

Quick Notes:

- We just have been awarded 2nd place in Best of Long Island Physical Therapist by LI Press Newspaper
- We celebrated an Open House at our office on January 16th. We have been healthcare providers of the community for over 5 years!!
- Direct Access for Physical Therapy. Remember that patients (without Medicare) don't need a prescription to start physical therapy.



HAPPY NEW YEAR!

Hours of Operation

Mon—Thurs	7am - 9pm
Friday	7am - 6pm
Saturday	7am - 4pm



Effects of Insomnia

Recent studies have shown that people who do not get enough sleep develop more coronary artery calcification. The study was performed on 495 participants between the ages of 35 and 47, who showed no signs of coronary artery calcification. The participants kept logs of their daily sleep schedule for 5 years.

Researchers found that participants who slept less than 5 hours a night had developed calcification. Only 6% of the participants that slept for 7+ hours had developed calcification compared to 11% of those who slept between 5 to 7 hours.



Researchers stated that an extra hour of sleep per night can reduce the odds of calcification by 33%. Lack of sleep is often caused by stress which dually causes heart complications. Prolonging naptime will decrease your "stress-time" which can lower your risk of heart disease.

Face-Off

Fact: It takes 17 muscles to smile and 43 to frown.

One woman in Cleveland was unable to do either. A severe injury had left her unable to perform simple facial functions, such as breathing or eating. She breathes through a hole in her windpipe.

She is the first person in the United States and fourth in the world to receive a face transplant. The operation lasted 23 hours. A team of 8 surgeons rotated, taking turns at the operation table.

The surgeons first removed the scar tissue from her face. Then they grafted on facial

skin, muscle, bone, and blood vessels from a dead donor. Cosmetic surgery was applied to make the face look and feel more natural. She will need to take antirejection drugs for the rest of her life in order for her body to accept her new face.

Since the operation, she has been attending physical therapy to strengthen and train her new facial muscles. Doctors estimated that feeling will return to her face in six months and most of her facial functions will return in about a year. They believe that she will eventually be able to eat, speak, breathe, and even smell after she completes her physical therapy.



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Super Salmon

Salmon is a superfood that is rich in omega-3 fatty acids. Benefits of omega-3s include reducing the risk of heart disease and stroke while helping to reduce symptoms of hypertension, depression, attention deficit hyperactivity disorder (ADHD), joint pain and other rheumatoid problems, as well as certain skin ailments.

Omega-3s communicate to the body to release body chemicals that help control inflammation in the joints, bloodstream, and tissues. This is why omega-3s are able to prevent so many conditions from forming.



Wild or farm-raised salmon?

Studies have shown that wild salmon are less harmful. Farm-raised salmon are stored in pools that limits their ability to swim freely. When a salmon dies, the pool becomes contaminated. To prevent the other sal-

mons from contracting those diseases, the pools are pumped with antibiotics. Wild salmon are also said to contain lower levels of mercury.

Because of the high levels of mercury and antibiotics, salmon should not be consumed excessively. Even though omega-3s have a lot of health benefits, too much omega-3 fatty acids can be harmful. Excessive amounts of omega-3s may cause bleeding—nosebleed or blood in the urine. Omega-3s also decreases platelet aggregation which prolongs bleeding time.

Recent Patient Success

“I came to Reddy-Care having problems with my mid and upper back, tightness, and knots. I was in pain most of the time. I learned a lot about why this was happening and how to correct it. My biggest problem was I was not able to exercise and being a personal trainer that was a problem for me. Michael was excellent with teaching me what I needed to do on my own and coming up with new ideas to decrease my pain each session. In the end I’m able go weight train again and do a lot of the things I was doing before and for that I thank him.”
-B.W.

“When I started physical therapy in October 2008, I had been suffering from debilitating headaches and severe neck pains for several months already. Today, I am almost symptom-free. My physical therapist, Chris Michels, is incredibly dedicated and caring; he is an excellent therapist. I am very thankful for the wonderful care I received here. Also, the entire staff at Reddy-Care is very professional, courteous, polite and helpful. It has been a very good experience.”
-L.D.