



## BROWN BAG LECTURES

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

**July 14, 2010: How to Get the Spring Back Into Your Step.** Rick Skabar, Licensed Orthotist with Wright & Filippis

**August 11, 2010: What's Age Got To Do With It? Dressing with Funk, Class and Sass.** Louise Kahle, Owner of Take The Time: Image Matters!

**September 8, 2010: Portion Distortion: Size Really Does Matter.** Anne Thomas, M.Ed., NBCT, Own-

## PATIENT TESTIMONIAL

When I was referred to CPW Rehab, I was in extreme pain due to a bulging disc and pinched nerves. I could only walk 50 yards without stopping. Pain also affected my sleep. Pain killers did not relieve my pain. Therapy reduced the pain and numbness after the first two weeks. By the end of the 12 sessions I was pain free and the numbness was gone.

**I would recommend this program to anyone.**

Jerry B.

## off the mark.com by Mark Parisi



# PREVENTING LOW BACK PAIN

Back pain is no joke! It is one of the most common health problems in adults and **80% of the population is affected by back pain at some time in their lives.** Low back pain can be brought on by simple movements, but with few exceptions, it is brought on by the accumulation of months or even years of poor posture, faulty body mechanics, stressful living and working habits, loss of flexibility and a general lack of physical fitness.

Low back pain can be prevented most of the time. Use of proper body mechanics with activities of daily living and proper exercises for strength and flexibility are the keys to prevention and to having a **healthy back.**

**Balance is key!** We need to maintain **good posture** in order to perform a task more effectively and with less muscular effort. The following are the most important guidelines:

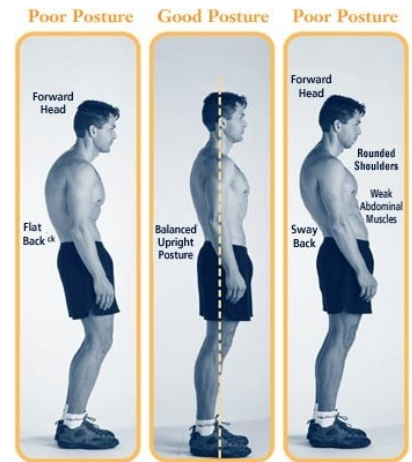
- Ears over the shoulders
- Shoulders over the knees
- Hips over the knees and ankles
- Keep the stomach and the buttocks taut
- Squeeze the shoulder blades together

It's not how much you lift, how often, or how far. **It's all about the technique you use!** Poor body mechanics can cause low back pain and a number of different back problems. The keys to proper body mechanics are:

- Keep your head high
- Bend at the knees and/or hips
- Low back should maintain a slight arch
- Keep objects close to your body
- Use your legs, not your back

**A little prevention goes a long way. Here are a few tips to remember:**

- Keep physically fit and exercise (aerobic, strengthening, flexibility and relaxation)
- Practice good posture and body mechanics
- Use a back support at work, while driving, watching T.V., etc.
- Eat nutritious foods and eat in moderation to stay at a healthy weight and avoid excess stress on the structures of the back
- Keep stress to a minimum in order to keep muscles relaxed
- Rest as needed
- Stop smoking since this impedes proper circulation



Physical therapists (PT) are experts in reducing pain and restoring function following an incident of low back pain. In many cases, you may be able to avoid side effects of medication and surgery. PT's are highly educated, licensed health care professionals who are also experts in prevention and risk reduction. CPW Rehab has been successfully treating many patients with low back pain with physical therapy since 1987. The type of treatment you receive will depend on the cause of your pain and will be designed to meet your individual needs. If you would like more information, please contact Cindy Binkley at 419-841-9622 or [cbinkley@cpwrehab.com](mailto:cbinkley@cpwrehab.com).

## MEET THE STAFF

CPW Rehab would like to welcome Barb Gatewood, LPTA. Barb has been a Physical Therapist Assistant for 13 years. She has been with CPW Rehab for 6 months working with patients in both the clinic and the pool. Prior to joining the staff of CPW Rehab, Barb mainly worked in In-Patient care in nursing homes.

Barb's family includes her husband Russ, son Justin, daughter Casey, dogs Tillie and Emma and cat Buster.

Her favorite part of working at CPW Rehab is that the staff is so friendly and helpful.



Barb Gatewood, LPTA

### MEDICAL FITNESS PROGRAM WELLNESS IN ACTION AWARD

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



Rehka Sharma

Congratulations to Rehka the 2nd Quarter WIA winner. Rehka started in therapy at CPW Rehab in 2007 for Fibromyalgia. She now attends the Arthritis Aquatics class 3x per week. The water classes have helped her to relax her muscles and reduce her pain. Her hobbies include reading, traveling and exercising. Rehka enjoys the loving and caring staff and clients of CPW Rehab. **Keep up the good work Rehka!**

### 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.

### CPW REHAB CONNECTION

A contest was held in May to rename our newsletter. Ideas for a new name were collected and voted on by the staff. Kathy Jakubowski was the winner with the title of **CPW Rehab Connection**. She won a free month of participation in a MFP Program, but she chose to donate it to Brenda Frosch. Brenda was our runner-up.

Thank you Kathy for your suggestion and generosity.

## EXERCISE IS MEDICINE

### A UNIVERSAL HEALTH CARE CALL TO ACTION

**Exercise is Medicine™** is an initiative launched by the American College of Sports Medicine (ACSM) and the American Medical Association (AMA) in November 2007, calling on patients to talk to their doctor about including physical activity in all their treatment designs and encouraging America's patients to incorporate physical activity and exercise into their daily routine.

### WHY Exercise is Medicine!

Physical inactivity is a fast-growing public health problem and contributes to a variety of chronic diseases and health complications, including: obesity, heart disease, diabetes, hypertension, cancer, depression and anxiety, arthritis and osteoporosis. In addition to improving a patient's overall health, increasing physical activity has proven effective in the treatment and prevention of chronic disease.

**CPW Rehab** is in the process of coordinating an event to educate physicians on the benefits of the **Exercise is Medicine™** initiative.



If you would like more information on **Exercise is Medicine™**, please contact Cindy Binkley at 419-841-9622 or [cbinkley@cpwrehab.com](mailto:cbinkley@cpwrehab.com).

*Let's all work together to improve the health and well-being of our patients and ourselves!*

### MEDICAL FITNESS PROGRAM NEWS

**Back to Basics** is a new aquatic class. The goals of this class are to promote awareness of maintaining correct posture while exercising, strengthening the body as a whole for stabilization of the spine (neck to low back), proper breathing during exercise and to increase participants knowledge of how to live a healthier lifestyle. **Back to Basics** is held on Mondays from 11-12 and the instructor is Suzette Book, RKT.

Any questions, please call Suzette, Medical Fitness Program Coordinator at 419-841-9622.

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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**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)

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

## IMPROVE YOUR SLEEP—IMPROVE YOUR HEALTH

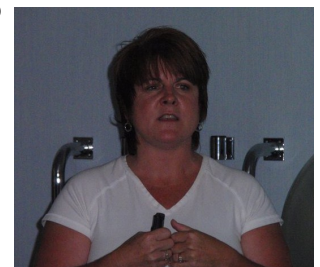
Did you know that 40 million American's have a chronic sleep disorder and 20 million have an occasional sleep disorder? Thank you to Diane Crawford for coming to speak at the June Brown Bag Lecture Series on how "Improving Your Sleep can Improve Your Health".

Sleep disorder is when you don't get enough sleep. There are over 70 different types of sleep disorders. The most common types of sleep disorders are insomnia, obstructive sleep apnea (OSA), periodic limb movement disorder and restless leg syndrome.

OSA can increase risk of Hypertension, Coronary Artery Disease (CAD), Congestive Heart Failure (CHF), Pulmonary Hypertension, Stroke, Cardiac Arrhythmias and make diabetics more insulin resistant.

Continuous Positive Airway Pressure (CPAP) is the gold standard for treating OSA. The 4 types of masks are full face mask, nose, mouth or nasal pillows.

If you are being treated for OSA with a CPAP machine and the mask does not feel right or it is not helping, go back to your Respiratory Therapist to have them make adjustments to the mask or find a mask that fits you better.



Diane Crawford, RRT  
Fisher & Paykel Healthcare, Inc.