



# Robinson Physical Therapy & Health Center News

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**WE CARE FOR YOU!!!**

December 2015

**AQUA**  
**THERAPY**  
**SPORTS**  
**PERFORMANCE**

## Nutrition and Healing

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By Wim Rogers, PT, DPT, ATC, LAT

You injure your knee and now need surgery. You find the best doctor. You have a successful surgery. You choose the best physical therapist for your rehabilitation. Have you done everything you can do to get better and back to the things in life that you want to do? Maybe, maybe not!

Most patients try to do the best they can do to improve their quality of life following surgery. Proper exercise is very important and is prescribed by your physical therapist. But one of the most important things a patient can do is improve their diet and supplement their diet with certain vitamins and minerals to help your body heal.

Nutrition and exercise play a major role in keeping your bones and muscles healthy. Because the bones and skeletal muscles work together, the nutrients you consume and activities you participate in often affect both systems simultaneously. For some people, consuming a healthy diet with a wide variety of vitamins and minerals is enough to ensure bone and muscle health. However, special populations require extra attention. Athletes, pregnant women and people with certain medical conditions may need to adjust their nutrient intake or exercise plan.

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Patients with multiple health conditions, and history of smoking, overweight, and repeated surgeries require even extra attention to proper nutrition. Vitamin D has been recommended at levels of 600-800 IU daily. And recent research is suggesting that those recommended doses of vitamin D may not be enough for normal healthy function. Let alone to help support healing. Vitamin D, especially D3, has been found to be in epidemic levels of deficiency in the United States.

Calcium and vitamin D are two of the most important nutrients for bone and muscle health. Calcium can be found in dairy products, leafy green vegetables, almonds and calcium-fortified foods and juices. Vitamin D helps the body absorb calcium, so many fortified products with calcium also have added vitamin D. This vitamin also boosts muscle strength and helps prevent muscle weakness. In addition to getting vitamin D through fortified foods or supplements, your body produces this vitamin whenever you are exposed to sunlight. People living in sunny climates may be able to produce enough vitamin D if they get at least 15 minutes of direct sunlight each day. However, especially this time of year in the northern climates of Pennsylvania, most patient don't get enough sun light and need to increase supplementation of vitamin D for normal function.

Mayoclinic.org has recommended vitamin D supplementation levels for certain conditions. Muscle weakness or pain 100,000 IU; muscle strength 600,000 IU; fracture prevention 1370 IU. So as you can see, most patient are probably not getting enough of the vitamins and or supplements to help their bodies heal following surgery.

At Robinson Physical Therapy, we recommend Omega 3 with D3 supplementation to help promote healing. A large body of scientific evidence indicates that Omega 3 Fish Oils with D3 have been found to promote joint health, improve joint mobility and flexibility, and support the internal repair system in response to surgical stress and resolution of pain. This can be found in the Nordic Naturals Products that we sell at Robinson Physical Therapy. We would be more than happy to assists you in recommendations of supplementation and rehabilitation. If you are concerned about whether you are getting enough nutrients to support your bone and muscle health, contact a doctor to evaluate your diet and make personalized exercise and nutrient recommendation for your situation.

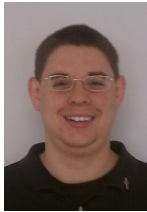


**Questions? Comments?**  
 Please feel free to reach me at any time via email, fax, or telephone. I hope that you enjoy this issue of Robin-

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

son Physical Therapy & Health Center News!!!

## The Resolution Is About to Begin



**Michael Smith,  
BSEP**

Don't look now but it is quickly approaching, it will be here before you know it. That's right, I am talking about the resolution season. That time after the holidays when we are slightly guilt ridden from our lack of activity and increase in food consumption. When we make unrealistic goals in an effort to get back what we lost or get our expanding waistline under control. Here is a quick list of things for you to consider when getting back into your normal gym routine or looking to lose the extra weight.

**#1.** You can't just do cardio! Walking, spinning class, the stairmaster and elliptical have a ton of benefits, but when it comes to weight loss you also need strength training. Yes you burn calories while strength training, but the more muscle mass you build the higher resting metabolic rate you will have which means you will burn more calories.

**#2** Do more body weight moves like push -ups, squats, lunges and modify them if need be. These activities not only burn more calories but they also make everyday activities like climbing the stairs, getting in out of the car or doing laundry easier. Also don't worry about getting bulky; strength training will tone more than anything. You will find your clothes fitting better even before you see the number on the scale go down.

**#3** You have to change your diet! Changing your eating habits is essential to meeting your weight loss or weight management goals. You could be doing everything right in the gym and see no results if you're not eating correctly. Start with small changes. Bring your lunch from home; if you already do, then try bringing it in a smaller container or try one less sugar or cream in your morning coffee. If your able to do that for two or three weeks try adding a couple more adjustments.

**#4** Keep it fun. Your work out should not become boring or a drudgery. If it does it will be counterproductive and you could see an increase in your weight. A work out you don't want to go to is easier to miss and that leads to breaking that resolution you made. Also do not discount all the little movements that add up over the course of a day. You have heard it a million times but it works, take the stairs not the elevator, park further away, or standing instead of sitting when you can.

**#5** Stay positive and stay focused. It's easy to get discouraged and off task or to make excuses. Remember it didn't take a week for your weight to get to the point it is at now, so it will take longer than a week for it to come off. Make realistic goals and maybe keep a journal of your progress. Your resolution is attainable.

AS ALWAYS WE ARE ALWAYS HERE FOR YOUR THERAPY AND WORK OUT NEEDS OR QUESTIONS.

## New Year's Resolutions

### Eric Cullen, PTA

It's that time of year; the holiday season with Christmas and the New Year right around the corner. Most of us try to make a New Year's resolution every year like losing weight, swearing less, spending less money, or to quit eating chocolate or sweets.....well how about quitting smoking?

We are getting more and more smokers every day having more difficulties healing and progressing compared to our patient's that do not smoke. There are on average 42.1 million smokers in the United States spending \$4.96-\$14.00 a pack a day costing them \$2000-\$5000 a year depending on where you live. Here are a few ways to quit, including the benefits and side effects.

The first and newest crave now for quitting is E-Cigarettes. An E-Cigarette or Electronic Cigarette is a battery powered vaporizer which simulates the feeling of smoking, but without burning tobacco. E-Cigarettes contain a liquid called E-liquid which contains Propylene glycol, vegetable glycerin, nicotine, and food-grade flavoring ingredients. If you are trying to quit using e-cigarettes then you would save \$2000 a year without the dangerous chemicals in regular cigarettes. The average person is spending \$20 a week using e-cigs and that includes a battery charger and extra cartridges. Some of the chemicals you're inhaling are carbon monoxide, tar, arsenic, ammonia, cyanide, and acetone. Studies show that people quit within the year when using this technique.

## New Year's Resolutions (cont.)

The second method I found that has been out for a while is using Nicotine Gum. This is a sugar free gum with small amounts of nicotine used to help wean off cigarettes and tobacco. Nicotine Gum comes in 2 strengths: 2mg for people who smoke less than 25 cigarettes a day and 4 mg for others. Instructed use for the first 6 weeks is to chew one piece of gum every 1-2 hours for the first 6 weeks. During weeks 7-9 chew 1-2 pieces every 2-4 hours. During your last 3 weeks of using the gum you are going to chew one piece every 4-8 hours hence weaning off completely following 12 weeks. Some side effects are as follows: mouth ulcers, jaw muscle aches, nausea, and headaches/dizziness. According to studies if used correctly Nicotine gum has helped 15-20% of people to quit.

Another method people are using to quit smoking is a pill called Chantix. Chantix is a pill prescribed by your doctor that is a smoking cessation medication produced and marketed by Pfizer. It works by reducing the cravings and decreasing the addicting and pleasurable effects of Nicotine. Although 44% of people who tried quitting with Chantix were successful there are side effects. The side effects are: nausea, headaches, difficulty sleeping, unusual dreams, suicidal thoughts, and depression. In two personal cases of patients using Chantix they did experience unusual dreams which caused them to discontinue the use of the drug. Chantix in most cases is covered by insurance.

Last but not least the most popular and successful way to quitting is the old fashion way of quitting "cold turkey" or without any use of medication, nicotine replacement methods, or formal therapies. This is the most popular method of quitting smoking but on average only 3-10% actually quit the first time. People believe they can handle quitting "cold turkey", but underestimate the addictiveness of nicotine on your minds and bodies. People who have quit this way much rather deal with symptoms such as irritability, insomnia, and withdrawal. Experts say chances of success depend on factors such as willpower, how long you have been smoking, and your daily habits and routines. Most people who try to quit have an oral fixation, always moving their hand toward their mouth. Some ways to help aid in this are chewing sugar free gum, sugar free hard candies, celery and carrot sticks, and pepper sticks.

In conclusion it doesn't matter if you use E-cigs, Nicotine gum, medications, or "cold turkey." I promise you when you quit smoking your mind, body, and overall health will improve and 2016 will become a better year for you and your families. Good luck from all of us here at Robinson Physical Therapy and happy holidays!

## Update

I wanted to, again, take the opportunity to clarify some things. As previously mentioned in the April newsletter, we began a working relationship with The Physical Therapy Institute in regards to the billing aspects of our services. As a result, most of our patients should have been 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 have seen The Physical Therapy Institute (PTI) instead of Robinson Physical Therapy/Physical Therapy and Health Center.

In an ongoing effort to keep you updated on changes here in our facility that may affect our patients, I wanted to let you know that we have returned to our previous billing company and we are no longer using PTI for billing purposes. Therefore you will no longer see PTI on your statements when the transition completes. As before, there will be no changes in regards to how you are treated or how we provide services to you.

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

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All of us here at Robinson  
Physical Therapy would like to extend  
our warmest wishes for a Happy Holiday  
Season and a Healthy New Year!

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