

**PHYSICAL THERAPY**



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# In Touch

The quarterly newsletter of  
Head to Toe Physical Therapy

**Holiday 2011**



*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 better manage your injuries.

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**American Heart Association-  
Go Red for Women!!**

As we announced in our previous newsletter, the staff and family members of Head to Toe PT participated in the American Heart Association, Central Maine Heart Walk in September. Thanks to a very supportive community and a little healthy competition among coworkers, team Head to Toe Physical Therapy was able to earn the title of "Top New Company" in regard to the highest fundraising amount.

We will continue our relationship with the American Heart Association by participating in National Go Red for Women Day on Friday February 3rd, 2012. Go Red Day is an opportunity to raise funds supporting research for heart disease issues directly impacting women. Any donation amount will make a difference and is genuinely appreciated! FMI: [www.goredforwomen.org](http://www.goredforwomen.org).

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

- Do you enjoy reading our newsletter? In an effort to save a few trees, we will create our newsletter quarterly, but only print and mail it twice a year. You can find copies of the newsletter at each Head to Toe PT location, as well as on our Facebook, blog and website. We will continue to offer contests, so be sure to read them and check out what you could win! We will make announcements on our Facebook when it is ready for printing. "Like" us on Facebook to keep up to date! [www.facebook.com/headtotoept](http://www.facebook.com/headtotoept).
- Thanks to the generosity of the Head to Toe PT community we were able to collect 3 large boxes filled with food items, as well as monetary donations, to benefit the Mid Coast Hunger Prevention Program. Thanks again for all of your support!
- There are 2 office suites available for lease in the lower level of our Topsham location, perfect for an acupuncturist, chiropractor or other independent health care provider. For more information please contact Jill at 725-4400.

# Don't let the Holidays become a pain!



With the holiday season in full swing, the excitement of family gatherings and togetherness can often be overshadowed by physical pain and mental stress. While this period is often referred to as “the most wonderful time of the year”, you may not agree as you are baking that last apple pie at one o’clock in the morning. “The added demands of the holidays can stress the body, thus increasing your risk of injuries,” says APTA spokesperson and physical therapist E. Anne Reicherter, PT, DPT, PhD. “Using proper body mechanics can help prevent muscle and joint discomfort this holiday season.”

Here are a few simple tips to help make life easier during the holiday season.

**Make time for yourself.** Though it may seem obvious, yet unachievable, making time for relaxation in a hectic day can make all the difference in the world. Dim the lights, practice deep breathing techniques, take a warm bath or relaxing shower, gently stretch tired and sore muscles or take a stress relieving walk.

**Lifting.** Test an object’s weight before attempting to lift a heavy package or luggage. Keep the load close to your body when lifting. If back pain persists more than a few days or gets worse, seek help from your physical therapist or other health care provider.

**Shopping without dropping.** Distribute the weight from your shopping bags evenly on both sides of the body. Wear comfortable shoes while shopping. Make frequent trips to the car to drop off purchases. Plan your trip accordingly; make a list to avoid aimless wandering.

**Baking or cooking.** To allow for better posture with less bending over, be sure to choose a work surface that is an appropriate height. Stand on a padded surface. If you have a tile floor, purchase a non-slip rug or foam mat to stand on. Frequently perform gently movement exercises to keep the muscles in your neck and shoulders loose.

A full list of tips on ways to prevent holiday-induced neck, shoulder and back injuries, including some photos demonstrating proper lifting and carrying techniques can be found in the “consumer tips” section of APTA’s consumer website, [www.moveforwardpt.com](http://www.moveforwardpt.com). With hope, by taking a moment to follow these few helpful tips you will not fall victim to holiday pain and stress!

*\*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.*

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# Taking a moment to say farewell to Angela Hamel



It is with much sadness that all of us at Head to Toe PT bid farewell to our dear friend and coworker, Angela Hamel, MSPT. Ange has decided to take a job further south of Topsham, working toward her ultimate goal of moving closer to her family in the Kittery area. Anyone who was fortunate enough to receive physical therapy treatment with Ange can understand what a wonderful, dedicated therapist she is and appreciate the impact her presence made at Head to Toe PT. Ange has been a part of the Topsham clinic from day 1 and a leader throughout her time with us. Her compassion and hands on manual therapy skills will be greatly missed within the Head to Toe PT community. We all wish her the best of luck on her new journey!

**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 send them to Head to Toe Physical Therapy!!

**We value your referrals!**

## *Healthy Eats for Physical Wellness~ Black Eyed Pea Salad/ Dip*

For many of us, the start of a new year brings many promises, resolutions, and even superstitions. For example, did you know that eating black eyed peas on New Years Day or even right after the stroke of midnight is thought to bring luck throughout the new year? Aside from being a hearty, tasty treat, black eyed peas are low in cholesterol, sodium and contain no fat according to the US Department of Agriculture. They are also high in potassium, fiber, and iron.

The following is the perfect party dish to bring you luck in your new year. Eaten as a salad or scooped up with tortilla chips as a dip, this dish is sure to be the hit of any holiday gathering!



- 2 (15.5 ounce) cans black-eyed peas, rinsed and drained
- 2 medium tomatoes, chopped
- 1 cup chopped green pepper
- 1/2 cup chopped red onion
- 4 green onions, sliced
- 1 garlic clove, minced
- 1 cup Italian salad dressing
- 1/4 cup sour cream
- 1/4 cup minced fresh parsley
- Tortilla Chips

1. In a bowl, combine the first six ingredients.
2. Combine the salad dressing, sour cream and parsley.
3. Add to the pea mixture; toss to coat.
4. Cover and refrigerate for at least 4 hours. Serve with tortilla chips.

*Recipe provided by allrecipes.com*

## Contest

### New Years Word Search

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

BALL  
 CLOCK  
 FIREWORKS  
 HOLIDAY  
 MIDNIGHT  
 RESOLUTIONS

CALENDAR  
 COUNTDOWN  
 FIRST  
 JANUARY  
 NEW  
 YEAR

CELEBRATE  
 CRYSTAL  
 HAPPY  
 KISSES  
 PARTY  
 YEARS

Complete the following word find puzzle and return to either Head to Toe PT location, with your contact information or send your answers to:

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

before *February 1st*

Cure the winter blues with a family trip to the movies! 2- buy one get one free movie passes for any flagship cinemas.