

PHYSICAL THERAPY



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In Touch

The quarterly newsletter of
Head to Toe Physical Therapy

Winter 2013



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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What's New at Head to Toe PT?

- We have welcomed another new member to our family – Tucker, a rescue dog from Tennessee. Read about him on page 3.
- Head to Toe PT will be participating in the Wear Red for Women day on Friday February 1st to support heart disease research. For more information visit page 3.
- Martha Spruce, practitioner and teacher of Reiki, will be expanding her business to one of the lower level suites at our Topsham office. Read more about her on this page.
- We will be at the Maine Senior's Expo at the Ramada Inn in Lewiston from 9-3 on Wednesday January 23rd. Stop in and see us!

Spotlight on a local business:

Martha Spruce, Reiki Master/Teacher

Martha Spruce, a practitioner & teacher of Reiki for over 16 years, is expanding her business into one of the lower level suites at Head to Toe PT's Topsham location (439 Lewiston Rd) starting on January 1st. She is very excited about using this space and having the opportunity to meet and interact with patients and staff at Head to Toe PT.

Reiki, described as a form of "energy healing", treats the whole person, including body, mind, emotions and spirit. If you are suffering from pain at any level, it is likely that you can benefit from a Reiki treatment.

Martha offers private Reiki sessions, teaches all levels of Reiki, including a year's apprenticeship for master candidates, and does Reiki support during surgery with permission of the surgeon. She also offers home sessions, introductory clinics for specialty groups, ongoing monthly Support Shares for students, and maternity and hospice support. In addition to traditional Usui Reiki certification, she also is certified in hospice care, hospital chaplaincy, and Prepare for Surgery, Heal Faster workshops. Her passion is in bringing Reiki into the mainstream of medical practice as complementary care.

Martha's roots are here in Maine. She was raised in Milford, graduated from the University of Maine at Orono in sociology, and lives in Topsham. In her free time she enjoys reading, meditation, yoga, and music. She belongs to a Jungian dream analysis group and loves to sing.

On January 14th from 6-7:30pm she will be offering a free presentation on Reiki at the Wellness Center at Parkview Hospital in Brunswick. For more information about this event or to book a session with Martha please call 207-751-5339. Be sure to read the whole newsletter to see how you can win a free Reiki session with Martha!

Avoiding back aches caused by snowflakes

Proper snow shoveling tips & techniques

It's that time of year again! Snow bunnies rejoice; snow birds retreat. Winter is here whether we like it or not. If you are someone who is not thrilled by the site of snow falling from the sky, we hope you will find a few of these tips helpful for dealing with the impending snow.



Snow shoveling is a repetitive activity that can cause muscle strain to the lower back and shoulders. Back injuries due to snow shoveling are more likely to happen to people who may not know that they are in poor condition. Following these tips can help you avoid injuries:

- Lift smaller loads of snow, rather than heavy shovelfuls. Be sure to take care to bend your knees and lift with your legs rather than your back.
- Use a shovel with a shaft that lets you keep your back straight while lifting. A short shaft will cause you to bend more to lift the load. Using a shovel that's too long makes the weight at the end heavier. Step in the direction in which you are throwing the snow to prevent the low back from twisting. This will help prevent "next-day back fatigue."
- Avoid excessive twisting because the spine cannot tolerate twisting as well as it can tolerate other movements. Bend your knees and keep your back as straight as possible so that you are lifting with your legs.
- Take frequent breaks when shoveling. Stand up straight and walk around periodically to stretch and extend the lower back.
- Backward bending exercises while standing will help reverse the excessive forward bending of shoveling: stand straight and tall, place your hands toward the back of your hips, and bend backwards slightly for several seconds.

If you or anyone you know is experiencing back pain, call us at Head to Toe PT!

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

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

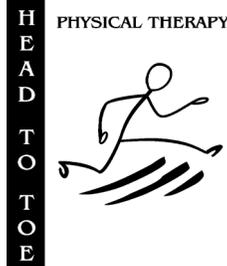
All information is for educational and informational purposes only; it should not be considered medical advice.

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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Friday February 1st, 2013 *Wear Red for Women Day* to support **The American Heart Association**

Please join Head to Toe Physical Therapy as we participate for the second year in the American Heart Association's Wear Red for Women Day to raise funds and awareness for women affected by heart disease.



The money raised will be used for educational programs, advancing women's understanding about their risk for heart disease and providing tools and motivation to help women reduce their risk to protect their health. Donations will be accepted at either clinic for anyone who wishes to support our cause!

A giant THANK YOU to all who have referred a friend or family member to Head to Toe PT!

Over 100 patients were referred to Head to Toe PT from their friends and family members (aka you!) in 2012! We want to extend a HUGE thank you to everyone who has taken the time to tell a friend or family member about the excellent treatment received at HTTPT! This means a great deal to us!

Did you know we offer a referral gift? And a great one at that! It doesn't matter if you were a patient of ours last year, 5 years ago, or never. If you refer a friend you will receive a Head to Toe PT reusable grocery bag AND a \$15 gift certificate for groceries!

When your friend or family member comes in for their initial evaluation, make sure they mention your name and we will take care of the rest!

We TRULY appreciate that you are thinking of us when you hear of a friend or family member who needs physical therapy!

Meet Tucker!

Bailey & Ollie would like to introduce their new brother, Tucker, another Shi Tzu rescued from down south. Originally from Tennessee, Tucker (formerly "Ace") lived in a puppy mill before spending a few months with a foster family while waiting to be adopted.

It is very entertaining to watch the 3 dogs interact! Tucker's personality has a little bit of Ollie and a little bit of Bailey in him. He LOVES to play fetch and would make a great soccer goalie; just try kicking a tennis ball past him. He can stop anything!



Unlike Ollie & Bailey, Tucker does not really care for treats. His foster mom said the only treat he would eat was Cheetos. We are now trying different options to try and kick his junk food habit.

All in all, the three dogs are getting along well. When you get the chance to meet Tucker, be sure to throw the ball for him, but don't give him any Cheetos!

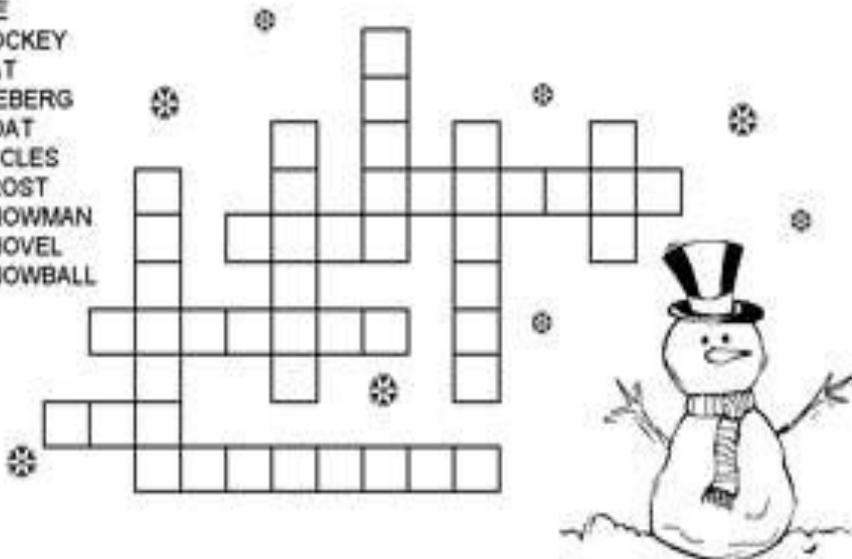
For more insight into Tucker's personality, be sure to read the blog Bailey has written on our web site!

Contest: Winter Crossword Puzzle:

Find the spot that each word fits in. Use each word only once.

Winter Crossword

ICE
HOCKEY
HAT
ICEBERG
COAT
ICICLES
FROST
SNOWMAN
SHOVEL
SNOWBALL



Want to WIN a 1 hour Reiki session with Martha Spruce?

Complete the crossword puzzle and return to either Head to Toe PT location or send your answer to:

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

before *February 28th*

BE SURE TO INCLUDE YOUR CONTACT INFORMATION!