

# Santa Ana Tustin Physical Therapy



SATPT NEWSLETTER

“Exercise is Medicine”

## October is National Physical Therapy Month

October 2009



National Physical Therapy Month, sponsored by the American Physical Therapy Association (APTA), is a nationwide observance held each October. This year's theme, "Move Forward: Physical Therapy Brings Motion to Life" reflects the physical therapist brand, "Physical therapists help you restore and improve motion to achieve long-term quality of life." Freedom of motion is vital to our lives," said APTA President R. Scott Ward, PT, PhD. "Motion is anti-aging and something we tend to take for granted until we lose it. Physical therapists are experts in the way the body moves, so we can help improve people's quality of life by helping them move freely so they can do the things they want to do without pain and discomfort."

## Product Spotlight:



SATPT is proud to announce that we now sell Biofreeze pain relief products for our patients. Please ask your PT for more information about this fantastic product.

Biofreeze Pain Relieving products are the most widely-used and confidently recommended products by hands-on health professionals for over 15 years.



Biofreeze is the pain reliever of choice for chiropractors, podiatrists, physical therapists, occupational therapists, massage therapists and athletic trainers.

## Did you know...

**Our industry is very unique and has made significant contributions to healthy living. Here are few interesting facts about PT that may not be aware of:**

- Did you know that 88% of PT users say the care they received helped them return to normal activity? (source: APTA Customer Survey, October 2007)
- Did you know that a study found PT's helped 92% of patients with low back pain? (source: Spine, July 2008)
- Did you know PT developed exercise programs can reduce athletes' risk of injury by 41%? (source: American Journal of Sports Medicine, August 2008)

## How much water to do you need a day?

8 cups of water per day may not hold true for everyone. The following formula offers an alternative calculation:

$(\text{Body weight (lbs)} \times .5\text{oz}) / 8 = \text{cups of water required per day}$

Ex:  $(185\text{lbs} \times .5\text{oz}) / 8 = 11.6$  cups of water needed per day.

So long as your urine is clear and not opaque, you are properly hydrated.

## Questions and Answers: Heat or Ice?



One of the most common questions asked by patients is whether they should use ice or heat on an injury. Both heat and ice improve healing by manipulating blood flow, reducing inflammation, and reducing pain. Knowing which one to use when, though, will keep you from possibly doing further damage.



For acute injuries (injuries occurring within 72 hours), Ice is recommended. Its aim is to limit the body's response to the injury. It does this by reducing further bleeding into the injured tissues, preventing or reducing swelling, and reducing muscle spasm and pain.

Ice should also be used for chronic conditions (arthritis, tendonitis, overuse injuries in athletes), but after activity. This will help control the inflammatory response.



Heat should be used for chronic injuries to relax and loosen the tissues and stimulate blood flow to the area. Heat should be used before activities, not after. Do not use heat after an acute injury. It will increase bleeding and make the problem worse.

Please consult your PT for treatment options and additional information, we are more than happy to answer your questions.

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