



# Healthful

NEWSLETTER FOR YOUR HEALTH & WELLNESS

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FALL & WINTER 2008 Volume 1, Issue 2

## Relief from Painful, Numb, Burning feet! Great results with ANODYNE infrared therapy

Clinically proven ANODYNE infrared therapy has helped many of our patients with painful, circulatory problems in Diabetic Neuropathy, Peripheral Vascular Disease (PVD) and many other similar conditions. Combined with therapeutic exercises, patients are also able to improve their balance, mobility and overall quality of life. We are one of the very few clinics in downriver to offer this treatment.

For more details, talk to one of our Physical Therapists by calling **734.284.9533** (Wyandotte office) or **734.362.8200** (Woodhaven office).

## DON'T hurt your back shoveling snow 7 tips to save your back this winter

Like it or not, winter will be here soon, and so will the snow and shoveling. Every year, a large number of people, including those who are healthy and exercise regularly, injure their back shoveling snow.

To reduce back injuries caused from snow shoveling, here is a list of seven important back safety tips for you:

1. Bundle up. Use several layers of clothing.
2. Warm up by walking around, marching and stretching your muscles.
3. Choose a small, lightweight shovel.
4. Start shoveling when the snow is fresh and light.
5. Whenever possible try to push snow instead of scooping and lifting.
6. Stand with your feet at least hip width apart.
7. Avoid twisting movements at back while shoveling or throwing.

**STOP IMMEDIATELY IF** feeling fatigue, shortness of breath. Call your doctor right away if having chest pain, chest pressure, and indigestion or heart burn. These may be signs of a serious medical problem.

*\*WIN A 15 MINUTE SESSION OF THERAPEUTIC MASSAGE \*: Find a misspelled word in this newsletter and call us at 734-362-8200 before December 15, 2008. You must bring this newsletter to qualify. (first 50 callers only).*

## Great News!!

*Residents of Woodhaven, Brownstown, Trenton, New Boston and neighboring communities!*

For your convenience, our **SECOND OFFICE** is NOW OPEN in **WOODHAVEN**.

### Services Offered:

- Physical Therapy
- Occupational Therapy
- Therapeutic Massage

**CALL US TODAY**

**734.362.8200**

## May 2008 Open House

It was a success! Attendees were very interested in our Infrared Therapy program (Anodyne) to help with painful, numb feet. Snacks were awesome!!! Questions were answered by Ann-Marie Sutherby PT, Sudhi Khurana PT, Lynn Kaiser OT and Kelly Serecky PTA and of course company president Rajeev Mittal PT!! Thanks to all therapy team

## Did You Know?

Beneficial effects of massage have been scientifically proved. Research has verified that massage is not only 'feel good' but also has significant therapeutic benefits.

### BENEFITS OF MASSAGE

- ✓ Improves Circulation
- ✓ Reduces Stress
- ✓ Encourages Relaxation
- ✓ Reduces Muscle spasm
- ✓ Improves Flexibility
- ✓ Improves Posture

To schedule a therapeutic massage or speak to our massage therapist CALL US TODAY AT

## Listen to your pain

### Ignoring joint and muscle pain can result in more complications

Jane kept ignoring her knee pain for months and kept managing her busy lifestyle limping around and popping a few pain pills as needed. About 2-3 months later, her lower back started to hurt. Jane's first thought was, "am I falling apart at just 42 years"? Was she right? Probably not! In reality Jane's limping caused from her knee pain started to affect her back posture and resulted in lower back pain (a new problem). That's right!!

Many of us ignore pains/aches for several reasons:

- High pain tolerance
- Busy life style
- Dependence on pain pills
- Feeling that nothing can help

Muscle and joint pain may be from several causes including strain, sprain, arthritis and trauma. A carefully designed Physical Therapy program can greatly reduce these aches & pains. So DON'T ignore your pain and see your healthcare professional as soon as possible.

#### CONTACT US

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##### Woodhaven Office

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**WYPTA.COM**

At **Wyandotte Physical Therapy Associates**, we help you return to a limitation free and satisfying life style. Highly skilled Physical Therapists and Occupational Therapists work closely with you and monitor your progress closely.

Some of the conditions treated successfully at our clinics:

- Neck pain / Back pain / Sciatica
- Joint pain / Arthritis
- Frozen shoulder
- Plantar Fasciitis
- Sports injuries
- Post-surgical care
- Neuropathy pain/numbness (ANODYNE Infrared Therapy)
- Hand Rehabilitation

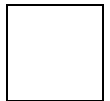
#### We also offer:

- Supervised Maintenance program after therapy completion.
- Help develop custom fitness program for your condition/injury.

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