



# 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)

2007 – Summer Issue

## In This Issue:

The Use of Heat  
in Physical Therapy

Looking to Burn  
those Extra Calories Off?

Welcome Mary Hunter

Congratulations to  
Our Award Recipients

New Clinic Opens

Custom Versus  
Over The Counter Orthotics

Blackberry Thumb

## 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

## The Use of Heat in Physical Therapy

Heat is a commonly used modality by physical therapists because it produces many beneficial changes in the tissue(s) it is applied to. Heat has been shown to decrease pain, relax muscle tension and spasm and to enhance the freedom with which a joint moves. Wright and Johns showed that when skin is heated to 113 degrees F, the underlying joint moves about 20% more freely than when the skin temperature is 91.4 degrees F. Another change that is of particular interest to physical therapists is increased tissue temperature, which can lead to increased extensibility in the tissues. This increased extensibility helps the tissue (collagen, muscle, joint capsules, scar tissue) yield to stretching. Better results and less tissue damage have been shown with heating prior to stretching.

Increasing temperature also leads to increases in metabolic activity and local blood flow which may speed healing processes and reduce local edema following the acute injury stage. Heat has also been shown to be effective in reducing central nervous system related spasticity, as well as aiding in the resorption of hematomas.

Due to all of these effects, physical therapists use heat prior to exercise, stretching, traction, massage, and manual techniques, as well as for treating muscle spasm. Heat is also commonly used before ultrasound treatments, and can be used before electrical stimulation because heat has been shown to reduce skin impedance.



*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.*

## Looking To Burn Those Extra Calories Off?

### Here Are Some Fast and Easy Ways to Burn 150 to 200 Calories!

- ★ Mowing grass for 30 to 45 minutes
- ★ Washing windows or floors for 45 to 60 minutes
- ★ Domestic housework for 35 to 45 minutes
- ★ Golfing (walk, no cart) for 35 to 45 minutes
- ★ Walking 2 miles per hour (30 minute mile) for 45 to 60 minutes
- ★ Gardening for 30 to 45 minutes
- ★ Wheeling self in wheelchair for 30 to 45 minutes
- ★ Walking 3 mph (20 minute mile) for 30 to 40 minutes
- ★ Bicycling 10 mph (6 minute mile) for 30 to 40 minutes
- ★ Swimming moderate crawl for 30 to 40 minutes
- ★ Dancing fast (social) for 30 to 40 minutes
- ★ Raking leaves for 30 to 40 minutes
- ★ Water aerobics for 30 to 40 minutes
- ★ Walking 4 mph (15 minute mile) for 25 to 30 minutes
- ★ Stair walking for 15 to 20 minutes
- ★ Running 6 mph (10 minute mile) for 15 to 20 minutes
- ★ Bicycling 12 mph (5 minute mile) for 15 to 20 minutes



## Family Physical Therapy Services



### Welcome Mary Hunter!

Family Physical Therapy Services is proud to announce that a new Physical Therapist Assistant has joined the team. Mary Hunter always wanted a job in health care and she finally got her wish. She is a new graduate from Clarkson College and has lived in Omaha since 1999. Originally, Mary grew up in upstate New York, but she has family in the Council Bluffs/Omaha area which brought her here. She did marry in 1982 and had two daughters, Vanessa and Ericka. Most of Mary's hobbies include drama with the TC Players through her church, water skiing, camping, hiking, and spending time with her family.

### Congratulations to Our Award Recipients

Family Physical Therapy Services is proud to announce the awarding of a Doctor of Physical Therapy degree to Cheryl Wisinski, PT. Dr. Cheryl Wisinski has practiced as a therapist for over 20 years and has been working on this degree for the last 3 years. She officially graduated from Des Moines University in May, and will continue to dedicate herself to giving patients the highest possible quality of care.

Family Physical Therapy Services is also happy to announce that Dr. Cheryl Wisinski and Ms. Kristina Bangs have been selected as recipients of the Outstanding Physical Therapist/ Physical Therapist Assistant Team Award for 2007. This is a national award given on behalf of the American Physical Therapy Association (APTA). The award is provided to one team who demonstrates outstanding clinical performance, and is chosen from over sixty thousand therapists across the country. Congratulations Cheryl and Kristina!!!

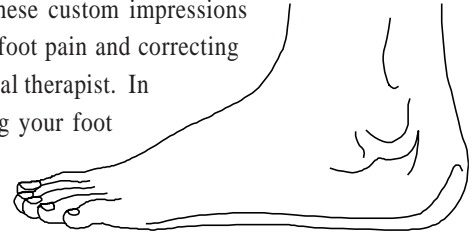
**For more information  
please visit our website at**

**[www.familyphysicaltherapyservices.com](http://www.familyphysicaltherapyservices.com)**

## Custom Versus Over The Counter Orthotics



What is the difference between custom and over the counter orthotics? This question is asked by many patients. Because good orthotics must perfectly contour to the foot, they need to be fabricated from a custom cast. Health-care workers must attend specialized sessions to learn the techniques of custom casting and hold the foot in proper alignment when casting. These impressions are then sent to labs which then build the custom orthotics. Both Dan Peetz, PT, and Cheryl Wisinski, PT, DPT have undergone the training to custom cast, and have made hundreds of these custom impressions over the past years. Their high success rate in eliminating foot pain and correcting alignment is due to the perfect fit created by a trained physical therapist. In comparison, other techniques such as standing and pressing your foot into a cast or buying over the counter orthotics are typically not as successful.



## "Blackberry Thumb" Causing Digital Distress In And Out Of The Workplace

For millions of Americans, hand-held electronic devices such as BlackBerries, Treos, and Sidekicks are a source of convenience and efficiency. But, if used improperly, they can also be a source of chronic pain and injury, according to the American Physical Therapy Association (APTA).

"BlackBerry Thumb," the latest in a string of techno-related, workplace maladies, is a catch-all phrase for repetitive stress injury, causing pain and/or numbness in the thumbs and joints of the hand," says Margot Miller, PT, a physical therapist with WorkWell Systems and president of APTA's Occupational Health Special Interest Group. Miller notes that the condition is caused by spending too much time checking and composing e-mails, instant messaging, and accessing the Internet for both work and personal use through a handheld wireless personal digital assistant (PDA).

"The use of PDAs is no longer limited to the eight hours spent in the workplace," observes Miller. "More and more, people are depending on these devices to stay in touch with friends and family before and after the work day and on the weekends, as well as having access to work when they leave the office; that is where the heart of the problem lies."

Miller points out that users who abuse their PDAs - those who use them for more than short intervals, several times a day - are more likely to develop symptoms ranging from swelling and hand throbbing to tendonitis. Additionally, because so many PDA users are middle-aged businesspeople, overuse can aggravate underlying arthritis, she says. "Because the keyboard of a PDA is so small and because the thumb, which is the least dexterous part of the hand, is overtaxed (for faster typing), the risk of injury skyrockets."

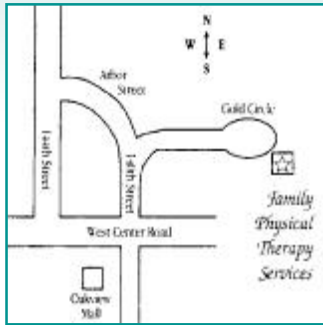
According to the U.S. Bureau of Labor Statistics, musculoskeletal disorders, which include repetitive strain injuries, accounted for a third of all workplace injuries reported in 2003 - the latest data available. "There is a reason why ergonomic disorders are the fastest-growing category of work-related illnesses," observes Miller. "We're going to continue seeing an increase in complaints resulting from repetitive strain injuries if users insist on using them for prolonged periods of time and in awkward positions."

What is the best solution to prevent BlackBerry Thumb? "Listen to your body, be aware of your symptoms and take personal responsibility," Miller says. Dan Peetz, PT, and Dr. Cheryl Wisinski also recommend treatments that include applying ice to the affected area, stretching, using a properly fitted thumb splint, and possibly even a cortisone injection. In worse-case scenarios, some may need surgery to remove scar tissue that has thickened the tendons inside tunnels that sheath them.

*Reference: The American Physical Therapy Association (APTA), [www.apta.org](http://www.apta.org)*

*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.



13911 Gold Circle, Suite 110 • Omaha, NE 68144

Phone: (402) 333-8464 • Fax: (402) 333-3138

[www.familyphysicaltherapyservices.com](http://www.familyphysicaltherapyservices.com)

### 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.

PRSRT STD  
US POSTAGE  
PAID  
OMAHA, NE  
PERMIT NO. 579

*Family Physical Therapy Services*  
13911 Gold Circle, Suite 110  
Omaha, Nebraska 68144-2376

