



## BROWN BAG LECTURES

All Brown Bag Lectures are held the 2nd Wednesday of each month at Noon. Come check them out.

**October 13, 2010: Updated Fibromyalgia Treatments.** Judith Furlong MD, Flower Family Physicians

**November 10, 2010: Low Back Pain.** Mickey Frame, D.C., Owner Frame Family Wellness

**December 8, 2010: Everything You Wanted to Know About Home Caregiver Services.** Paula Suter, Community Services Representative, Home Instead Senior Care

## PATIENT TESTIMONIAL

Paul Boes is a great therapist. Every therapy session was different depending on how I felt that day. Most days I left feeling better than when I arrived. He listened and based the therapy on what I told him. He really is very good at what he does. He made each patient feel like he/she was his only one. With that said all the PTA's were friendly, professional and nice to work with.

I plan to recommend CPW Rehab to friends and family who need PT and will be back if I ever need more.

Rebecca H.

## OSTEOPOROSIS UPDATE

**Are you one of the 44 million Americans facing the threat of Osteoporosis?** If you are over the age of 50 and a woman, you have an 80% chance of being affected by osteoporosis. A man you have a 20% chance.

**What is osteoporosis?** Osteoporosis is a disease that gradually weakens bones, so they become more and more fragile and likely to break. These "brittle" bones may result in painful fractures of the spine, wrists, hips and other bones. Osteoporosis can turn an active lifestyle into one of disability and dependence.

**Menopause** is the single most important cause of osteoporosis, however there are other factors that add to the risk such as:

- family history of osteoporosis
- early menopause (before age 45)
- caucasian or Asian ethnicity
- history of broken bones
- high intake of alcohol
- lack of regular exercise (esp. weight bearing exercise)
- smoking
- extended use of certain medications, such as steroids



Many women feel that osteoporosis won't affect them if they exercise, take calcium and have no symptoms. **It can!** Osteoporosis is a "silent" disease--you may have it for years and not know it until you break a bone.

**Don't wait until you break a bone...** Too many people believe that osteoporosis is an inevitable part of aging. **It isn't!** Talk to your doctor today about ways to lower your risk of broken bones. Your doctor may recommend you have a bone density test. Which is the **only** test that can diagnose osteoporosis before a broken bone.

**Some factors to consider when choosing a treatment strategy are:**

- gender
- age
- menopause
- severity of your osteoporosis
- other health conditions
- preference of medication: pill, liquid or IV

**Your treatment plan may include:**

- Bisphosphonates (ie. Fosamax, Boniva, etc.) are by far the most common medication
- calcium supplement with vitamin D
- an exercise program

**Exercising safely is of utmost importance. Be sure to:**

- make sure you can perform an activity without risk of falling or awkward lifting
- skip activities that make you strain beyond your usual limits or increases your risk of falling
- avoid doing an activity in poor weather or under other unsafe conditions
- seek instruction from a **physical therapist** for safe exercises and correct technique

You can learn more about osteoporosis at The National Osteoporosis Foundation at [www.nof.org](http://www.nof.org) or the Arthritis Foundation at [www.arthritis.org/conditions/osteoporosis](http://www.arthritis.org/conditions/osteoporosis).

## MEET THE STAFF



Kathy Tracy, LPTA

CPW Rehab would like to welcome Kathy Tracy, LPTA. Kathy graduated in June of 2009 with her Associate degree as a Physical Therapist Assistant and has been employed by CPW Rehab since February 2010. Kathy's family includes her husband Scott and children Drew, Breanne, Erica and Jordan. The family is further enhanced by the two dogs Remington and Lulu. Kathy enjoys working at CPW Rehab because of the friendly staff who are helpful with whatever is needed.



Brittany Cajka, LPTA

Brittany is the newest member of the CPW Rehab team. She started in September of 2010. Brittany graduated from Professional Skills Institute (PSI) in March of 2010 and passed her licensing exam in May of 2010. Her specialty is aquatic therapy. Brittany has a yellow lab named Pablo. In her spare time she plays co-ed softball and volleyball. Brittany notes that CPW Rehab has a very friendly environment and helpful staff. Welcome Brittany.

### MEDICAL FITNESS PROGRAM WELLNESS IN ACTION AWARD (WIA)

The WIA program was started in 1999 to recognize Medical Fitness Program (MFP) participants who demonstrate real commitment to their exercise program.



Etsuko "ET" Pfothenhauer

Congratulations to ET our 3rd quarter WIA winner. ET has been participating in the Medical Fitness Programs (MFP) at CPW Rehab for 10 years. She started here because of pain and stiffness in her shoulder. This pain has decreased significantly with aquatic exercise. The MFP programs help her to maintain her physical fitness and balance and she notes the classes are relaxing. When not exercising ET enjoys beading, knitting, reading and lapidary. Lapidary is an art form using stone, minerals and gemstones to make decorative items. She enjoys coming to CPW Rehab because of the friendly staff, participants and the warm pool. **Keep up the good work ET!**

### WIN FREE MOVIE TICKETS!

Do you like to go to the movies? Are you happy with the results of your therapy program? Then tell the world! Just refer your friends and family members to CPW Rehab for treatment. After three of your referrals have come in for their evaluations, you win a **FREE pair** of movie tickets! Check with Cindy Binkley for more information.

Don't forget to check us out on the web at [www.cpwrehab.com](http://www.cpwrehab.com) and on Facebook.



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## NATIONAL PHYSICAL THERAPY MONTH

October is National Physical Therapy Month. Talk to your physical therapist today and make a plan to get moving!

**Why would you see a physical therapist (PT)?** A Physical therapist can help you improve or restore the mobility needed to move forward with your life. If you are looking for a possible alternative to surgery and/or pain medication, consider a physical therapist.

**Your Physical Therapist can help you with the following conditions:**

Arthritis	Back Pain	Knee Pain
Osteoporosis	Overuse Injuries	Shoulder Pain
Stroke	Sprains, Strains, and Fractures	Incontinence/Pelvic Pain

Your PT will examine you and develop a plan of care using a variety of treatment techniques that help you move, reduce pain, restore function, and prevent disability. Your PT may choose to team with a **physical therapist assistant (PTA)**, an educated and licensed clinician working under the direction and supervision of the PT, for components of your care. PT and PTAs are your partners throughout your journey to restoring and maintaining motion so that you can function at your personal best.

**Remember to show your appreciation for our physical therapists and assistants during National Physical Therapy Month.** They are Paul Barnes, Paul Boes, Barb Gatewood, Kathy Tracy, Mary Pat Siefker, Beth Beaverson and Brittany Cajka.

### MEDICAL FITNESS PROGRAM NEWS

During April and May 2010 a Medical Fitness Programs (MFP) survey was conducted and completed by the participants to get input on how long they have been coming, what programs they participate in and whether they would come more often if charged a flat fee per month. The outcome of the survey was:

- Average length of participation was 3 years
- Most utilized program is Medi-Fit
- The majority of participants chose a flat fee per month

Based on their responses, we decided to make the following changes:

- **\$45 per month - - - Unlimited Session**
- **\$25 per month - - - one time per week**

**We will no longer offer the previous rates of \$60, \$40, or \$20 per month.**

The Medical Fitness Programs include: Medi-Fit, Well-Fit, Arthritis Aquatics and Arthritis Aquatics Plus, Body Better H2O, Back to Basics and Arthritis Foundation Tai Chi.

Although you will be able to attend an unlimited number of times, it is still necessary to schedule your class times to prevent overcrowding. If you want to change your schedule or have any questions, please contact either Suzette Book or Cindy Binkley at 419-841-9622 or when you come in for your next class.

Would you like to receive the newsletter via email? If so email Jennifer at [jschrickel@cpwrehab.com](mailto:jschrickel@cpwrehab.com)

**Ideas wanted.** Do you have any ideas or articles to share related to healthy living for our upcoming newsletters. If so email Jennifer at [jschrickel@cpwrehab.com](mailto:jschrickel@cpwrehab.com)

## PORTION DISTORTION: SIZE REALLY DOES MATTER

Anne Thomas, M.Ed., NBCT informed the group of the cold hard facts about Portion Distortion during the September Brown Bag Lecture. Following the presentation, we all agreed that size really does matter! She started off by explaining the difference between what a portion is and what a serving is. A **portion** is the amount of food that you choose to eat for a meal or snack. A portion can be big or small - you decided. A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (8 ounces) of milk.

Anne further explained that many foods that come as a single portion actually contain multiple servings. For example, look at the label of a 20 ounce soda (typically consumed as one portion), and you'll see that it has 2.5 servings in it. A 3 ounce bag of chips - which some would consider a single portion - contains 3 servings. Ann presented recommendations for a healthy diet and percentage of each food group by the USDA. You can check it out at [www.mypyramid.gov](http://www.mypyramid.gov). For more information on Portion Distortion and eating a well balanced diet check out the handouts from this lecture under the Brown Bag Lecture photos on our Facebook page.



Anne Thomas, M.Ed., NBCT