

Mark Your Calendars!
Announcing our Winter/Spring 2015
Free Community Lectures & Events

Lectures are scheduled on Tuesdays 7pm-8pm

Lafayette Physical Therapy, Inc.
 3468 Mt. Diablo Blvd. Suite B110
 Lafayette, CA 94549

Postage



SPRING 2015 NEWSLETTER

Tuesday March 31 – Nutrition: Revitalize your Menu
 with Cynthia Allen, RN

Tuesday April 28 – Ergonomics for the Home Office
 with Lynn Harrington, PT

Tuesday May 19 – Golf: A Healthy Swing
 with Travis Moore PT, DPT

SATURDAY, JUNE 20th - LPT's 40th
Open House – See Invitation Below

Tuesday June 30 – Women: Stress Fractures,
Tendonitis, ACL Tears, Oh My!
 with Dr. Nancy Rolnik, MD

Stay tuned for our Summer/Fall Series.
 All lectures are held at Lafayette PT
 For more information please visit
LafayettePT.Eventbrite.com



LAFAYETTE
 PHYSICAL THERAPY, INC.

Follow us online for updates, fun facts,
 news and tips!

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 PHYSICAL THERAPY, INC.

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WE CAN'T BELIEVE IT!
LAFAYETTE PHYSICAL THERAPY,
INC. IS 40 YEARS OLD THIS
YEAR!

Here at LPT, we strive to provide extraordinary physical therapy in a professional, caring, results-oriented and cost-effective way to restore, enhance and preserve function, movement, and health.

Over the years we have evolved into so much more than a physical therapy provider! We are your partner in total body wellness! We pair physical therapy with our massage and wellness services to enable you to regain function and get you on the path to vitality.

We've been improving too! Our Wellness Services are thriving with classes such as Senior Fitness and Balance Classes as well as Personal Training and Pilates. We have been improving our facility with new touches to further our comforting and relaxing environment. And we're improving patient access to information through a social media boost and a revamp of our website! Soon we will be launching our blog with useful tips written by our own Physical Therapists!



We would love to see you at our Open house to celebrate! See the back cover for your invitation.

You're Invited!

Lafayette Physical Therapy, Inc.
 3468 MT. DIABLO BLVD. B110 LAFAYETTE, CA • (925) 284-6150

Invites you to our
40th Anniversary Open House
 Saturday, June 20, 2015
 10am - 1pm

Drop-ins welcome! But be sure to R.S.V.P. for a party favor at
LPTopenhouse.eventbrite.com



Fun Fact
About LPT

LPT is 1 of only 7 locations within the East Bay that you can find the gravity-defying, AlterG® Anti-Gravity Treadmill® For private use!

Valerie's Corner

For those of you who don't know me I am Valerie Watase, PT, and owner of Lafayette PT. I have more than 35 years of experience as a PT and I absolutely love this community! In addition to my role as a PT, I am beginning a journey into the next phase of my career which includes more community outreach, being LPT's Ambassador for health and wellness, and participating more with our mules in the Mt. Diablo State Park Volunteer Mounted Assistance Program (where we can help to educate the public on the park system and help to maintain the park). I am also embarking on a hiking and horseback riding trip to explore Machu Picchu, Peru, which has been a dream of mine.
 ~Valerie

P.S. Ginger the mule says – she's watching you so don't forget to do your exercises while she's away.



Guess Who?

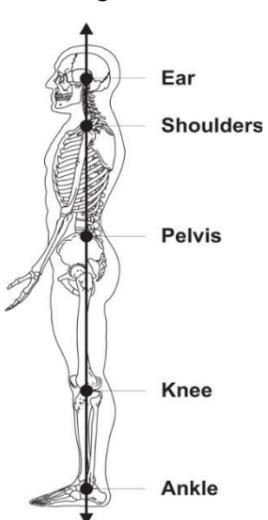


We've been so lucky this year to have four beautiful healthy additions to the LPT family! Can you match our proud PTs with their bundle of joy? Physical Therapists: Naomi Schambelan, PT, Antonia Norris, PT, Lauren Masi, PT, Travis Moore, PT. (See answers at bottom of page)

Mommy Mechanics

Applying Body Mechanics specifically for Mommy
(and don't forget Daddy & Grand Parents)

Correct Postural Alignment



Mommy Mechanics refers to the implementation of correct body mechanics specifically geared towards Mommy-specific activities. Body mechanics is the umbrella term for describing the utilization of proper movement involved in performing daily activities.

Mommies are constantly bending over to pick up baby, toys on the floor, the dog bowl, the spilled peas and the arsenal of strollers, car seats and diaper bags. Ultimately the best way to save the strain on our backs is to use alternative methods of lifting and carrying. We can encourage our toddlers to walk more, employ a stroller or place our child at our center of gravity in front of our body in a carrier or wrap.

The Mommy Mechanics of Lifting

1. Plan ahead. Make sure you have a clear path and are able to stand directly in front of your child. *This will help you to avoid any awkward or sudden movements that can strain your muscles.*

2. Budge up. Get as close to your little one as possible. *This may be applied to lifting heavy objects as well.*

3. Take a knee. While keeping you back straight, place one foot in front of the other and use your hips and knees to lower yourself into a half-kneel. Do not bend your back!



4. Tighten those tummy muscles! Do not lift with your back.

5. Hug! Hug your child with both hands, bringing them close to your chest as possible.

6. Straighten up. Use those strong mommy legs to stand erect, lifting with your hips and knees rather than your back. *Do not twist! Twisting in this position can lead to pain and even a herniated disc!*

Whenever possible, have your child straddle the front of your body rather carry them on one hip. This position creates less strain and places your child at your center of gravity.

Employing Mommy Mechanics is a great way to alleviate the everyday strains of being super-mommy, but sometimes the pain still persists. This is when seeking physical therapy will benefit you!

Mommy Mechanics Continued . . .

Seeing a physical therapist allows for a movement and body mechanics expert to assess your current state and customize a treatment plan specifically for your mommy body. Your PT will be able to target specific issues, assign the appropriate exercises and make preventative efforts to avoid re-injury. Physical therapy has even been proven to ward off prescription pain relief and can even help you to avoid surgery!

If you're interested in learning more Mommy Mechanics stay tuned for our website revamp where we will unveil the full article on our blog!

If you experiencing persistent pain, physical therapy can help!

Please note that "Mommy Mechanics" are applicable to all caregivers.

Written By Valerie Watase, PT, Owner, Director of LPT. Arrangement and editing by Julia Slater.

Our high standards have not gone unnoticed! We recently received the PTPN Gold Practice Award for demonstrating commitment to quality of service, efficient operation, and patient satisfaction. A special thank you to our wonderful staff for their amazing efforts and dedication to the profession! And thank you to all of our patients for the privilege of allowing us to be their partner in health.

Meet our Wellness Services Coordinator and Massage Therapists



Travis Moore, PT, DPT has taken on the role of Wellness Services Coordinator in addition to being an exceptional staff PT! He is coordinating Physical Therapy services with Wellness to ensure our patients get the utmost care and attention!



Joanne Cosgrove, CMT has recently opened up more hours on her schedule. She has been providing soothing and healing therapeutic massage for LPT clients for over 15 years and has extensive training in the areas of Swedish massage, Myofascial Release, and deep tissue massage. She is also working on a certification as a CranioSacral therapist. When Joanne isn't soothing away tensions with a relaxing massage, she enjoys gardening, hiking and spending time with her family.



Monika Fisher, CMT has been a member of the LPT team for almost 5 years now. She has been a Massage Therapist for twelve years and has extensive experience in bringing relief to orthopedic conditions with deep tissue work. Outside of a massage session, you can find Monika playing badminton, getting lost in nature or dancing to country music!

Did you Know?

Sitting is the new smoking:

Prolonged sitting increases your risk of developing obesity, Type 2 Diabetes, depression, increases your susceptibility to muscular issues, and interferes with LPL (lipoprotein lipase; an enzyme that breaks down fat and uses its energy)! Its affects may be irreversible, but we can start leading more active lifestyles to combat the risks!

Therapeutic Massage is more than just pampering:

Recent research has shown the effectiveness of massage for conditions such as cancer-related fatigue, low back pain, osteoarthritis of the knee, reducing post-operative pain, reducing headache frequency and can even help lower blood pressure!

Do you know the difference between Dizziness and Vertigo?:

Vertigo is the sensation that your surroundings are spinning, whirling, or tilting. Dizziness includes the feelings of light-headedness, wooziness, and unsteadiness. Did you know that physical therapy can often help both conditions? For more info contact our office. Look out for our vestibular article in the next newsletter.