

- What's Inside:
- Alignment Article
 - Valerie's Corner
 - Fascia Quick Tips

- Fascia Article
 - Staff Highlights
 - Upcoming Events



Alignment Article • Valerie's Corner • Fascia Quick Tips • Fascia Article • Staff Highlights • Events



LAFAYETTE
PHYSICAL THERAPY



LafayettePT

www.LafayettePT.com



BAY AREA
PHYSICAL THERAPY



BAPTLafayette

www.BAPTLafayette.com

Lafayette Physical Therapy Inc.'s Community Event Calendar

Winter/Spring

Free Community Lecture Series

February 28

7pm-8pm



Gait and Balance Affecting Your Daily Life

with Brianna Munson, PT, DPT

Physical Therapist at LPT

March 28

7pm-8pm



Fascia: The Mystery Tissue That Holds You Together

with Tim Appleford, PT

Physical Therapist at LPT

April 25

7pm-8pm



5 Elements and Space as Medicine Feng Shui

with Michele Duffy, BTB, M.F.S.

of Mandala Feng Shui Design & Consulting Services

Register Early:
Limited space
available

More info available at LafayettePT.com/events/
Stay tuned for our Summer/Fall Lecture Schedule

Have you had your alignment checked lately?



Usually when you hear this question, the first thing that comes to mind is when the last time you had your car serviced. More importantly is when you last took a look at yourself. For most people, when they think about personal alignment they simply think “posture” – Sitting posture, standing posture – and they acknowledge that they know it could be better. This is probably true for most of us as the demands of our lives force us to assume positions out of convenience, comfort or ease. The truth of the matter is most people do not know what they look like.

Have a family member or friend take a candid picture of you sitting at your desk and standing. Knowing what you look like is a start but then finding out why you assume that position is more important with regards to correcting it and this is where a health provider such as your physical therapist can help.

Alignment goes way beyond posture, but that is a good place to start. Stand tall and imagine there is a straight line from your ears to shoulders to hips to ankles. You should also check your desk ergonomics and avoid slouching while standing and sitting. Our bodies are biomechanical works of art, physics at its finest.

Poor alignment of the body not only adds stress to the joints and soft tissues due to static forces

holding you up, but also immediately makes it harder on your body to function and move in that position.

Poor alignment can cause unnecessary “wear and tear,” fatigue, and overuse of tissues which can cause pain, but did you also know that it can affect your breathing, your continence, your power, and speed? Did you know that sometimes it is not weakness that leads to these issues, it can simply be a position, posture or alignment issue? Alignment issues can affect people of all ages with similar and very different effects as mentioned above, and since we know you will outlive your car, please service yourself more often than every 3,000 miles.

Written by Lauren Masi, PT, DPT, OCS, Clinic Director.

Valerie's Corner



Val riding in the Sierras with Tony the mule's ears in frame.

Hello, I am Valerie Watase, PT, Owner and Director of Lafayette PT and this is my mule, Ginger, the LPT mascot! What a great year! A special thank you to my wonderful staff and my dedicated patients for allowing me to take some needed time on my journey toward being semi-retired. I feel rested and re-invigorated and look forward to being back at Lafayette PT in more of an ambassador role this year.



Fascia Quick Tips

for healthier fascia



Make sure you are properly hydrated



Get in plenty of Exercise & Stretching in



Decrease Stress – both emotional & physical



Ensure proper nutritional Intake



Use proper posture & body mechanics with all activities

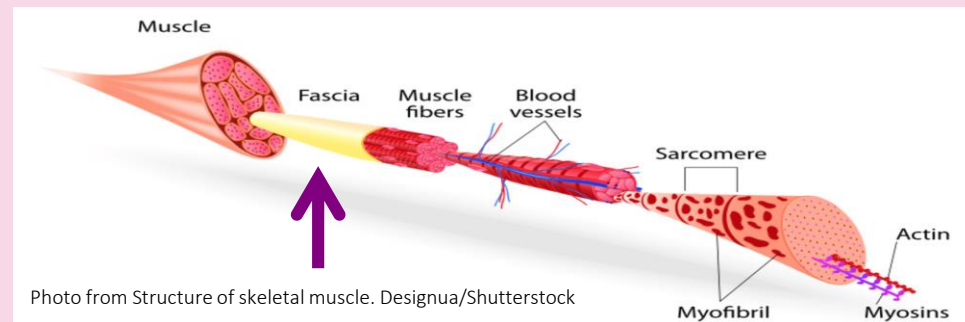


Fascia Pain or Issues? PT can help!

Fascia - The mystery tissue that holds you together

Q What is fascia?

A Fascia is a type of connective tissue found within the body. It is mostly made up of collagen, making it somewhat pliable but also very good at resisting tensile (pulling) forces. The body's fascial system is continuous throughout the body, connecting your head all the way to your toes!



Q What does fascia do?

A Fascia is basically the support system for all of the body's soft tissue structures (muscle, tendon, organ, blood vessels, nerves, etc). For example, fascia envelopes the individual muscles and organs and keeps them where they belong while still allowing for movement. Fascia also plays a role in your immune, circulatory and nervous systems.

Q Why is fascia important?

A Aside from being a support system, think of fascia as a “non-stick” coating to the individual soft tissue structures. Fascia separates your individual muscles and allows them to slide past one another, allowing for normal human movement. Without layers of fascia, your organs, muscles, blood vessels and nerves might stick to one another, creating significant pain and making it very difficult to move.

Q What can go wrong with fascia?

A Poor postural habits and repetitive stresses can create fascial restrictions or myofascial (muscle and fascia) trigger points. Fascial restrictions are like “sticky-spots” where different layers of fascia are no longer sliding past one another. These can create pain and affect the way you move. Myofascial trigger points are hyper-irritable points within the muscle/fascia. They can be painful and tender. Often when pressed they radiate pain to other areas of the body.

Q How can fascial problems be treated?

A Fascial restrictions and myofascial trigger points can be treated in a number of ways. Massage, stretching, use of a foam roll and other methods can be used to improve myofascial mobility. Exercises can be performed to improve posture and reduce stresses that are being put on the fascia.

A physical therapist can help you identify and address areas of pain and restriction and may also be able to help with more specialized types of treatment including myofascial release, cupping, trigger point release, instrument assisted soft tissue mobilization and more.

Q How can the health of fascia be maintained?

A The most important way to keep your fascia healthy and pain-free is to decrease the amount of negative stress and tension on it. This is achieved through proper posture, exercise and efficient body mechanics. A physical therapist can help educate you on an exercise program and proper posture, work station set-up and body mechanics for when you are working or doing your favorite activities.

Q What other factors contribute to the health of fascia?

A Myofascial health can also be affected by nutrition, auto-immune disorders, stress, pain syndromes and traumatic injuries. The body is very inter-connected and may require multiple pathways to healing and proper function.

Written by Tim Appleford, PT, MSPT, OCS, ATC, and Clinical Services Manager of the Bay Area PT location.

Arranged and Edited by Jill Ramsey, BSBA, Admin Director

► Attend Tim's lecture on Fascia: March 28th (see back for details)

This article can also be found at:
<http://lafayettept.com/Fascia-the-mystery-tissue>

Disclaimer

This article is intended as general health information and is not intended to provide individual specific medical advice, professional diagnosis, opinion, treatment or services to you or any other individual. Please consult your doctor or a medical professional before starting or changing a health, fitness, or nutrition program.

Gift Certificate

We want to ensure that our community is happy, healthy, and able to do the things they love. Use this certificate or provide it to a friend or family member for a

Complimentary Consultation

with a Physical Therapist



**LAFAYETTE
PHYSICAL THERAPY**

925-284-6150

3468 Mt. Diablo Blvd. Ste B110

Lafayette, CA 94549

GC# NL6CFF

Staff Highlights



Benson



Declan

New Additions!

PT Naomi and husband Scott welcomed Benson into their family. PT Sydney and significant other Ciaran welcomed Declan into their family. We're so excited for them and we are so happy to have Naomi and Sydney back!