:</b> Wednesday October 3rd from 3-5:30 pm  <b>What:</b> Lots of food, raffle give-a-ways, Q&amp;A time with our therapists and wellness screenings.  <b>Why:</b> Because our patients are the best! During National Physical Therapy Month in October we like to take time to thank all of our patients for making Head to Toe PT such a success. It is your referrals that keep us going! By also offering wellness screenings, we hope to keep our patients, friends and family in tip-top shape!</p> <p align="center">We hope to see you there!!!</p> <p align="center">For more information: visit our web site or call Allison at 725-4400.</p> 	<p>On Thursday August 2nd, Head to Toe PT closed for the day to head out for a 'wicked' fun kayaking adventure! With the help of Scott from Seaspray Kayaking, we tightened up our life vests and embarked on a 4 hour trip.</p> <p>The morning started out very foggy, creating a sense of mystery and a little bit of apprehension when we began crossing the harbor and could only see 2 feet in front of us.</p> <p>We participated in some great team building challenges, allowing us to show off a little of our competitive side. We played a game of tag, participated in various relay races and solved riddles, all while in our kayaks! Through it all, we managed to stay dry until the very end of the trip. Ted, the "newbie", had to walk across the front of all of our kayaks and then jump into the frigid bay. What a good sport he was!</p> <p>After kayaking we had a wonderful lunch at the Pilot House and a relaxing swim in the pool.</p> <p>Everyone had a blast and learned a great deal about the surrounding islands. We are all so grateful to be able to have days like this. Thanks Jill and Karen!</p> 

**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

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www.headtotoept.com~ www.facebook.com/headtotoept



# Meet Ted!



Edward S. Greely II (aka Ted) recently joined our Head to Toe team, working as a staff physical therapist in the Lewiston clinic. This past May Ted graduated from Husson University in Bangor, ME with his Doctorate in Physical Therapy. He started working with us right after graduation and has already proven to be a great addition to our team. Ted strives to specialize in both manual and sports therapy and some day would like to work with high school athletes.

Ted was born and raised in Raymond, Maine, where he currently resides. In his free time he enjoys rock climbing, hiking, fishing and basketball. He practices his love of rock climbing at the Maine Rock Gym in Portland. He is currently planning a trip out west for next spring, where he will travel in a motor home to destinations such as the Grand Canyon, Yosemite and Napa Valley, just to name a few.

Interesting fact about Ted: from the time he was younger, through the beginning of his college career, he had dreams of becoming a mechanical engineer. He changed course sophomore year of college when he decided he did not want to spend his days behind a desk and would prefer a more hands-on career. So far, he is quite happy with his choice! We welcome you Ted! And commend you for being able to work with a group of such wonderful, yet crazy, ladies!

## REFER-A-FRIEND PROGRAM!

### Q: Did you know?

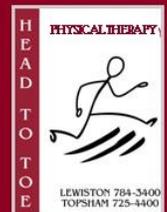
A: You have the **Right to Choose** where to go for your physical therapy treatment.

Everyone likes **FREE** groceries, right?! Refer a friend for treatment at Head to Toe PT to receive a **FREE** Head to Toe PT reusable grocery bag and a \$15 gift certificate to Hannaford!



Refer a friend to  
**HEAD TO TOE PHYSICAL THERAPY**  
And earn free groceries

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



## Head to Toe PT joins the fight against Heart Disease!



American Heart Association  
*Learn and Live.*



**HEART WALK**

On Sunday September 16th, the staff of Head to Toe PT and its family and friends will participate in the Central Maine Heart Walk in Auburn. Please help us achieve our goal of \$2000, which will surpass our fundraising amount from last year. To donate please visit either Head to Toe PT location, or [www.headtoept.com](http://www.headtoept.com) and click on the link in the upper left corner. Checks can be made out to: American Heart Association and sent to Head to Toe PT 439 Lewiston Rd. Topsham, ME 04086.

**No Donation amount is too small!**

## Contest: City Search

Unscramble each of the following phrases to find 10 US state capital cities.

GRYOMOMENT

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OXENHIP

---

SMARTOCEAN

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HASLATEALES

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APLAINSON

---

ILLSHAVEN

---

SHORTLANCE

---

INLAIDPIANOS

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LONEPERMIT

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CUBALIMO

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**Want to WIN**  
**A facial with Maggie Pierce at**  
**Agape Day Spa?**

Complete the following word  
scramble 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 *October 15th*

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