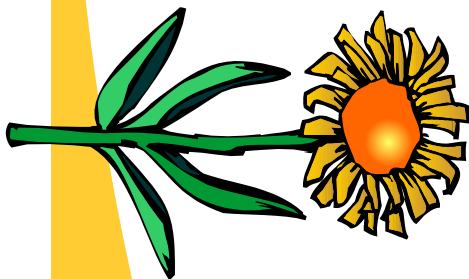


Summer 2011



# Excel

PHYSICAL THERAPY

The Special Treatment You Deserve®

## Excel News

### Excel is growing

Excel Physical Therapy continues to grow! We are pleased to welcome the following therapists to our team: Sarah Sedlak, PT (UNMC), Adam Munter, PT (Creighton), Kassi Kerschen, PT (Creighton), Janna Roughead, PT (University of North Dakota), and Tera Evans, PT (Rockhurst University).

### Baby Boom



A special "Congratulations" goes out to Becky Gehringer, PT (Director of our Dodge St. clinic). She and her husband Eric welcomed their second child, Addison on March 26, 2011!

### Upcoming Events



In honor of Independence Day, all Excel PT clinics will be closed on Monday, July 4th. Have a safe and happy holiday.



Team Excel will once again be participating in the Run For Justin on July 9, 2011. The Run For Justin helps support the Leukemia and Lymphoma Society's Team In Training program that helps fight cancer.

# Excel PT Scholarships Awarded

We are excited to announce the recipients of the third annual “Excel Physical Therapy College Scholarships.” Eight high school seniors were selected out of a very qualified group of applicants to receive \$1,000 scholarships. In addition to their expression of a sincere interest in pursuing Physical Therapy as a career, the scholarship recipients were selected based on academic achievements, athletic/extra-curricular involvement and community service activities. The eight students were selected from eligible applicants from the private and public high schools in the following school districts: Omaha, District 66, Papillion/La Vista, Bellevue, Ralston, Millard, Council Bluffs, Elkhorn, Boys Town, Fremont, Columbus and Grand Island. This years recipients are:



**Claire Hulett  
Fremont High School**



**Eli Moseman  
Skutt Catholic High School**



**Michael Pfeifer  
GI Central Catholic High School**



**Joseph Marinkovich  
Creighton Prep High School**



**Kristina Pauley  
Columbus High School**



**Alexandra Bauman  
Burke High School**



**Justin Perkins  
Papillion/La Vista South High School**



**Caleb Heim  
Bellevue West High School**

## Four Common Summer Injuries and How To Prevent Them

By: Jerry Jacobi, PT

Summer is a great time of year to become active again. Activities ranging from yard work, going for a run or throwing a ball all become more commonplace. Any time we start doing something new or at least have not done in a while, an overuse injury can occur and potentially limit your ability to be active without pain for the rest of the summer. Some of the most common injuries that occur when the weather warms include;

### **Low back strains** from raking and digging in the ground for planting.

#### TIPS TO AVOID

- Bend your knees with any lifting, especially for heavy bags of mulch or landscaping rock.
- Take breaks. As you become fatigued, your body is more prone to lifting incorrectly and an injury is more likely to occur.
- Ask for help. Bags of rock and mulch can be heavy and cumbersome, having help will decrease the stress on your back.

### **Elbow tendonitis** from raking or digging.

#### TIP TO AVOID

- Frequently stretch your forearm muscles with the following two stretches; place your left arm in front of your body with your elbow straight and palm down. Use your right hand to gently apply pressure to the top of left wrist and push palm down. Hold 15 seconds and repeat on opposite side. Then turn your palm up and gently push your hand down. Hold 15 seconds and repeat on the opposite side.

### **Rotator cuff (shoulder) tendonitis** from overhead sports such as tennis or baseball/softball.

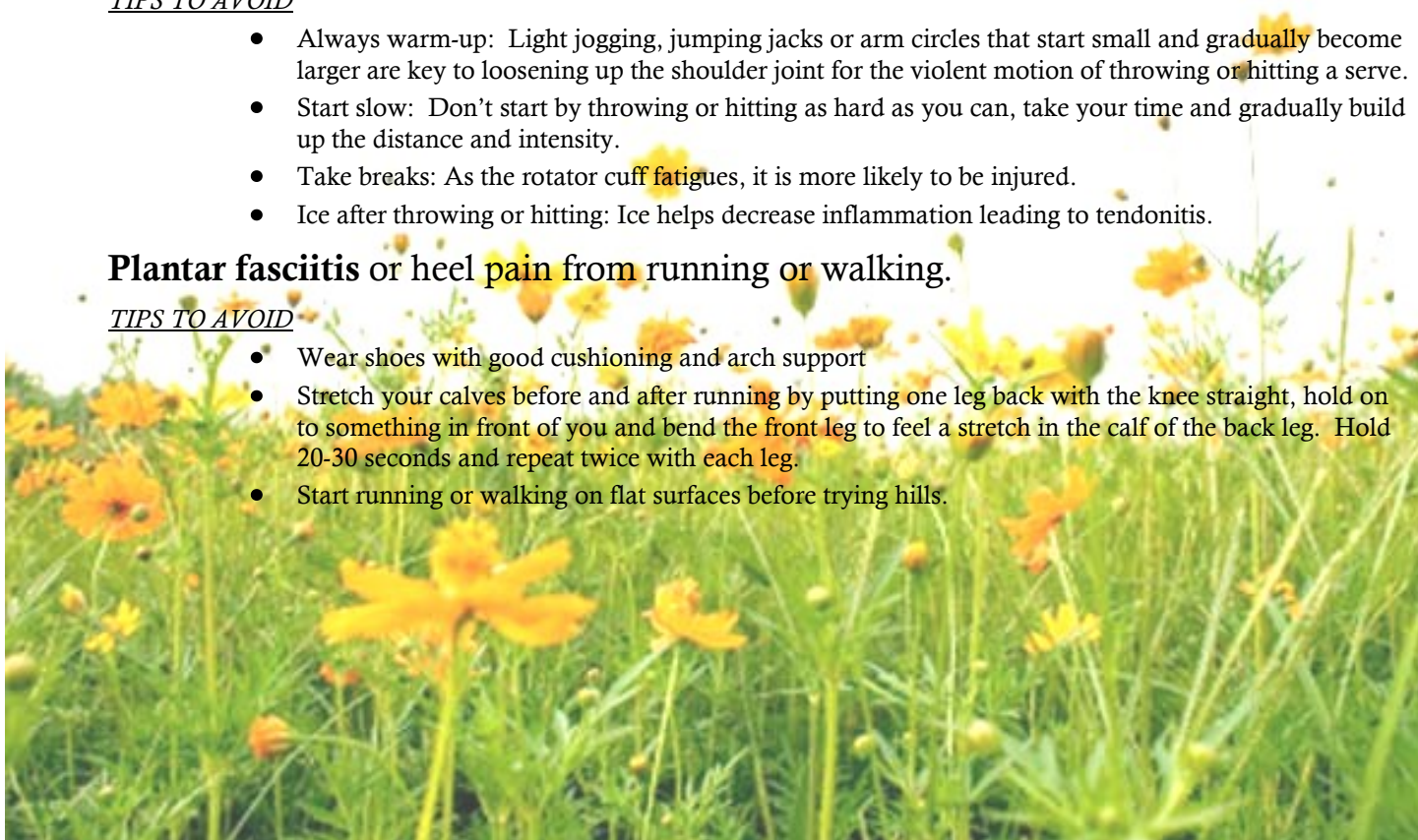
#### TIPS TO AVOID

- Always warm-up: Light jogging, jumping jacks or arm circles that start small and gradually become larger are key to loosening up the shoulder joint for the violent motion of throwing or hitting a serve.
- Start slow: Don't start by throwing or hitting as hard as you can, take your time and gradually build up the distance and intensity.
- Take breaks: As the rotator cuff fatigues, it is more likely to be injured.
- Ice after throwing or hitting: Ice helps decrease inflammation leading to tendonitis.

### **Plantar fasciitis** or heel pain from running or walking.

#### TIPS TO AVOID

- Wear shoes with good cushioning and arch support
- Stretch your calves before and after running by putting one leg back with the knee straight, hold on to something in front of you and bend the front leg to feel a stretch in the calf of the back leg. Hold 20-30 seconds and repeat twice with each leg.
- Start running or walking on flat surfaces before trying hills.



# Running (From the APTA)

## Foot Health for Runners

Feet come in all different shapes and sizes and are prone to many problems, especially when running is involved. Physical therapists can provide a detailed analysis of your feet and running style to help you prevent and treat the foot problems that often result from running.

## Essential Functions of the Foot

- Feet provide your base – they play an important role in balance and support.
- Feet absorb shock – their flexibility helps to minimize impact when the foot hits the ground.
- Feet propel you forward – in addition to its role as a flexible “shock absorber,” the foot stiffens at a certain point in the running cycle to help move you forward.

## Common Foot Problems

Physical therapists often see foot problems related to the way in which a runner’s foot is built:

- A very flat foot typically has too much mobility and not enough support. Individuals with flat feet (low arches) are often more at risk for pain in the tendons on the inside of the ankle, pain on the inside of the knee, or pain in the arch of the foot near the heel (plantar fasciitis).
- A foot that is too stiff usually has a high arch and is likely to be poor at absorbing forces from running. Pain in the arch and heel (heel spurs and plantar fasciitis) can result from poor shock absorption. If the foot is poor at absorbing shock then that shock often affects the individual’s low back, knees, or hips.

## Common Solutions

Proper shoe choice is important for the most efficient foot function:

- Individuals with poor shock absorption (stiff feet with high arches) typically need more cushion in their shoes.
- Those who have highly flexible feet (usually low arches) often require a stiffer shoe with more support and control. People who have more severe problems may be candidates for orthotics (shoe inserts designed to support weak or ineffective muscles or joints and to provide necessary mobility)—either purchased over-the-counter or customized.

## Other Reasons for Foot Pain

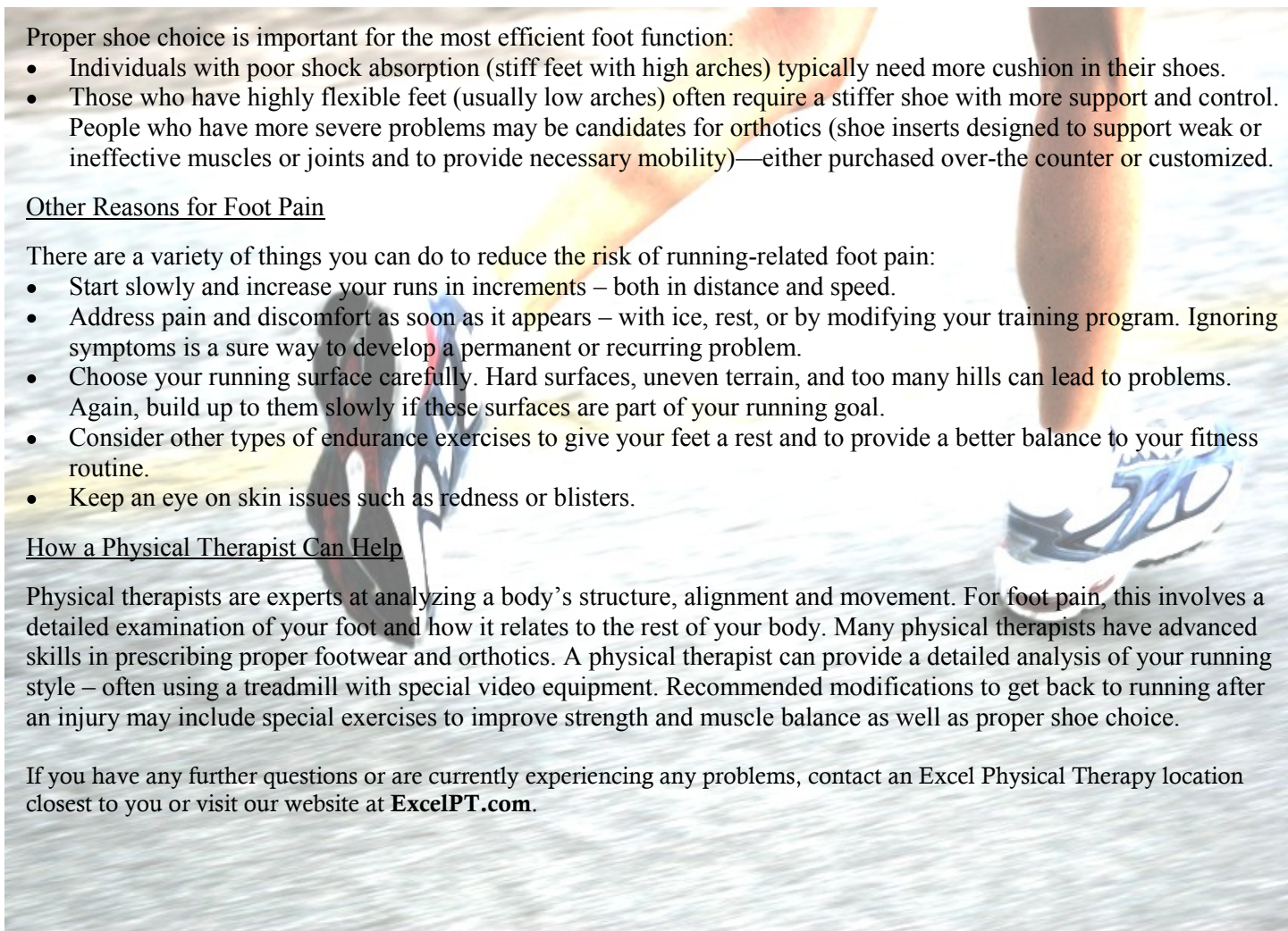
There are a variety of things you can do to reduce the risk of running-related foot pain:

- Start slowly and increase your runs in increments – both in distance and speed.
- Address pain and discomfort as soon as it appears – with ice, rest, or by modifying your training program. Ignoring symptoms is a sure way to develop a permanent or recurring problem.
- Choose your running surface carefully. Hard surfaces, uneven terrain, and too many hills can lead to problems. Again, build up to them slowly if these surfaces are part of your running goal.
- Consider other types of endurance exercises to give your feet a rest and to provide a better balance to your fitness routine.
- Keep an eye on skin issues such as redness or blisters.

## How a Physical Therapist Can Help

Physical therapists are experts at analyzing a body’s structure, alignment and movement. For foot pain, this involves a detailed examination of your foot and how it relates to the rest of your body. Many physical therapists have advanced skills in prescribing proper footwear and orthotics. A physical therapist can provide a detailed analysis of your running style – often using a treadmill with special video equipment. Recommended modifications to get back to running after an injury may include special exercises to improve strength and muscle balance as well as proper shoe choice.

If you have any further questions or are currently experiencing any problems, contact an Excel Physical Therapy location closest to you or visit our website at **ExcelPT.com**.



# Commonly Treated Conditions

## Musculoskeletal Conditions:

Sprains and Strains  
Arthritis  
Neck Pain/Muscular Headaches  
Tendonitis/Bursitis  
Degenerative Disk Disease  
Rotator Cuff Injuries  
Post-fracture Weakness/Stiffness  
Overuse Injuries  
Pre and Post-Orthopedic Surgery  
Low Back Pain  
Whiplash

## Other Conditions:

Burns  
Lymphedema  
Multiple Sclerosis  
Pregnancy Related  
Wound Care  
CVA (Stroke)  
Parkinson's Disease

## Special Services

### Available:

Functional Capacity  
Evaluations  
Job Site Analysis  
Work Hardening/Work  
Conditioning  
Pre-Placement Screens  
Hand Therapy  
Aquatic Therapy

If you or someone you know is suffering with one of these Commonly Treated conditions, Physical Therapy may work for you. Call or stop by an Excel PT clinic near you to discuss treatment options, or visit [ExcelPT.com](http://ExcelPT.com) for more information.



Become a fan of Excel Physical  
Therapy on Facebook!!  
Excel Physical Therapy/Facebook

Share your Physical Therapy experience with us on Facebook!  
Check out pictures from past events such as health fairs and  
the 94.1 Diaper Drive

Remember, you always have a choice when selecting your  
Physical Therapy provider. Choose the Best! Choose  
Excel Physical Therapy!