



Smart Moves For Families!

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Have you made your New Years Resolution yet? We are hoping to help if weight loss & getting in shape are on your list of resolutions. We are once again sponsoring a Weight Loss Challenge (details below). Here is a few tips on getting you and your whole family "moving" and in shape. Making a commitment to be physically active is one of the best ways families can prevent or combat obesity and its consequences. Physical therapists support the Department of Health and Human Services' Physical Activity Guidelines, which states:

- Children should get 1 hour or more of physical

activity a day.

- Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes a week of vigorous-intensity aerobic physical activity.
- Physical therapists' extensive knowledge of pre-existing conditions (such as type 2 diabetes and obesity) allows them to help people of all ages and abilities establish life-long patterns of physical activity. For those who already are obese, physical therapists can devise safe exercise programs that reduce pain, restore flexibility, and increase strength and cardiovascular endurance. For people with type 2 diabetes, they can design and supervise exercise programs that reduce the need for medications, lower the risk of heart disease and stroke, and help manage glucose levels, among other benefits.
- The following tips were designed by physical therapists to help families stay active and incorporate physical activities into their daily lives:
 - "Smart Moves" for Families
 - Plan weekend family activities involving physical activity, such as hiking, swimming, bicycling, mini-golf, tennis, or bowling.
 - Help your child plan physical activities with friends and neighbors, such as skating or softball.
 - Have your kids brainstorm a "rainy day" game plan of indoor activities involving fitness games such as Wii Fit or Dance Dance Revolution.
 - Remember that your family does not need to join a health club or buy fancy equipment to be active. Walking isn't costly and it's easy. So is designing a backyard obstacle course. Weights can be made from soda or detergent bottles filled with sand or water!
 - Provide positive rewards for your child when he or she engages in physical activities, such as workout clothes, a new basketball, or an evening of roller-skating.
 - Provide positive feedback about your child's lifestyle changes. Remember not to focus on the scale (for you or your child).

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- Be your child's "exercise buddy." Plan daily walks or bike rides and set goals together for increasing physical activity rather than for losing weight. It's also great "bonding" time!
- As you schedule your child's extracurricular activities, remember to plan time for exercise and activity as a priority for the entire family. Don't just "squeeze it in."
- Encourage children to try individualized sports such as tennis and swimming. Studies show such activities are the basis of lifelong fitness habits.
- Parents and children can do exercises while watching television (or at least during commercials), such as sit-ups, push-ups, or running in place. Discourage snacking or eating meals while watching.



FREE Stride Clinic

Saturday Jan. 25, 2014 8 am-12 pm

We will be holding a *FREE* Stride Clinic on Saturday Jan. 25, 2014 from 8 am—12 p.m. Please call 872-5800 to reserve a spot. This clinic is for walkers and runners of all ages and skill level.

This 30 minute session will include:

- Individual screening for flexibility, strength, and posture impairment.
- Foot, shoe and gait assessment with education and recommendations regarding foot type and shoes as indicated
- Running screen with video feedback and instruction for refinement of technique as needed (using model comparisons to aid in learning)
- Tips for training management to maximize conditioning progression and avoid overuse injury

UPCOMING STRIDE CLINICS

Feb. 22, 2014 (tentative)

Call 308-872-5800 for more information

Would you like Pearson Physical Therapy to come & speak to your church, school or civic group? Call 308-872-5800 to find out our list of topics.

If you are interested in receiving an e-mail version of our newsletter please call 308-872-5800

Clinic Hours:

Monday—Thursday 7 am—7 pm

Friday— 7 am—6 pm

Product Highlight



Therapeutic Lip Balm

This lip balm will repair chapped, cracked lips and feels so good. Vanilla flavored. Stop by Pearson Physical Therapy and pick up several.

2nd Annual Weight Loss Challenge & Fundraiser

This year our weight loss challenge will benefit Doug Yates from Broken Bow. Doug had a motorcycle accident in May of this year and suffered an incomplete spinal cord injury, which allows him to walk, but he has difficulty using the fine motor skills of his hands. Doug has made great progress since his accident, but unfortunately has not been able to return to his previous work due to these deficits. We would like to help Doug and his family by holding this fundraiser and your loss (weight loss) will be his gain - so help us spread the word!



Weigh ins will begin Jan 6 - 10. Final weigh in will be March 17-21. Entry fee is \$20 per person. All of the proceeds collected from this years entry fees will be donated to Doug. We will calculate the winner by percentage of weight loss. Gift certificates courtesy of Grocery Kart, Schmick's Market, Hogan's Sporting Goods & Bow Booterie will be awarded as prizes to the top three "losers". Call for details 872-5800.

Preparing For Your Physical Therapy Visit

Our physical therapists are highly educated, licensed health care professionals who help patients improve or restore mobility, and in many cases helping patients reduce pain, and avoid the need for surgery and the long-term use of prescription medications and their side effects.

Physical therapists examine, evaluate, and treat patients whose conditions limit their ability to move and function in daily life. Your physical therapist's overall goal is to maintain, restore, or improve your mobility and help reduce your pain.

Before Your Visit:

Make a list of any questions that you might have, so that you can make the best use of your time with your physical therapist.

Write down any symptoms you've been having and for how long. If you have more than one symptom, begin with the one that is the most bothersome to you.

Make specific notes about your symptoms. For example, is your pain or other symptom:

- Better or worse with certain activities or movements or with certain positions, such as sitting or standing?
- More noticeable at certain times of day?
- Relieved or made worse by resting?

Write down key information about your medical history, even if it seems unrelated to the condition for which you are seeing the physical therapist.

Make a list of all prescription and over-the-counter medications, vitamins, and supplements that you are taking.

Make a note of any important personal information, including recent stressful events in your life.

Write down and describe any injuries, incidents, or environmental factors that you believe might have contributed to your condition.

Consider taking a family member or trusted friend along to help you remember details from your own health history and to take notes about what is discussed during your visit.

Make sure you can see and hear as well as possible. If you wear glasses, take them with you. If you use a hearing aid, make certain that it is working well, and wear it. Tell your physical therapist and clinic staff if you have a hard time seeing or hearing. For example, you may want to say, "I have difficulty hearing. It's helpful to me when you speak slowly."

If available, **bring any lab or diagnostic reports from other health care professionals** who have treated you for your current condition.

Bring a list of the names of your physician and other health care professionals that you would like your physical therapist to contact regarding your evaluation and your progress.

When you call to make your appointment, **ask whether you should wear or bring a certain type of clothing** when you come for your first visit. You may want to avoid tight or formal clothes, in case the therapist wants you to engage in activities during the first session.