

# Family Physical Therapy Services

Improving the Quality of Life for the Entire Family

13911 Gold Circle, Suite 110 • Omaha, Nebraska 68144-2376

Phone: (402) 333-8464 • Fax: (402) 333-3138 • Web Site: [www.familyphysicaltherapyservices.com](http://www.familyphysicaltherapyservices.com)

2008 – Spring Issue

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Join the Joggers

Remember ...  
Gift Certificates are Available.

Down to Earth Gardening Tips

Sharing Some Research

Gastroc Stretch

Posture Tips for Mom or Dad

## Common Conditions Seen at the Clinic Include:

- Back Pain
- Incontinence
- TMD/Jaw Pain
- Prenatal Care
- Fibromyalgia
- Post Mastectomy
- Plantar Fasciitis
- (orthotics fabrication)
- Post Prostate Surgery
- Menstrual Disorders
- Pelvic Pain
- Arm & Leg Problems
- Cervical Strain/Headaches
- Shoulder Pain
- Ankle Sprains
- Lymphedema

## Join the Joggers

If you are thinking of joining the more than 10 million Americans now jogging, make sure your personal equipment (cardiopulmonary/respiratory system, feet, and legs) is in good working condition!

► Stretch before and after you jog

► Use the “talk test” to pace yourself.

If you can't speak comfortably while jogging, you're pushing yourself too hard. Alternate between jogging and walking to help.

► Avoid hard surfaces whenever possible.

Dirt paths are better than asphalt and asphalt is better than concrete. Be careful of grassy areas as they hide holes, rocks, and other potential hazards

► One suggested stretch is the calf stretch.

Stand facing a wall and place both hands against the wall at shoulder height. Keep your right foot on the floor and slightly bent.

Move your left leg back

behind you and keep your left leg straight with your heel on the floor. Hold continuously without bouncing for a count of 20 seconds and you should feel a stretch in your left leg.

Repeat on the other side. (See illustration on page 2.)



Referenced from [www.apta.org](http://www.apta.org)

Remember Family Physical Therapy Services has a massage therapist available on-site for patients.  
\$45/ hour or \$35 per ½ hour.

*Gift certificates are available.*

Great for mother's day, father's day, bridal showers.

Both therapists; Cheryl Wisinski, P.T. and Dan Peetz, P.T., O.C.S., M.T.C., are trained medical professionals with the common goal of restoring healthy movement and function. They regularly attend seminars on the latest treatment techniques and work hard to educate the public in the prevention of injuries as well as treatment. Both Dan and Cheryl are active in national and local research, have written articles for local and national newspapers and magazines, and have published case studies in journals nationwide.

## Down to Earth Gardening Tips



If you must kneel, remember to stand up and stretch frequently. Use knee pads or an old pillow to absorb the pressure on your knees. Also, remember to lean on your hands some to minimize the pressure on your knee joints.

★ Be careful not to lift any object (for instance a sack of mulch) that is too heavy to lift. Test its weight and pull or push the item rather than carry such a heavy load.

★ Place your feet apart and bend your knees when pulling. Lean away from the object and pull by straightening your legs. Always face the item and keep your back straight.

★ If you have arthritis in your hands, use garden tools with larger handles. Long handles ease the strain on your back and gardening equipment should always suit your size.

*Referenced from [www.apta.org](http://www.apta.org)*

## Family Physical Therapy Services

### Sharing Some Reserach ...

Physical Therapy has more of a positive effect in treatment for TMD patients compared to splint therapy alone. Active jaw opening was significantly improved and pain was decreased substantially.

*J Oral Rehabil.* 2007 Nov; 34(11):807-13.

Children who have dysfunctional voiding and paradoxical pelvic floor function had normalized pelvic floor muscle control following biofeedback training by physical therapy.

*Urology.* 2007 Oct;70(4):790-3.

Physical therapy modalities such as ultrasound and laser are more effective in decreasing pain of lateral epicondylitis than a tennis elbow brace. Laser therapy was also more effective in improving grip strength than the brace and ultrasound treatment.

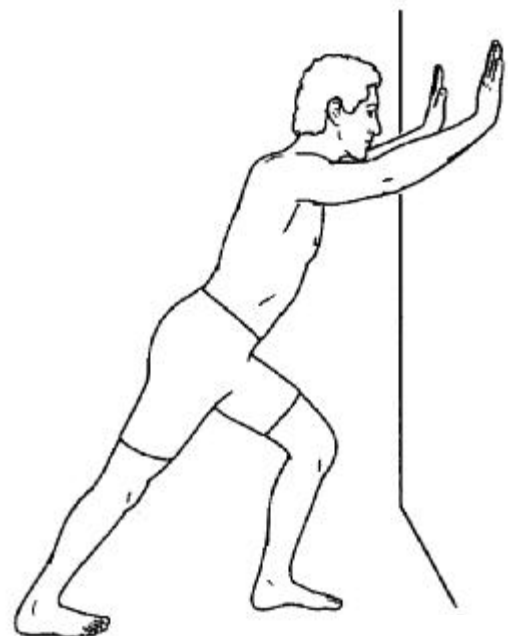
*J Hand Ther.* 2008 Jan-Mar; 21(1): 63-7; quiz 68.

Postoperative breast cancer patients had better flexion, abduction, and external rotation of the shoulder following directed exercise by physiotherapy compared to a free group without defined number of repetitions and sequencing.

*Tumori.* 2006 Jan-Feb; 92(1): 55-61.

*Continued from page 1.*

### ANKLE / FOOT - GASTROC STRETCI



## Posture Tips for Mom or Dad

*Caregivers need to do daily tasks without aches and pains thereafter.*



- Lifting a child from the floor should involve a half-kneel lift. Always stand close to the child on the floor. While keeping your back straight, place one foot forward, bend your hips and knees and lower yourself onto one knee. Once on the floor, grasp the child with both arms and hold him/her close to you. Tighten your abdominals and push with your legs and slowly return to standing.
- To pick toys up from the floor, bend at waist and extend one leg off the floor straight behind you. Keep head and back straight while doing so.

- One should always carry a child in the center of the body. Hold them close and avoid holding with one arm or balanced on one hip. Keep your back straight when using a carrier and keep your shoulders back.
- When pushing a stroller use your entire body not just your arms. Stay close to the stroller, keep your back straight and shoulders back. Don't push the stroller too far ahead of you as this will cause forward posture.
- Lifting a child from a crib can cause pain as well. Lower the rail if possible and keep feet shoulder width apart and knees bent while lifting. Arch your low back and keep your head up while bending at your hips. Grasp child with both arms and hold them close. Straighten hips and extend your knees to return to standing.

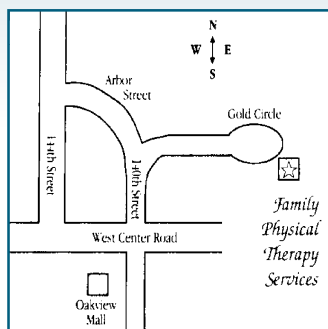
*Referenced from [www.apta.org](http://www.apta.org)*



**For more information  
please visit our website at  
[www.familyphysicaltherapyservices.com](http://www.familyphysicaltherapyservices.com)**

*Family Physical Therapy Services* is a private, outpatient clinic in western Omaha that has been in operation since 1989.

We work with more than 200 physicians in both the prevention and the treatment of conditions associated with physical health. Every patient receives a thorough evaluation, followed by an individualized treatment or exercise plan.



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### Hours of Operation

Monday 8 a.m. to 6 p.m.  
Tuesday 8 a.m. to 2 p.m.  
Wednesday 1 p.m. to 6 p.m.  
Thursday 8 a.m. to 6 p.m.  
Friday 1 p.m. to 4 p.m.  
Other hours with special arrangements

*Physical therapy is a health insurance benefit. As a courtesy to our patients, we do file with insurance carriers and accept most insurance plans.*

## Physical Therapy Personnel

**Cheryl Wisinski, P.T.**, is a licensed physical therapist and a partner in Family Physical Therapy Services. Cheryl received her physical therapy degree from the University of Texas Health Science Center, in San Antonio. A native of Nebraska, she returned to the state in 1986 to set up her practice. She is an active member of the Section on Women's Health of the American Physical Therapy Association.

Cheryl has received specialized training in manual therapy techniques for the spine and pelvis, as well as certification in lymphedema drainage. She also routinely lectures at area medical programs and provides seminars regarding women's health issues to medical professionals around the country.

**Dan Peetz, P.T., O.C.S., M.T.C.**, graduated with honors from the University of North Dakota in 1980. He is a licensed physical therapist and a partner in Family Physical Therapy Services. Dan has extensive training in musculoskeletal evaluation and treatment. He is among the few physical therapists in the U.S. who are board certified in Orthopedic Physical Therapy. He is also one of two physical therapists in Nebraska to receive Certification in Manual Therapy by the Institute of Graduate Physical Therapy; he achieved this distinction in 1993.

Dan is currently a member of the Orthopedic Section, the Women's Health Section, and the Private Practice Section of the American Physical Therapy Association. He is also a member of the American Academy of Orthopaedic Manual Physical Therapists.

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