

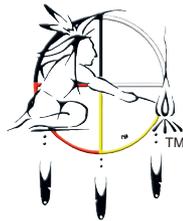
OFFICE HOURS:

Physical Therapy -

Mon. - Thurs.: 7 a.m. - 5 p.m.
Fri.: 7 a.m. - 3:30 p.m.

Speech Therapy -

Mon. - Thurs.: 7 a.m. - 5 p.m.



FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER REHAB SERVICES

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Refer to Physical Therapy for:

- Back Pain
- Neck Pain
- Headaches
- Post Surgical Conditions
- Sports Related Injuries
- Work Injuries
- Tendonitis Rehab
- Arthritic Conditions
- Fall Risk
- TMJ
- Ergonomics

CHRIS SKAGGS, SLP

Refer to Speech Therapy for:

- Language Disorders
- Speech Disorders
- Stuttering
- Voice Disorders
- Swallowing Disorders
- Neurological Deficits & Other Speech Pathology Services

How To Stay In Shape During Football Season

As much as we love to sit on the couch and watch football during the season, this is not the healthiest plan of action to take. When you are inactive, you do not burn many calories. This can lead to packing on a great deal of excess weight. Does this mean that you should avoid watching football this season? No way! That would be a punitive action that most football fans could never endure! Follow the tips to the right:

Tip 1: Do not pick potato chips, pizza, soda and beer as your primary intake during the game each weekend. Change it up with some healthier snacks.

Tip 2: Work out while you watch the television.

Tip 3: Don't miss any workout sessions during the week throughout football season. Continuing to burn the fat on those non-football days will help to repair and develop lean muscle mass.

A Couch Potato's Half-Time Workout



Couch Potato Kick-Off Lateral Left Lift

- Move to the floor. Lie on your side with a pillow under your head. Keeping your stomach tight, bend your bottom knee toward your chest, and extend your top leg out straight. Inhale.
- Slowly lift your top leg around 6" off of the floor. Exhale as you lift. Hold for 5-10 seconds, breathing evenly. *Do not hold if you're using weights.* Repeat on the opposite side.



"Hail Mary" Back & Arm Extensor

- Stand with your knees slightly bent, your arms lifted to shoulder level, and your palms facing up to the ceiling.
- Keep your stomach tucked in and inhale.
- Exhale as you pull both arms back and slowly touch your shoulder blades together. Hold for 15-20 seconds and breathe easily.

"Touch Back" Wall Squats

- Stand on a non-skid surface with your back against a wall and your feet about 2' away from the wall. Keep your feet about 6'-8' apart. Inhale as you keep your stomach in and head forward.
- Slowly slide your back down the wall to a near-sitting position. It is important to be sure that, as you slide down, your knees are behind or directly over your ankles. Exhale as you lower your body. Hold for 5-10 seconds, breathing evenly. Return slowly to start.



"Bad Call" Neck Rotation



- Stand on a non-skid surface with your back against a wall and your feet about 2' away from the wall. Keep your feet about 6'-8' apart. Inhale as you keep your stomach in and head forward.
- Slowly slide your back down the wall to a near-sitting position. It is important to be sure that, as you slide down, your knees are behind or directly over your ankles. Exhale as you lower your body. Hold for 5-10 seconds, breathing evenly. Return slowly to start.

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Source: Taken in part from The American Physical Therapy Association's Book of Body Maintenance and Repair



Did YOU Know?

The Physical Therapy Dept. is happy to announce that we are updating our equipment with a new stationary bike with a step-through design. And thank you to the FCP Diabetes Program for the addition of a Nustep Recumbent Cross Trainer.

February is American Heart Month

About every 25 seconds, an American will have a coronary event and about one every minute will die from one! Heart disease is the leading cause of death in the United States. The most common type of heart disease is coronary heart disease which usually presents itself as a heart attack.

There are several conditions that put your heart at risk: arrhythmia, heart failure, and peripheral artery disease, as well as risk factors such as: high cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and second-hand smoke.

Getting immediate attention can be crucial when a heart attack is happening. Many people wait too long. Some symptoms to be familiar with are: chest discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back; discomfort in other areas such as one or both arms, the back, neck, jaw, or stomach; shortness of breath that may occur with or without chest discomfort; cold sweat, nausea, or lightheadedness.

Our best defense against coronary heart disease is a healthy lifestyle. You guessed it, diet and nutrition along with exercise and fitness. **The following are daily food choice recommendations from the CDC:**

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, one percent, and low-fat dairy products

- Cut back on foods containing partially-hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300mg of cholesterol each day.
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you are a woman and two drinks per day if you are a man.

The following physical activity guidelines are from the American Heart Association:

- Try to get at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise.
- Thirty minutes a day, five times a week, is an easy goal to remember

Other ideas that boost your activity levels:

- Do your own housework, work in the garden, use a push mower, and rake leaves.
- Walk or bike to your destination versus drive.
- Stand up while talking on the phone.
- Park farther away from the store and walk the extra distance.
- Walk to someone's office at work to talk to them versus calling.
- Take the stairs instead of the elevator.
- Get rid of your remote controls.
- Hang your laundry on the clothesline.

Tips to Avoid Snow Shoveling Injuries

It's that time of year again and, by now, we have all had our memories refreshed with respect to the back-breaking task of snow shoveling. Snow shoveling is a repetitive activity that will cause muscle strain especially if a person is out of condition and/or does not lift properly. This type of injury can happen to anyone of any body type, but -- by following a few simple tips -- one can decrease/avoid injury.

- If possible, shovel in the afternoon. The discs in our backs are more susceptible to injury in the a.m., secondary to fluid pressure from being at rest all night.
- Lift small loads of snow -- making sure to bend your knees. Lift with your legs rather than your back.

- Avoid excessive twisting and forward bending. Keep your back straight and again "lift with your legs."
- Take frequent breaks. Walk around periodically to extend the lower back.
- Choose the right shovel. Too short of a shaft causes one to bend more. Too long of a shaft causes the load to be heavier at the end. The proper shaft will allow you to keep your back straight while lifting.

Don't let snow shoveling break your back this season!

