

In Touch With La Plata Physical Therapy & Wellness

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Autumn is here! Let the leaves begin to fall... We would like to mention that October is **National Physical Therapy Month**. It gives us the opportunity to educate the public about our profession and to express our pride in what we do for the community. Physical Therapy provides rehabilitation services to those who have physical problems due to injury or illness. Every day, Physical Therapists help millions of people through rehab services, using pain management techniques and appropriate range of motion or postural exercises. Education also plays a key role in restoring and maintaining overall fitness, health, and quality of life. Feel free to check out our website or call the PT number above if you should have any questions.

Here are some suggestions for postural exercises:

Y **Neck rotation**- Sit in a chair with your feet supported on the floor or on a small footstool. Have your arms supported on the armrests and your shoulders down and relaxed. Keep your back supported against the chair by pulling in your stomach muscles. Keep breathing as you proceed with the exercise. Tuck in your chin and turn your head to your right shoulder, hold 5-10 seconds. Then **slowly** sweep your head and turn to the left shoulder. Repeat 5 times on each side.

Y **Cervical Retraction**- Try to align your earlobes with the top of your shoulder. Hold for 5 seconds and repeat 5-10 times.



Y **Shoulder Shrug**- Gently shrug shoulders up and down, forward and backward. Repeat 5 times each.

Y **Pelvic Tilt (standing)** - With knees slightly bent, rotate pelvis up and arch back. Hold for 5-10 seconds. Relax.

Anterior Pelvic Tilt



Y **Trunk Stability (standing)**- Tighten seat muscles and lower abdominals. Hold for 10 seconds and repeat 5 times.



La Plata Physical Therapy is happy to sponsor the "Ride 4 Fun & Fitness" charity bike ride, Saturday, October 8th at the Indian Head Rail Trail beginning at White Plains. We will be checking posture, bike set-up, blood pressure, and heart rate.

Expert ride begins at 7 a.m.; Family ride begins at 9 a.m.

The Pharmacist's Corner by Marty Pride R.Ph. Consultant Pharmacist

A normal, balanced diet that includes a wide variety of foods is usually sufficient to maintain a healthy status. If you are over 50, your nutritional needs may change. Supplements and fortified foods may help you get the appropriate amounts of nutrients. As we age the risk of developing osteoporosis increases. Osteoporosis is characterized by low bone mass and increased risk of fractures. Most people associate osteoporosis with a lack of calcium. Vitamin D must be present to absorb calcium. Sun exposure is critical in the role of vitamin D absorption and utilization. Older adults are at a risk of vitamin D deficiency because our skin has a harder time utilizing the vitamin and we tend to have less sun exposure and are more careful about applying sunscreen. Research has found about half of the patients with hip fractures have low vitamin D levels. It is important to make sure that you are taking a calcium supplement that has vitamin D added. Many calcium supplements are available with vitamin D added, including Oscal and many store brands.

Davis Florist in La Plata is now offering **15% off** any fall fresh or silk arrangement! Just mention this newsletter to receive offer.

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