

Quick Notes:



◆ We're on Facebook and MySpace now! Join us at "Reddy-Care Physical Therapy"

FEBRUARY IS AMERICAN HEART MONTH



Hours of Operation

Mon & Weds	7am - 9pm
Tues & Thurs	7:30am - 9pm
Friday	7am - 6pm
Saturday	7am - 4pm



Gear Up

In the past two years there have been around 250,000 troops who have suffered acute orthopedic injuries caused by the hauling of excessive amounts of equipment. Almost on a daily basis, soldiers need to carry over 100 pounds worth of equipment, eventually resulting in muscle, bone, and joint complications. When these troops return home, physical therapy is sought to regain strength and flexibility in problem areas such as the back and knee.

New equipment, called *plate carriers*, have been developed to protect the vital organs when bearing weight. Plate carriers weigh less than 20 pounds and only pro-

tect the torso. Additional equipment bring the total load to around 50 pounds. While this protective gear becomes a mainstream preventative utility to protect our troops, physical therapists continue to play vital, active roles in improving the conditions of those brave soldiers that carry a heavy load to keep our country safe.



PT in the MLB

It's a new year and the New York Yankees added a new name to their roster—first baseman, Mark Teixeira. Unfortunately, he is currently undergoing physical therapy for a torn rotator cuff in his right shoulder. Ironically, A sledding accident was the cause of his injury - not baseball.

The rotator cuff are the muscles and tendons that support, stabilize, and provide mobility to the arm. Injury to the rotator cuff will cause sharp pain and a decrease in range of motion. When a rotator cuff is torn, movement and strength in the shoulder joint is severely limited. Depending on the severity of the tear, arthroscopic surgery may be required. Large tears not

dealt with, can lead to arthritis over time.

Recovery often includes medication prescribed to reduce pain and inflammation. Patients should also attend regular physical therapy sessions for manual therapy, various modalities to decrease pain and increase blood flow. These interventions allow muscles and tendons to recover correctly. Therapists also prescribe exercises that specify strength to weakened areas of the shoulders, as well as stretches that open up lost range of motion. Good luck to Mark Teixeira with the remainder of his therapy and upcoming season with the Yankees!



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Cranberries

Cranberries are commonly consumed as snacks, juice, and flavor for gamey meat like turkey. Besides its nutritional and tasty goodness, cranberries have a healing factor which many people are not aware of.

Native Americans and European settlers commonly used cranberries during the winter season because they typically last longer than other berries before over-ripening. When cranberries were not used to add flavor to their food, it was prescribed for fevers, gastrointestinal problems, and swelling or inflammation. Recent



studies have found that cranberries have the ability to fight urinary tract infections, and may also fight gum disease, heart disease and cancer.

Not only do cranberries contain vitamins A, C and E, iron, calcium, potassium, and various antioxidants, they possess a chemical compound

called proanthocyanidins, which gives it an antibacterial capability. Proanthocyanidin combines with bacteria, and forms a slippery coating around it. This prevents the bacteria from sticking to organ walls, hindering infection.

Unfortunately, a minor population of people cannot benefit from the amazing abilities of cranberries. People prone to cranberries can increase their risk of getting kidney stones. Cranberries may also interfere with blood-thinning drugs.

Recent Patient Success

“I started out at Reddy-Care with a lot of pain in my neck caused from a strain and pinched nerve. After a few visits I was able to feel a significant difference. I found the people at Reddy-Care to be friendly, informative, and very helpful. After several visits, most of my pain has dissipated and I have been given careful instructions and exercises to do to continue my rehabilitation.”

-F.C.

“When I first came in I couldn't do the following without lots of pain/numbness: rotate my neck, type, drive car, write school papers, run, play piano, play tennis, and sit down. Through the attention to detail given by all the staff at Reddy-Care I am now at 99-100%. In a few weeks it will be 100%. I recommend Reddy-Care to anyone facing physical problems. They will give you the care needed and exercises needed to heal your ailments”

-J.S.