

Robinson Physical Therapy
& Health Center, Inc.

5635 Steubenville Pike
Route 60
McKees Rocks, PA 15136

Phone: 412-787-8616

Fax: 412-787-8618

Email: staff@robinsonpt.com

www.robinsonpt.com



WE CARE FOR YOU!!!

Informational Update

I wanted to take the opportunity to clarify some things. Some or all of our patients may be noticing statements in the mail, such as Explanation of Benefit statements, in regards to physical therapy services that we provide to you. Under the provider name you might see The Physical Therapy Institute (PTI) instead of Robinson Physical Therapy/Physical Therapy and Health Center. Please be advised that this has something to do with a working relationship that we now have with The Physical Therapy Institute. **WE HAVE NOT BEEN BOUGHT OUT BY THE PHYSICAL THERAPY INSTITUTE NOR HAVE WE MERGED WITH THEM!!!** We simply have a working relationship with them in regards to the billing aspects of our services. Rest assured there will be no changes in regards to how you are treated or how we provide services to you. This working relationship with PTI simply helps us to be able to continue to provide you with the best services possible. We thank you for your continued patronage and apologize for any confusion this may have caused.

Sincerely,
Christopher J. Marrone, MPT, ATC, LAT
Director/Partner



AQUA
THERAPY
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PERFORMANCE

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Chris Marrone,
MPT, ATC, LAT
Director/Partner
Editor

Questions or
Comments?
Please feel free to
reach me at any
time. I hope that
you enjoy this
issue of our
newsletter!

Robinson Physical Therapy & Health Center News

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WE CARE FOR YOU!!!

April 2015



5 Things Everyone Should Question

By Wim Rogers, PT, DPT, ATC, LAT
Managing Partner

In the ever changing healthcare environment, consumers are becoming more aware of their healthcare and the coverage provided. Unfortunately, there continues to be abuse and waste in healthcare and services provided. To help consumers, The American Board of Internal Medicine (ABIM) Foundation implemented Choosing Wisely®.

Choosing Wisely® is an initiative of the ABIM Foundation to help providers and patients engage in conversations to reduce overuse of tests and procedures, and support patients in their efforts to make smart and effective healthcare choices.

A 2014 survey funded by the Robert Wood Johnson Foundation found that three-quarters of physicians say the frequency of unnecessary medical tests and procedures is a very or somewhat serious problem.

The American Board of Physical Therapy (APTA) has joined in the efforts of The ABIM Foundation, and made recommendations of their own. The APTA has recommended 5 Things that Physical Therapists and their patients should question.

1. Don't employ just passive physical agents except when necessary to facilitate participation in an active treatment program. There is little evidence that passive modalities alone are beneficial in recovery from injury. An active treatment plan including therapeutic exercises and a home program have a greater impact on pain, mobility, function, and quality of life.
2. Don't prescribe under-dosed strength training for older adults. Research shows that older adults are often prescribed low dose exercises and physical activities. A carefully developed individualized strength training program may have significant health benefits and should be determined by an individual's abilities and goals.
3. Don't recommend bed rest following a diagnosis of acute deep vein thrombosis (DVT) after the initiation of anti-coagulant therapy, unless significant medical concerns are present.
4. Don't use constant passive motion (CPM) machines for the post-operative management of uncomplicated total knee replacement. Research has not provided any evidence to lead to clinically important improvements in short or long term goals. The cost, inconvenience and risk of prolonged bed rest with CPM should be weighed carefully against its benefits.
5. Don't use whirlpools for wound management. Whirlpools are not effective as a form of mechanical debridement and predispose the patient to risk of bacterial infection.

At Robinson Physical Therapy, we keep up on the latest most advanced research. It is our belief that active participation with our patients is the utmost importance in developing our plan of care for each patient. It is our goal to educate and treat our patients as individuals. With different needs and requirements. This can only be accomplished through one-on-one individualized care. For those patients who need quality physical therapy care, they can contact Robinson Physical Therapy, and schedule an appointment at 412-787-8616.

The Miracle Pill

By Michael Smith, BSEP

As an exercise physiologist I am often asked "what is the best thing I can do for such an ailment or physical condition?" More than likely I respond with "get out and walk or do some sort of exercise." When I mention this as an option for their ailment or condition, they have a strange countenance come over their face. Many people are looking for a quick fix, the miracle pill or miracle surgery. They don't realize or understand the importance and healing benefits that exercise or general mobility has on our bodies. Motion is lotion for our joints. Our bodies are designed for movement and not just our muscles, but our bones, organs and rest of our body's systems as well.

In the February 17th edition of the Post-Gazette there were a couple of articles in the Health section written by Jack Kelly that touched on this very subject. I would like to share some excerpts from those articles so you can see the benefits of exercise. Exercise is just as good and in a lot of cases better than medication in treating certain ailments or physical conditions. The following is a list provided in Jack Kelly's article, "Studies point out the benefits of exercise."

Heart disease, stroke risk, and diabetes: The use of drugs and exercise produced almost the same results, researchers at the Stanford University School of Medicine and the London School of Economics found in a 2013 study.

Type 2 diabetes: Regular exercise can reduce the risk of developing this condition by 58 percent and is nearly twice as effective as insulin, according to a major federally funded study in 2002.

Depression: Exercise can be as effective as a second medication for treating depression, according to a 2011 study conducted principally by Madhukar Trivedi, a professor of psychiatry at the Southwestern Medical Center in Dallas, and researchers at the Cooper Institute in Dallas and the Pennington Biomedical Research Center in Baton Rouge, La. The study showed that exercise helped as many as half of depressed patients whose conditions had not been cured by a single antidepressant medication.

Breast or colon cancer: Exercise can also reduce the risk of contracting these cancers by 20 percent to 30 percent, said Lee Jones, a researcher at Duke University's Cancer Institute. The connection between obesity and cancer is so strong, said Melinda Irwin of the Yale Cancer Center, that pharmaceutical companies should be required to include exercise and diet in drug trials.

Heart strength: After a year of 7 to 9 hours of moderate exercise a week, 12 previously sedentary individuals had structural changes in their hearts comparable to what's normally seen in elite athletes, researchers at Texas Presbyterian hospital in Dallas found. VO2 Max (the maximum amount of oxygen an individual can use during intense exercise) increased by an average of 20 percent.

Fibromyalgia: Exercise is the most effective weapon we have for treatment of this disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues, according to German physician Winfried Hase, after a review of the research last year.

Alzheimer's disease, other conditions: Exercise also can slow the progression of this form of dementia by up to 50 percent, and has been shown to be an effective therapy for anxiety, ADHD, memory loss, sleep problems, asthma, erectile dysfunction, PMS, pain in the lower back, hip, knee and neck, and osteoarthritis, said sports medicine physician Jordan Metz in his 2013 book, "The Exercise Cure."

Also remember you don't need to make exercise difficult, you don't need special shoes or special clothes, you don't even need a special place. Just make movement a daily part of your life. Take the stairs instead of the elevator, take a walk at lunch, park as far away as possible from the store when you go shopping, cut the grass, shovel the snow, stand up and sit down 20 times at your desk chair. It's as easy as that and you may find that incorporating movement/exercise into your daily life is the miracle pill you have been looking for.

If you have any questions concerning starting a workout, ramping up your workout or any other questions regarding this article or any other questions/comments you may have please feel free to call Robinson Physical Therapy at 412 787 8616. We offer a variety of workout and personal training packages.

How to Prepare for Summer Sports and Activities

By Eric Cullen, PTA

Here's to all you cold weather couch potatoes, summer and gorgeous weather is right around the corner. You could all be at risk for injuries if you don't properly prepare and ease into such summer sports as golf, tennis, running, bicycling, football, and track and field.

Some important facts to remember are summer is the highest season for sport related injuries especially in the Northeast. This happens because again, we are all couch potatoes and cooped up inside for the long winter months. As a result, we all jump back in full swing despite being out of shape and not being prepared. According to the Department of Health and Human Services, nearly 2 million people every year suffer sports-related injuries and are seen in the ER for treatment, the cost of which can range from \$2,294 for a sprain to \$7,666 for a fracture to an Upper extremity or Lower extremity. For our young adults above the age of 25, the sports with the highest number of injuries come from bicycling, 126.5 per 100,000 individuals; basketball 61.2 per 100,000 individuals; baseball/softball 41.3 per 100,00 individuals; football 25.2 per 100,00 individuals; and soccer 23.8 per 100,000 individuals.

Here are some ways to help prevent injury following the cold season.

Stay Hydrated and eat properly - Proper hydration and nutrition help to build your muscles and keep your muscles working properly avoiding secondary problems. Also, eating properly will help to grow muscles and build bone to prevent injury. Dehydrated muscles can't work efficiently, leading to injury.

Warm up during the off season-Think about it. You haven't played your sport of choice for a while and you are jumping into it out of shape and untrained. Sometimes it is worth it to take a lesson pertaining to golf or tennis, or to start small and ease into it, running 3 miles, or playing a shorter set of tennis.

When working out find a partner- Having a friend, co-worker, brother, or sister, not only makes the workout fun but can push you to your max potential. Another benefit would be having someone to watch and correct you to make sure you're running, lifting, or shooting with the proper technique and body mechanics.

Buy the proper equipment for your sport- Whether it is shoes for running, cleats for football, or helmets guarding the face and head to protect from concussions during football, softball, and baseball. When running, the proper shoes are very important because most runners don't only run a mile. They run multiple miles. A shoe with a good arch support and a firm heel are the most effective. REMEMBER PARENTS, YOU GET WHAT YOU PAY FOR! Spend the money and protect your kids properly.

Take breaks and know your maximum- Most injuries occur because you don't know when to stop or try to fight through the pain which is an alert from your body. Again, wean into the sport, take breaks and let your body be your judge when to stop or when to advance to the next level.

Prepare your muscles- One of the best ways to prevent your body from injury is to prepare your target muscles for the sport or activity your getting back into. When biking or running it is important to build your quads, hamstrings, calf muscles, and hips for the impact your body will go through. When golfing or playing tennis focus on core strength, shoulders, elbows, and hip musculature. If you have any questions on how to do so ask your Physical Therapist or school's Athletic trainer.

Get out there- Last but not least enjoy and have fun! This is very important because if you lost the ability to have fun while playing your sport or activity what is the point of doing it?!

These are seven easy ways to prevent injury and enjoy the sport or activity in which you are performing. Always remember, if you have questions on what kind of training, equipment to buy, or how to ensure proper nutrition, we are always here at Robinson Physical Therapy to answer your questions accordingly.

Works Cited

Prepare for Summer Sports to Avoid Injury. (2014, June 28). Retrieved March 2015, from Health Day-News for Healthier Living: <http://consumer.healthday.com/senior-citizen-information-31/misc-aging-news-10/sports-safety-glen-cove>