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Affiliated Podiatrists, Inc.

August 2010 Newsletter

“When Your Feet Hurt... You Hurt All Over!”

Conditions treated with Physical Therapy

- ankle pain/sprains
- arthritis
- back pain
- balance problems
- bursitis
- diabetic neuropathy
- elbow pain
- fibromyalgia
- fracture healing and rehabilitation
- heel spurs
- hip pain
- joint replacement rehabilitation
- knee pain/injuries
- Multiple Sclerosis
- muscle weakness
- neck pain and headaches
- Parkinson's disease
- plantar fasciitis
- post-surgical patients of all kinds
- rotator cuff syndrome and repair
- sciatica
- scoliosis
- shoulder pain
- skin ulcerations
- sports injuries
- sprains / strains
- stroke
- tendonitis
- wrist pain/carpal tunnel

Physical Therapy

Physical therapy helps individuals to develop, maintain, or restore maximum movement and function after impairments that may arise from injury, disease, aging, or environmental factors. Physical therapists also play a role in helping individuals maintain optimal health and fitness to prevent the onset or progression of impairments, functional limitations, and disabilities.

At your first physical therapy visit, your physical therapist will review your medical history and do a physical evaluation. Depending on your diagnosis or symptoms, your therapist may evaluate your flexibility, strength, balance, coordination, posture, and/or heart rate and respiration. Your therapist may also look at how you walk or get up from lying down, or how you use and position your body as you perform activities. Your therapist will work with you to determine your goals for physical therapy and to begin planning your treatment. You may or may not begin your actual therapy at the first visit.

The first goal of treatment is to decrease any pain and swelling you may have. The next steps usually are to increase your flexibility, strength, and endurance. The underlying goal of any treatment is always to improve your ability to do your daily tasks and activities.

As with any exercise, you may have mild soreness as a result of treatment, and these should be noted by your therapist. Your therapist will monitor your reaction to treatment and will adjust treatment as needed. This ongoing assessment means that the risk of any injury or complication from physical therapy is very low.

Your physical therapist will evaluate your need for special equipment such as particular footwear, splints, or crutches. If you need equipment, your therapist can help you know what to get and either get it for you or tell you where you can find it.

In most all cases, your physical therapy will involve education. Your therapist may teach you about a home exercise program, proper body mechanics, or the use of any special equipment you may need. He or she will check on how well you are transferring the skills you learn in therapy to your daily life. You should leave physical therapy with a better understanding of how to care for yourself.

Your physical therapist will continually reassess your progress toward your treatment goals and will work with you and your doctors to plan for your discharge from physical therapy.

Health News

Therabands

Therabands are exercise tools used to help you to strengthen after an injury or illness. Therabands allow for different levels of resistance and are often given to patients as part of a home exercise program .

Therabands come in different, color-coded resistance levels, distinguished by the thickness of the band:

Theraband Color	Theraband Thickness	Comparison: pounds of pull needed to stretch a 12" band length to 24"
yellow	thin	2.5 lb
red	medium	4.5 lb
green	heavy	5.0 lb
blue	extra heavy	7.5 lb
black	special heavy	9.0 lb
silver	super heavy	15.0 lb

The progressive resistance system makes it easy to measure progress in achieving fitness or therapy goals.



It is important to consult with your doctor or physical therapist to make sure your exercises are appropriate for your specific condition or injury.

How It Works

You start with a Theraband of comfortable resistance. As you use the band, your muscle strength and endurance improves. The exercises become easier and easier to do. When you are ready for more of a challenge, simply move to a more resistant band (example: shift from yellow to red or green to blue). This increases the intensity of the exercise.

Exercise Guidelines:

When exercising, keep the following in mind:

Do	Don't
Warm up the muscle groups before exercising.	Don't use body oil with the theraband.
Posture and form are essential for proper exercise. Pay close attention to your motions.	Don't jerk or hurry through the exercises. Slow controlled motions produce the best results.
Breathe normally. Exhale during the most difficult phase and inhale during the easiest.	Don't hold your breath.
Give sufficient effort and enough repetitions to truly tire the muscles.	Don't continue exercising if anything hurts while you are training.
Maintain the natural width of the band to keep it from digging into your hands or sliding up your legs.	Don't use therabands that have tears or cuts. They could snap on you while exercising.
When you finish your workout, stretch.	Exercise can tighten muscles – don't get cramped by not stretching.

While using the bands, pay attention to your body. Exercises may cause some fatigue or stretch discomfort – that's normal. However, if an exercise causes pain - stop! Don't overdo it.

Important News About You!

MEET OUR STAFF:

- * Robert J. Rosenstein, DPM
- * Jennifer A. Zienkowski, DPM
- * Michael G. Coppers, DPM
- * Kenny, Patient Coordinator
- * Debbie, Patient Coordinator
- * Kellie, Financial Administrator
- * Brian, Marketing
- * Jennifer, Podiatric Assistant
- * Julie, Podiatric Assistant
- * Robin, LPN
- * Nicole, Radiology Tech
- * Chrissy, Pedicurist
- * John, Physical Therapist

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to all of our patient's who have sent us a referral this month!

WELCOME TO OUR PRACTICE

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! We would like to proudly welcome the following new patients:

Angela P.	Rudy V.	Nick S.	Jennifer F.	Tiffany T.
Lesley R.	Ljuben K.	Bruce P.	Margaret W.	Tim D.
Christine C.	Hazel S.	Asdried O.	Gloria B.	Barb J.
Isabelle K.	Liam H.	Elizabeth H.	Clayton O.	Kenneth G.
Andrew J.	Velma Z.	Doug R.	Jill R.	Judy N.
David S.	Robert F.	Julie D.	Gabby P.	Nick P.
Morgan R.	John M.	Alice M.	Rose S.	Heather T.
Stephen D.	Brenda D.	Linda B.	Megan O.	Rosemary T.

the Shoe Store

Relief Crocs

Comfortable, light weight and molds to your foot.

The relief, by Crocs Medical, is designed to provide therapeutic relief for many foot conditions. The designed sole provides comfortable relief for plantar fasciitis, heel spur syndrome and other foot injuries, while the roomy forefoot allows a comfortable fit.



The Relief Croc is APMA approved and recommended by all podiatrists.

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a July birthday. We have a large patient population with a birthday in July, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

Treat Your Feet

Pedicures Now Available!

**Friday ONLY
10am-4pm**

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Biofreeze

Once the body is injured, regular exercise is typically the key to rehabilitation. But when pain limits a body's ability to exercise, the healing process takes longer.

Biofreeze products help break this pain cycle, by relieving pain through a method known as "Gate Control," or "gating." In the gating process, menthol acts to stimulate specific sensory receptors in the skin, thereby blocking other receptors from sending pain signals to the brain.

By relieving short-term pain, Biofreeze products can help the body to move more freely, which then promotes faster long-term healing and recovery.

Biofreeze Pain Reliever may be used up to four times a day - both before exercise or therapy (to ease pain-free movement), and afterwards (to soothe muscle or joint soreness). In some cases, Biofreeze products may even be used during exercises or therapy.

Fun Facts

The foot is a complex and amazing part of the human body. With 26 bones in each foot, your feet account for over 1/4 of the bones in your body. No less than 19 muscles and 107 ligaments are used to control the movement of each foot -- and quite a job they have. The average person takes 8,000-10,000 steps a day with their feet, which adds up to roughly 115,000 miles over a lifetime. That's enough walking to circle the earth four times!

To cope with all this activity there are over 250,000 sweat glands in your feet and these glands can excrete as much as a half-pint of moisture a day. Your feet are also able to handle tremendous pressures. When walking, you place about 2-3 times your body weight in pressure on your feet. When running, this pressure can increase to nearly 7 times your body weight.