

## PHYSICAL THERAPY



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# In Touch

The quarterly newsletter of  
Head to Toe Physical Therapy

## Treating the individual, not just the injury.

Spring 2011

Head to Toe Physical Therapy is a privately owned, outpatient physical therapy clinic with two convenient locations, at the Health Club and Spa on Route 196 in Lewiston and on Route 196 in Topsham, Maine.

Head to Toe PT provides our communities with a one-on-one, hands-on approach to physical therapy. We help individuals return to optimal functional mobility by teaching them how to take control of their injuries.

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### Spotlight on Casey Cyr, LMT

Casey Cyr is opening her massage therapy practice on April 1st in one of the lower level office suites. Casey graduated from Spa Tech Institute in 2009 with a focus in Polarity Therapy.

Previously located at a local salon, she decided to branch out on her own and is excited to expand her list of clientele. She sees massage therapy as a means to help individuals maintain overall wellness.

To make an appointment with Casey please call 837-9348. Read the whole newsletter to find out how you could win a free 1/2 hour massage!



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

We have been hard at work re-designing our website and it is finally complete! Please be sure to check it out for the latest and greatest news and events happening at Head to Toe PT.

**[www.headtotoept.com](http://www.headtotoept.com)**

If you haven't already, be sure to become our fan on **facebook!** Keep up to date with the latest events; participate in contests; learn great information about physical therapy.

We are pleased to announce the renovations to the lower half of the Topsham location are complete! We have 3 offices suites for local health care providers to practice. Casey Cyr, LMT will be among the people neighboring us.

Jill, Jess and Jackie will be involved in the one mile run on April 17th for the Sisters Wish, a non-profit agency granting wishes to terminally ill young adults in the New England area. Please stop by if you wish to make a contribution to sponsor them and support the cause. For more information about **The Sisters Wish** please visit the links section of our website.



# Fit Facts

Adapted from:

**advance**  
for Physical Therapy & Rehab Medicine™

## Fit for the Fairway

Winter in Maine is finally approaching its much anticipated end. For golfers, as every snow pile melts, the excitement to get out on the fairway and play that first game of the season is almost too much to handle. Golfers start preparing both mentally and physically, putting on the floor in the living room, also imagining how the dog-leg left turn on the third hole will play out this season. But perhaps one of the most important pre-golf season factors is often forgotten: how to physically prepare your body to prevent injury. Perhaps by following these few tips, your best golf game will be achieved this season.



- Arrive 30 minutes before your tee time. Warm up your body by taking a brisk walk or placing a club behind your back and carefully rotating side to side for several minutes.
- Stretch key muscles such as your quads, calves, hamstrings and pectorals, as well as your shoulders and forearms. Only then should you pick up your club and try some short iron swings or putting practice.
- Keep hydrated, knowing that dehydration leads to fatigue, which only increases the risk of injury. Get in the habit of carrying water with you on the golf course and drinking a small amount every other hole.
- Pay attention to your set-up posture. This is not only important in hitting the ball straight, but also in preventing injury by minimizing stress on the lower back.
- Do not ignore nagging pain. When injuries occur, early intervention is the key. It may make all the difference between a short or full season for golfers. Often, simple injuries can become chronic or lead to injury elsewhere when they are not properly taken care of. Consult a physical therapist that can assess the problem and help with your recovery.

\*For more information on proper stretching techniques, please visit: [www.cyberpt.com/golfhealth.asp](http://www.cyberpt.com/golfhealth.asp)

### 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. 207-725-4400

1977 Lisbon Road (at the Health Club & Spa), Lewiston, tel. 207-784-3400

[www.headtotoept.com](http://www.headtotoept.com)

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PHYSICAL THERAPY



# Creating A Healthy Balance

In a world full of self-help “experts”, it is often hard to decipher information and figure out what will work best for you. With a bit of luck, developing an awareness through these three venues will allow you to create an overall balanced lifestyle.

- **Diet:** Eat energizing anti-inflammatory foods such as salmon, berries, brown rice, fruits and vegetables. Revolutionize what you eat; eat for energy, not for emotional comfort. Keep a food log to track your success. Think of food as a natural medicine to prevent and cure disease. Don't try to eat less *bad* food; instead, focus on eating more *great* food.
- **Exercise:** Performing simple functional resistance exercises like squats, push-ups, and lunges every day are sure to make a difference. Perform these as part of a 5 minute circuit. Practicing these exercises daily will help you to build muscle and increase your heart rate at the same time for a cardio effect. This type of workout will also decrease injuries and pain.
- **Attitude:** Keep a tight focus on the quality of your thoughts. Successful people think about how they can create a positive impact on the people they interact with. To stay motivated, develop a compelling vision about your career and personal life and flood your mind with thoughts about how to make it happen.

*\*Adapted from Advance for Physical Therapy  
& Rehab Medicine*

Are you a fan of Head to Toe PT?

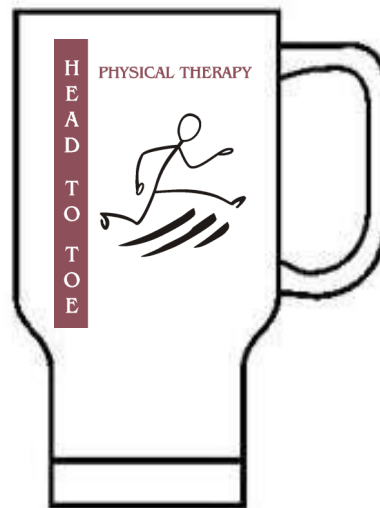
Do you love the friendly staff?

Have you enjoyed your treatment with us?

Do you know anyone in need of physical therapy?

Refer a friend and receive a

**FREE travel coffee mug!**



## Meet the newest addition of Head to Toe Physical Therapy

We are excited to announce the addition of Allison Hackett to our staff as the Marketing and Public Relations Representative.

Allison earned her Bachelor degree in Hospitality Industry Management from Champlain College in May of 2005. After spending many years working in numerous restaurants from Vermont to Utah, she decided to return to her home state of Maine and try her luck at a 9-5 job.

Allison will be out and about in the community, making sure everyone who is treated at Head to Toe Physical Therapy has a remarkable experience! Please feel free to email Allison with any questions, comments or concerns you may have about your experience and she will be sure to help in any way she can!

Allison's email is: [allison@headtotoept.com](mailto:allison@headtotoept.com)



## Did you know?

You have the right to choose where to go  
for your physical therapy needs.

**We value your referrals!**

### Contest

Complete the following word search and return it to either one of our locations in person, or mail to the address below by **June 1st** to be entered into a drawing to win a free 1/2 hour massage with Casey Cyr, LMT.

Please be sure to include the best phone number to contact you..

Thanks, and good luck!

Please send your answers to:  
Head to Toe PT  
attn: Newsletter Contest  
439 Lewiston Road  
Topsham, Maine 04086

Golf

Spring

Physical

Exercise

Health

Running

Therapy

Strength

Gardening

Flowers

Tennis

Massage

Vacation

Stretch

Grass

Birds

Sunshine

Mud

### Word Search

E J D M S U C T H E R A P Y U X

D U M A B T K H E A T L H C R T

S D S S S P R I N G O M Y F U D

T N R S U N S H I N E X S G N S

R P E A L Z Y V A C A T I O N T

E P W G R A S S R H U G C R I R

T G O E O L G J Q I A F A W N E

C F L U E I P B I R D S L O G N

H L F O Q R Y S S I N N E T G G

W O E X E R C I S E Y Z K M D T

A G N I N E D R A G O F U B C H