



# Reddy-Care Physical Therapy Ledger



## Physical Therapy, More Than A Nice Massage

Many think physical therapy is only used for post-surgical rehabilitation and muscle injuries. It is true, but that is only part of what Physical Therapists are capable of!

According to the Journal of the American Medical Association, urinary incontinence affects up to a quarter of American women. Many patients suffering from this condition seek treatments through drug therapy, eletrostimulation, medical devices, injectable bulking agents, and local estrogen therapy. Annals of Internal Medicine's March 18, 2008 study on urinary incontinence showed that the condition is not only treatable with physical

therapy, but it is also preventable! Physical Therapists are able to treat the condition through guided training of the pelvic floor muscles and the bladder.

Osteoarthritis of the knees is another common condition where physical therapy treatments may be effective. Recent studies by the New England Journal of Medicine showed that physical therapy should be taken into consideration before undergoing arthroscopic knees surgery. Their study showed that participating in comprehensive physical therapy program is just as effective at relieving stiffness and pain.

Arthroscopic surgery is a quick but temporary solution for osteoarthritis of the knees. Even after the surgery, physical therapy is still needed for rehabilitation. Physical therapists help guide the joints to restore itself as much as it can. Through specific stretches and exercises, the patient is able to naturally strengthen the knees, so a longer-lasting result is obtained.

The earlier physical therapy is used, the more effective the treatments. If osteoarthritis has already done too much damage to the knees, physical therapy may be ineffective and arthroscopic surgery will be needed.

## Potassium and Muscle Sustenance

As one gets older, their lean muscle mass begins to break down. This condition is called Sarcopenia, and it starts around the age of 40. Recent study from the Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University showed that potassium-rich foods slows down the effects of Sarcopenia. This study was performed over a period of 3 years on 384 volunteer patients. Those with a rich potassium diet (at least 3,540mg/day) retained 3.6 more

pounds of lean muscle than those

Food (source)	Potassium (mg)
Swiss chard	1 cup, 961mg
Lima beans	1 cup, 955mg
Yams	1 cup, 911mg
Acorn squash	1 cup, 896mg
Spinach	1 cup, 839mg
Papaya	1 whole, 781mg
Pinto beans	1 cup, 746mg
Crimini mushrooms	5oz, 636mg
Cod	4oz, 586mg
Beets	1 cup, 518mg

only taking in half the amount of potassium. Tired of eating bananas, which only have 420mg of potassium? See the chart to the left of the top 10 potassium-rich foods!

### INSIDE:

The Healing Journey by Christopher Michels, MSPT	2-3
Patient Opportunities	4
Referral cut-out	2
<b>Recipe of the Month:</b> Wild Rice & Cranberry Stuffing	3
Office Updates	2

# The Healing Journey



Healing is a process that carries us on a journey of self exploration and learning. There are many stages to this process, each requiring self acceptance and change. In order for healing to occur, changes must be made in the way we think, feel, express ourselves spiritually, and the state of our physical body. Change requires letting go or surrendering to our limiting belief systems, habits, jobs, or lifestyles that are no longer serving our health and well being.

If you are seeking physical therapy treatment you are engaged in this process. So let's take a look at the stages of healing to give us a better picture of the healing journey and where we fall in that spectrum.

The first stage to encounter is denial. This is a temporary defense which allows us to not deal with an issue be it pain, a disease process, or a functional limitation. We think we can't handle the situation, or just don't want to. Underneath this defense is fear. This is normal, so do not be harsh and judge your self. Sometimes the denial becomes long-term and can become an unhealthy pattern. It is important that we acknowledge these feelings and surround ourselves with people whom we love and trust. As soon

as you are ready to handle it, you will come out of this stage by transforming your fear and move onto the next step of the process.

Anger, rage, envy, and resentment all fall under the next step. Why did this happen to me? We often project this anger onto others which can create strain in our relationships. We are upset for not being able to do the things we need to do and our life has to be interrupted in order to take care of this issue. It is important to express the anger in a healthy way. Have you ever seen a child throw a temper tantrum? In a few minutes they are happy and back to playing again. Somewhere along the line we have lost our ability to process anger. This is usually because we have adopted a belief system that it is not ok to express our anger, or that our anger will hurt someone. Movement and voice are good ways of moving the energy of anger out of the body. Simple ways to allow this to move are to let your anger have a voice by yelling/screaming and letting your body move. Sometimes twisting a towel helps, or hitting your mattress with a tennis racket or baseball bat. It is important to let other family member know what you are doing beforehand so they are not concerned for your well being.

**TELL SOMEONE ABOUT US....USE THE CUTOUT BELOW**



Referring Patient's Name (Print)

475 Northern Boulevard  
Great Neck, NY 11021  
Phone: 516-829-0030  
Fax: 516-466-7723

Email: [information@reddycare.net](mailto:information@reddycare.net)  
Website: [www.reddycare.net](http://www.reddycare.net)

## OFFICE UPDATES

- Interested in learning more about different physical therapy conditions, our therapists are giving monthly lectures at our facility. Contact us to signup!
- Refer a patient for a **FREE** month of our wellness program. More information on page 4.
- Last chance to **vote** for Long Island Press' Best of Long Island 2009 at [votebestofli.com](http://votebestofli.com)! More information on page 4.
- We are closed on Thanksgiving, Christmas, and New Year's Day for the holidays. All other days, we are open our normal business hours.



# The Healing Journey (... continued)



Bargaining is the next stage in the healing process. You start to feel guilty for not eating the right food, living in the right way, or doing enough exercise. It is important to identify the guilt and find all of your “should-haves”. Again don’t be hard on your self, but start looking at areas in your life where you can bring about some changes. Start small and work your way towards a better way of life.

The fourth step is depression. We experience low energy levels and seem to lose hope of getting what we want the way we wanted it. We pretend that we don’t care, become sad, and withhold our feelings. There is not much desire to interact with others. Three things tend to cause this depression: 1) trying to heal yourself through avoidance and rejecting yourself for the way things are, rather than a truthful seeking of a solution. 2) depressing feelings of loss – we must feel the loss and mourn it. 3) harsh invasive treatments such as surgery, chemo-

therapy, and anesthesia/medications.

Acceptance is the next step on the journey towards healing. This is a time of knowing yourself and finding a new part of who you are. We question previous ways of life that have created our disease. Feeling our true needs we then make the necessary changes to help our healing unfold.

Rebirth comes after you have come to a place of acceptance to what is. This stage requires some alone time to get to know yourself. Parts of yourself that were buried for a long time become uncovered and even new parts you have never seen emerge. Your life is experienced in a new context.

The last and final stage is creating a new life. Doors open for you and you live more honestly in a place of improved self acceptance and health. Self love and trust are developed. There may be a lot of external changes to mirror the internal

changes that you have undergone such as new friends, moving to a new location, a new way of approaching work or changing jobs.

Embarking on a healing journey takes time and perseverance. It is good to know that there is a light at the end of the tunnel and our physical pain or disease is a vehicle for growth and transformation. When we look at disease and illness as our teachers, there is an opportunity to reclaim more of who we are. So we have the opportunity to open up to a better way of life or remain comfortable and safe where we are. Which choice will you make?



by Christopher Michels, MSPT

## Recipe of the Month: Wild Rice and Cranberry Stuffing

### Ingredients

1/4 cup butter  
2 cups chopped red onion  
1 cup chopped celery  
5 cups chicken stock  
1-1/4 cups wild rice  
1-1/4 cups long grain white rice  
1-1/2 cups dried cranberries  
1 cup golden raisins  
1 teaspoon dried thyme  
1 teaspoon dried marjoram  
1 teaspoon dried sage  
1 cup toasted pecans, chopped coarsely  
1/4 cup chopped fresh parsley  
salt and pepper, to taste

### Nutrition Facts (about 8 cups)

Calories 220cal • Sodium 270mg • Cholesterol 5mg • Fat 7g • Saturated Fat 1g • Carbohydrates 34g • Protein 6g • Fiber 4g

### Instructions

1. Pre-heat oven to 350° F (180° C).
2. Melt 2 tablespoons butter in large skillet over medium heat.
3. Add red onion and celery and sauté until soft (about 4-5 minutes). Set aside.
4. Bring stock to a boil in a large saucepan.
5. Add wild rice and bring to a boil.
6. Reduce heat to low, cover and simmer 30 minutes.
7. Stir in white rice, cover and simmer until liquid is almost absorbed (about 15 minutes).
8. Stir in cranberries, thyme, marjoram, sage, red onions and remaining butter.
9. Cover and simmer 3 minutes.
10. Stir in pecans and parsley.
11. Salt and pepper to taste.
12. Butter a 9 x 13-inch baking dish.
13. Transfer stuffing to baking dish and cover with buttered aluminum foil.
14. Bake until heated through (about 35 to 45 minutes).





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## BEST of LONG ISLAND 2009

Back in September and October, we asked you for your help to nominate us for the Long Island Press' Best of Long Island 2009. Thanks to all of your support, we made it! That means we are one of the top 12 physical therapy facilities in Long Island. Now that we have been nominated, we are only one step away from winning the Best of Long Island 2009 for Physical Therapy. If you are hesitant about voting, some reasons why you should vote!

1. NO REGISTRATION OR SUBSCRIPTION IS NEEDED!
2. It takes one minute!
3. This is a great way to share your experience with others!

To vote for us:

1. visit, <http://votebestofli.com/>
2. click "**Health and Wellness**"
3. scroll down to #17 "**Best of Physical Therapy**"
4. select the bubble next to "**Reddy-Care Physical Therapy**"
5. scroll down to the bottom and click "**Done**"

The final day to vote is **December 15, 2008**, so act fast! The voting is tracked via IP addresses. Each computer has their own IP address. This means you can vote for us multiple times, but only by using different computers. So have your family and friends vote too!

## FREE WELLNESS OPPORTUNITY!

Starting November 4, 2008, if you refer a patient to us by the end of the 2008 calendar year, then you will receive a free month on our Wellness Program! That's more than a \$65 value! The wellness program allows patients to comfortably use our facility to strengthen their body and improve their overall fitness. Trained staff members are available to educate and assist you with proper stretches and exercises. If you are interested in learning more about the wellness program, we have brochures available at our office, or you can just ask one of our staff members. Some rules and regulations apply to this special offer:

1. The patient that you refer must come in for a min of 4 visits.
2. The New Patient **MUST** mention your name **BEFORE** they are treated for their initial evaluation.
3. Referring patient can receive a maximum of 2 **FREE MONTHS** (2 or more patients referred).
4. The patient that you refer **MUST** have their initial evaluation completed before the end of the 2008 calendar year.
5. Start of Free time on wellness cannot be later than February 1, 2009.

So act fast, and don't let this great opportunity pass! To make life even easier, we included a cut-out to give to your family or friend on page 2!