



Robinson Physical Therapy & Health Center News

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WE CARE FOR YOU!!!

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AQUA
THERAPY
SPORTS
PERFORMANCE

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Want to Get Better? STOP SMOKING!



Wim Rogers,
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Many times I have been asked by patients. "Why is it taking so long for me to get better?" "My doctor doesn't know what is wrong with me!"

There can be many reasons why some patients heal faster or better than others. But the most obvious reason is **cigarette smoking!** Sure this does not apply to every situation, but most of the time when we have patients who do smoke, we find that their recovery is much more complicated.

Every time that I speak with a patient about smoking, I get a response of, "I know, I just can't stop." or "Yes, I know smoking causes everything!" When you are speaking of healing after a surgery or healing from an injury, smoking has a major effect on recovery. It doesn't even matter how long you have been a smoker. Just the act of smoking has an effect on recovering from surgery and/or injury to the body.

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Cigarette smoke contains **nicotine** and **carbon monoxide** among other toxic substances. **Nicotine** is a vasoconstrictor. Vasoconstriction reduces blood flow. Therefore, the nutritional blood flow to help tissue heal following surgery/injury is effected in a negative way, causing impaired healing of the tissue. Nicotine also increases platelet adhesiveness, raising the risk of blood clots, microvascular occlusion and tissue ischemia. In addition, the proliferation of red blood cells is reduced to the healing tissue along with a reduction of fibroblast and macrophages, the cells that are needed in the development of scar tissue.

Carbon Monoxide, decreases oxygen transport to the healing tissue by taking up space on the red blood cells. Normally oxygen attaches to red blood cells and is carried to the healing tissue. Carbon monoxide attaches to the red blood cells and takes up the space that is normally containing the oxygen cells. In combination, carbon monoxide and nicotine have a very deleterious effect on healing tissue.

You don't have to have an injury or surgery to be effected by smoking. Tissue, which includes every organ in the body, survives on its blood and oxygen supply. Not just your lungs! Your skin, your heart, your hair, your muscles, etc...! Smoking will limit the ability of the organs to function! Fibromyalgia is muscle pain! Do you think smoking can cause fibromyalgia? YES! Do you think your neck pain won't go away because of smoking? YES! So YES! Smoking does cause everything...!!!

Some surgeons won't even do surgery on a patient if they are a smoker. Particularly, plastic surgeons, their work is very visible and a bad outcome will have a negative on their business. If you want to get better, you need to think about **SMOKING CESSATION!** And give yourself the best opportunity to heal and feel better!



Chris Marrone,
 MPT, ATC
 Director
 Editor

Questions?
 Comments?
 Please feel free to reach me at any time via email, fax, or telephone. I hope that you enjoy this issue of

Robinson Physical Therapy
 & Health Center News!!!

Lifting with Love



Emily Marino,
MPT

Whether you are the parent of a young child, or a grandparent, we've all lifted a child at some point and felt a twinge of pain. Properly lifting an infant or young child is as important as caring for the child themselves, so that neither party is injured.

Infants, although lightweight, present their own challenge. Lifting them from a low crib can easily strain your back if not done properly. Be sure to place yourself as close to the crib as possible and stagger your feet for a wide base of support. Slide the infant to the edge of the crib mattress as close to you as possible before lifting by bending your knees and then your back.

Getting a young child into or out of a car seat can be difficult as well. Be sure to bring your body as close to the car seat by kneeling or putting one foot into the car. Then use your knees to bend and lift them out, again staggering your feet for a wide base of support.

Perhaps the most dangerous lifting of children is less structured, during play or picking them up for a quick hug. The action of bending with your back and twisting places your back in its most vulnerable position. To prevent this, stagger your feet shoulder width apart, bring the child as close to your body as possible, and then lift with your knees bent, using your arms and legs to lift.

Finally, picking an infant up off the floor can place added strain on your back. To do this, properly bring yourself down to a kneeling position with one knee on the floor and the other bent at a 90 degree angle. Bring the infant as close to you as possible using your arms and one bent knee to lift the child to your chest as you both rise.

Taking the time to lift your child or grandchildren the right way ensures safety for both of you. After all, it is repetitive lifting with poor form that leads to back injuries that may warrant you unable to lift at all.

If you would like further explanations or demonstrations on these or other lifting techniques, please seek the advice of a Physical Therapist and call us!

Ask Your Pharmacist

By Christopher J. Marrone, MPT, ATC, Director

Here is a question that I would like you to ponder. How many prescription and/or non prescription medications are each of you taking on a daily basis? One? Two? Three? Just a multi-vitamin or an allergy medication perhaps? I have had patients tell me or show me a list that states that they take well over 10 medications EVERY DAY! That is a lot for someone to remember, especially for the elderly. If you are like me, I can't remember what I did yesterday. So how am I going to remember which pills to take and when?! And what if one interacts with the others?

Probably on a daily basis, and multiple times a day, I get asked the question, "Can I take this medication with that one?" As a Physical Therapist, I did have a course or two on pharmacology. However, given my education and my basic knowledge, that does not even begin to make me an expert on medications and drug interactions. I do feel confident answering certain questions such as "How much Ibuprofen can I take in one day?" The answer to that question is roughly 3200mg or 4 doses of 800mg per day. However, when it comes to some of these pain medications interacting with whatever else someone may be taking, I do not even pretend to know what I am talking about. A lot of times symptoms present themselves and so another medication is prescribed to mask those symptoms. In some instances this is ok. But in other instances, there may be a drug interaction causing the undesirable symptoms and a pill may be eliminated. This is why you need to ask your doctor, or better yet, your pharmacist. These medical professionals have that knowledge and can answer all of your questions. All you have to do is ask! They are there to counsel you and answer ANY question. No question is stupid, especially when it comes to your well being.

If you are one of those people, or have an elderly relative that is taking 10 plus medications daily, you need to speak with your pharmacist. Chances are there may be a pill or two that can be eliminated!

Is the Sweat Worth It?



Michael Smith,
BSEP

So have you ever wondered why health professionals are always pushing exercise? How much can you really benefit from a workout session and does it really help as much as we say it does? Or have you every asked how long will it take until I see and feel the results of all this hard work?

Well here are some facts that I would like to share with you that may shed some light on how important “working out” really is and also show how soon you will see results and how long they will last. The fact is we see changes in the body as soon as you start any aerobic exercise what so ever. Your heart rate increases and blood is pumped to your muscles. Your body starts burning excess calories as fuel and you get an almost immediate mood boost. According to research at the Cooper Clinic in Dallas Texas it takes as little as 30 minutes of aerobic exercise, three to five days a week to add six years to your life. As you progress through your work out session your lungs are getting stronger, your motivation is at its highest, and you are fighting that dreaded “flab”. The more intensely you do your cardio workout, and the longer you do it the more efficiently your body uses oxygen, thus boosting the ability of your body to burn fat throughout the duration of your workout.

Within One Hour of exercise you start protecting your self from colds and flu’s. Exercise increases your immunoglobulins. These are the proteins that help your immune system “fight off” infection. “Every sweat session you do can help strengthen your immune function for about 24 hours,” says Cedric Bryant, Ph.D., chief science officer of the American Council on Exercise (fitnessmagazine.com Nov/Dec2010). Also after one continuous hour of exercise you will begin burning calories even after your workout. For every 100 calories you burn during your workout, your body will typically burn 15 calories after. In addition to that, according to a study from Ohio University in Athens if you strength-train at least twice a week, it will charge your metabolism so that you will continue to burn calories for up to 38 hours.

Within One Day of exercise your body is adding lean muscle and the addition of lean muscles means that you have the capability of burning more calories. Furthermore, your body has to repair the microscopic tears in your muscles that strength training causes; this requires your body to have to use more calories. The more muscle your body is able to lay down the more efficient your body becomes in burning fat. Along with more lean muscle you heart is healthier. The American Heart Association states that one cardio workout lowers your blood pressure for up to 16 hours. It also helps lower your LDL’s, which is the “bad cholesterol”.

Within One Week of regular exercise your risk of diabetes goes down by increasing your bodies’ sensitivity to use insulin. This in turns helps lower your overall blood sugar reducing your risk of type 2 diabetes. You are also more “fit”. Your aerobic capacity has increased about 5 percent allowing you to go harder and longer in your work outs. Within a weeks time you should also be slimmer. Cutting 500 calories a day through exercise and diet will help drop 1 pound a week, that’s 52 pounds in a year!!

Within One Month of regular exercise the weights that you were using are feeling lighter, and doing 10 reps isn’t as hard as it once was. You are getting stronger. Over this period of time you have also made your brain stronger. Your brain is working more efficiently and stronger. You are more alert and focused post exercise. This is from the increase in blood and oxygen that are being carried to your brain. Working out also allows for the stimulation of growth producing proteins in the brain which may help form new cells there.

Within One Year of regular exercise Paul Gordon, Ph.D. director of the Laboratory for Physical Activity at the University of Michigan School of Medicine says working out is just easier. “Your endurance and aerobic fitness can increase by up to 25 percent after 8 to 12 weeks of regular training.” “In a year your endurance can more than double.” Your heart rate is lower. While this will happen well before you complete one year of exercise studies indicate that it will drop as much as 10 points in a year’s time. The less work your heart has to do, the healthier you will be. You have also cut your risk of developing cancer. In Fitness Magazine it states that in a study of 14,800 women, those who had the highest levels of aerobic fitness were 55 percent less likely to die from breast cancer than those who were sedentary. Studies also show that regular aerobic exercise may also help in protecting against endometrial (Uterine) lung and ovarian cancer.

In short, with regular exercise you will feel fantastic, increase your life expectance, boost your mood and metabolism and your life will be happier too!!!

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Insurance Update

As we go further into the year, there are many changes in health insurance policies.

In the past, most insurance policies would calculate deductibles, co-insurance and physical therapy visits on a calendar year basis. However, recently we have seen a series of new, should we say "rules". New "rules" include, "Benefit Year", which means it can be any month of the year that you're out of pocket expenses will renew.

If you were out of physical therapy visits, that can be to your advantage; however, deductibles may not be.

As always we encourage you to check your coverage information via the internet or by calling your customer service representative at the number located on the back of your insurance card.

Thank you!
