



LAFAYETTE
 PHYSICAL THERAPY

NEWSLETTER

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Summer & Fall 2015 Free Community Lecture Series

Save the date!

Lectures are scheduled on Tuesdays from 7pm-8pm

SEPT 29 – Feng Shui and Wellness
 with Michele Duffy, BTB, MFS

OCT 27 – Bone Health: How to Protect Your Bones
 with Valerie Watase, PT (Owner and Director of LPT)

All lectures are held at Lafayette PT.

For more information please visit: LafayettePT.com/events/

We would also love to see you at the
Lafayette Art & Wine Festival Sept 19th & 20th



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 Back to School – Backpack Safety!

“An ounce of prevention is worth a pound of cure.” – Benjamin Franklin

Prevention is Key!

The steps we take now to maintain and improve our health will help us to avoid unnecessary hardship in the future!

Lafayette Physical Therapy is on a mission to help our community prevent many of the disease processes that decrease one's quality of life. Over the years we have developed several programs to ensure that our community has easy access to information and education, and as of June 2015, we have launched the Stay Fit Series as a full-body prevention program.

Stay Fit offers specific classes with focus on the upper body, lower body, core fitness, and stability. This allows participants to gain a better understanding of the importance of biomechanics, strength, flexibility, and stability while achieving sustainable fitness goals. Participants will also learn how poor posture, muscle imbalance and fatigue can compromise performance.



(Don't worry! We move at your pace.)

Prevention is for everyone! Call us to learn more about our other prevention programs with performance-based classes for every body.

Stay Fit Series – Friday Schedule

Upper Extremity 9:30 – 10:30AM

Lower Extremity 10:30 – 11:30AM

Core 11:30AM – 12:30PM

Stability 2:30 – 3:30PM

Classes are held at Lafayette Physical Therapy. Call (925) 284-6150 to sign up today!

BACK TO SCHOOL – BACKPACK SAFETY!

Get an A+ for back to school backpack safety! Reduce strain, pain and risks of future injury. (These tips don't just apply to students, they can help every body!)

BACKPACK STATS

According to several studies:

55% of students carry a backpack that is heavier than the recommended guidelines!

The total weight of a backpack should **not exceed 15%** of a child's body weight.

More than **2,000** backpack-related injuries were treated in ERs, doctor's offices, and clinics in 2007.

64% of American students (ages 11 to 15) reported back pain related to heavy backpacks.



Physical Therapist Recommendations:

- 1. Wear both straps!** The weight of the backpack should be distributed evenly with the heaviest of the load centered in the middle of the back to promote symmetrical posture.
- 2. Pick padding!** Padded, contoured shoulder straps and a hip strap are the better choice because they reduce pressure on the chest and shoulders and help to distribute weight evenly.
- 3. Customization!** Ensure a good fit for your child's body! The backpack should be able to be taken on and off with ease, adjust as necessary.
- 4. Ditch the clutter!** Routinely purge unnecessary items. Doubling up on textbooks or accessing them online are great back-saving alternatives!

Learn more at: LafayettePT.com/backpack-safety



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 925-284-6150

Complimentary Consultation

Back pain, neck pain, or other issues slowing you down? Call us for a complimentary consultation!

Thank You!

Valerie's Corner
 Hello, I am Valerie Watase, PT, Owner and Director of Lafayette PT and this is my mule, Ginger, the LPT mascot! I wanted to thank everyone who attended our very successful 40th Anniversary Open House celebration. We appreciate all the love and support.

We are excited for our upcoming calendar of events and we hope to see you soon. We have two more complimentary community lectures scheduled this year and I will be speaking October 27th on Bone Health (see back cover for details). I hope to see you all September 19th & 20th at the Lafayette Arts & Wine Festival. Come say hello!



"I feel the earth move under my feet"

—"I Feel the Earth Move" (King, 1971, track 1).

Carole King could be describing a myriad of states: falling in love, twisting and turning at the amusement park or simply rolling out of bed. The sensation of vertigo, and its counterpart BPPV, can cause those affected to feel as if the earth is truly moving under their feet. These sensations can come and go, strike without warning, last from merely seconds to days (or longer) and leave us feeling out of control. But what can we do? And how can a physical therapist help?

What is Vertigo?

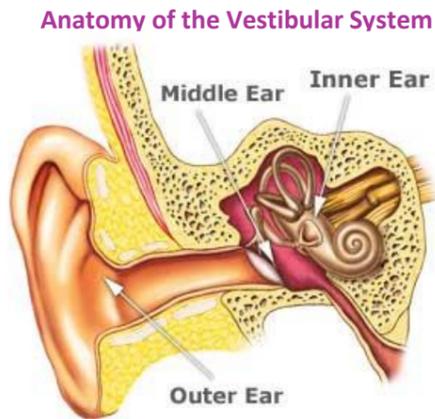
Vertigo is the sensation of spinning when in motion or perfectly still. **Dizziness** may be a separate issue characterized by lightheadedness, but typically **vertigo** sufferers describe feelings of:

- Spinning
- Tilting
- Swaying
- Imbalance
- Being pulled to one direction

These feelings may occur when changing position, such as when turning your head, bending over, rolling in or out of bed, or may come on when you're not moving at all,

You might also experience feelings of nausea, abnormal or jerking eye movement, headaches, sweating, ringing in the ear or hearing loss.

Vertigo may occur due to a number of causes. These include BPPV (as detailed below), Meniere's disease, viral infections within the inner ear, head or neck injuries, neurological issues such as stroke or tumors, migraine headaches and damage inflicted upon the inner ear.



What is BPPV?

Benign paroxysmal positional vertigo (BPPV) can occur when tiny crystals (calcium carbonate particles called canaliths) become dislodged from their normal location and enter or clump within the canals of the inner ear. When these crystals move they can stimulate nerve endings that cause feelings of dizziness.

This inner ear problem creates sensations of vertigo, but causes more acute periods of dizziness specifically when your head is moved into certain positions such as when lying down, turning over in bed or looking up.

Currently, BPPV can occur without any known reason but has been associated with trauma to the head.

What Can Physical Therapy Do?

Treatment for vertigo greatly depends upon its causation. In some instances, vertigo will simply "go away" because your brain has learned to adapt and rely upon other mechanisms to maintain your body's balance.

When it persists, vestibular rehabilitation can help! This is a branch of physical therapy that aims to strengthen the vestibular system (located mainly in the inner ear). Rehabilitation includes managing symptoms of dizziness and imbalance while improving strength and flexibility with customized exercises. Treatment plans are developed after an initial evaluation to determine the cause of vertigo, then tests and exercises are recommended for management.

At Lafayette Physical Therapy, Valerie Watase, PT and Alison Clark, PT have additional training in vestibular rehabilitation and have helped many patients with vertigo, BPPV as well as many other types of orthopedic and neurological conditions.

Physical therapy aims to restore and improve strength, function and movement. Ask a physical therapist what physical therapy can do for you!

Written by Valerie Watase, PT
Owner and Director of Lafayette PT

Arranged and Edited by Julia Slater
Community Outreach Coordinator

Please visit:
LafayettePT.com/vertigo-and-bppv/
for the full article and references.

Staff Highlights



Welcome Edward!

Edward Crisologo, CMT is the newest addition to our Massage Therapy team! He has received great feedback from our staff and massage clients!



Congratulations to Lauren!

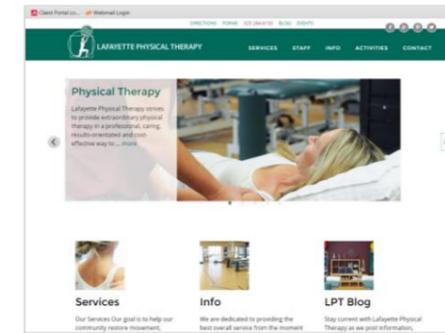
Lauren Masi, PT has just completed her transitional Doctorate of Physical Therapy program at the University of St. Augustine!

Tying the Knot



Introducing Alison Clark, PT!

Physical Therapist Alison Schienbein recently tied the knot to husband Daniel on June 14, 2015. We are so very happy for them!



Our 40th birthday included a (web) facelift!

See the new face of LafayettePT.com

New features include:

- New Resources
- Informational Blog
- Upcoming Events
- Videos (Coming Soon!)
- And interact with us on Social Media!

There is a new update to the traditional recovery acronym R.I.C.E. for acute injuries.

P

PROTECTION

Protect or support the affected area for the first 24 to 48 hours after the injury has occurred.

Use a sling or a splint if that helps.

The newest addition to the protocol!

R

REST

Rest the affected area for the first 24 to 48 hours.

Avoid activities that cause additional pain, swelling, or discomfort.

Try to move the affected area gently for 10 to 20 seconds every hour you are awake.

Go about your normal activities as much as possible but take regular rests.

I

ICE

If an injury or flare-up has occurred within the last 2 days, use indirect ice (such as a cold pack wrapped in a damp towel) and hold it for 10 to 20 minutes.

You can repeat this every 2 to 3 hours.

Avoid ice burns by wrapping ice or cold packs before placing it directly on skin.

C

COMPRESSION

Apply compression with a bandage or compression garment until the swelling subsides.

Loosen immediately if pain increases or the area becomes numb.

Wrap the bandage starting from the end farthest from your heart.

Do not wear compression items that are too tight while sleeping.

E

ELEVATION

Elevate the affected area above the level of your heart as much as possible during the first 24 to 48 hours, especially when sitting or lying down.

Support yourself with pillows or slings.