

## MEET OUR STAFF

**Lisa Blas, PT, OCS, Cert. MDT**

Owner, Physical Therapist

**Nadia A. Nava, PT, MS, DPT**

Physical Therapist

**Terri Ann Miller, MSPT, ATC**

Physical Therapist

**Stacy Hildreth, PT**

Physical Therapist

**Kelsey Comstock, PTA**

Physical Therapist Assistant

**Ellie Zaepfel, PTA**

Physical Therapist Assistant

**Cindy Volkosh, PTA**

Physical Therapist Assistant

**Rachel Kroening, Marissa Bechtold, Emily Hayden, Julie Buerger and Courtney Garlock**

Physical Therapy Aides

**Rosie Heinemann, ATC**

Athletic Trainer Certified

**Annette Biondo**

Office Manager

**Amy Greenwald, Barb Bova and Danielle Amyotte**

Receptionists

**Julie Finley**

Patient Representative

**Joe Biondo**

Building Maintenance

## A Note From Lisa

**"Happy are those who dream dreams and are ready to pay the price to make them come true."**

*-Leon J. Suenes*

## KEEPING NEW YEARS RESOLUTIONS

Chances are, at some time in your life, you've made a New Year's Resolution -- and then broken it. This year, stop the cycle of resolving to make change, but then not following through.

- 1. Be realistic**  
The surest way to fall short of your goal is to make your goal unattainable. Strive for a goal that is attainable, such as avoiding it more often than you do now.
- 2. Plan ahead**  
Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.
- 3. Outline your plan**  
Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and self-talk.
- 4. Make a "pro" and "con" list**  
It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
- 5. Talk about it**  
Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.
- 6. Reward yourself**  
This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.
- 7. Track your progress**  
Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Instead of focusing on losing 30 pounds, say, focus on losing that first 5. Keeping a diary or journal may help you stay on track.
- 8. Don't beat yourself up**  
Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.
- 9. Stick to it**  
Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.
- 10. Keep trying**  
If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.

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Dream and Believe Hockey Shirts are still available!

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**"I have a confession. I bought the treadmill to cover a stain on the carpet."**

## Ask The Therapist

### 1. What is Physical Therapy?

Physical Therapy (PT) is considered a conservative treatment method addressing the treatment, healing and prevention of injuries and disabilities. PT focuses primarily, but not solely, on pain relief, promoting healing, and restoring function and movement associated with injury. Other areas within physical therapy are ergonomic (body mechanic) training, fitness/ wellness, and especially education and prevention.

### 2. What can a Physical Therapy program do for me that I cannot do on my own?

Many patients may think that they know how to properly exercise, manage their pain and rehabilitate themselves. I have commonly been given explanations from patients for why they do not need therapy - for example, "I have had this before and I know what works for me" or "I know what is causing this, because my neighbor had the same thing so I will just do what she did" and attempt to manage it. A Physical Therapist is a specialist skilled and educated specifically in proper rehabilitation. We are continually educated as to management for different dysfunctions, differentiation of one dysfunction/injury from another and work closely with the referring physician in the development of a rehabilitation program specifically designed for each individual. The other important aspect to remember with physical therapy is that each individual is different. We all have different types of bodies, different patterns of movement, alignments and habits. A physical therapist, along with their trained staff, monitors each individual and attempts to correct improper movements, alignments and habits.

### 3. Who benefits from physical therapy?

Many and all can benefit from physical therapy. As an active therapist, I work out and always observe others. I very rarely come across individuals with perfect body mechanics, training techniques or movement patterns. This is where wellness comes into play. Typically, the most appropriate patients are those who have been in accidents (work, auto, or falls), athletes with overstress injuries, and patients with arthritis, pre- and post-operative patients, and people with general deconditioning or strains.

## ADVANTAGE PHYSICAL THERAPY

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Visit our website:

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## Hydrotherapy and Aquatic Therapy

### What is hydro/aqua therapy?

Hydrotherapy is simply water therapy and has been used by people for hundreds of years. Whirlpools, water spas, Roman tubs, common bathtubs, and swimming pools are examples of hydrotherapy. Many people have some form available at their home.

### Uses and Benefits

In a professional setting, the water temperature and agitation is varied depending on the treatment goal. Water temperature, coupled with agitation or vibration against the skin, can soothe and relax muscles.

Warmer water induces *vasodilatation*: drawing blood into the target tissues. Increased blood flow delivers needed oxygen and nutrients, and removes cell wastes. The warmth decreases muscle spasm, relaxes tense muscles, relieves pain, and can increase range of motion. Cold-water therapy produces *vasoconstriction*, which slows circulation, reducing inflammation, muscle spasm, and pain.

### Water Exercise

Water is also an excellent base for exercise, providing an anti-stress environment for movement. Gentle water exercises use the water's resistance to build muscle strength and flexibility. Water exercise can benefit people who find weight bearing exercise difficult (or painful) on dry land.

### A Word of Caution

Some medical conditions can be aggravated by hydrotherapy. It is a good idea to seek the advice of a health care professional prior to beginning hydrotherapy at home.

### WIFFLEBALL IS BACK!!

ADVANTAGE PHYSICAL THERAPY WILL BE HOSTING ITS 4<sup>TH</sup> ANNUAL WIFFLEBALL TOURNAMENT ON SATURDAY JUNE 19<sup>TH</sup>, IN LOCKPORT, AT EMMET BELKNAP MIDDLE SCHOOL DURING THE RELAY FOR LIFE. CONTINUE TO CHECK YOUR NEWSLETTERS AND OUR WEBSITE FOR UPDATES.



Check us out online:

[www.advantagephysicaltherapy.org](http://www.advantagephysicaltherapy.org)