

In Touch with La Plata Physical Therapy & Wellness March 2011

PT (301) 392-3700

Wellness (301) 392-5054

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101 Centennial Street Suite C

103 Centennial Street Suite A

La Plata, MD 20646



March is the time for indoor spring cleaning. Here are some tips to help you stay safe:

There are many lower back disorders but the mechanism of injury is often the same: poor body mechanics, especially with lifting. The best way to learn proper techniques is to see YOUR preferred physical therapist. Let me just mention a few rules that you should be aware of when lifting:

1. Keep your lower back straight with your core muscles contracted.
2. Bend your knees and hips.
3. Keep the weight very close to you.

For additional help and monitoring, the Wellness center focuses on upper and lower body strengthening, core stabilization exercises, postural education, and balance. We also help individuals with the strength and techniques they need when doing daily activities.

If you have any questions, feel free to visit us at La Plata Physical Therapy! Enjoy your spring, safely.

Sincerely,
Martin Ostapinski, DPT

COME JOIN US!!!

Hiking at Old Rag, Shenandoah
April 3, 2011
Meet at La Plata Wellness Center
@ 6:00 a.m.



(resource: website below)

Suggestions:

- Be sure that you are physically fit for the hike.
- Have the proper shoes with support and soles that prevent slipping.
- Do not wear shoes that have not been broken in, to avoid blisters.
- Bring a backpack/fanny pack with water, snacks, and extra clothing.
- The hike is about 8 miles. There is a significant elevation change and a rock scramble that requires good upper body strength.
- Check out the video online:

www.nps.gov/shen/planyourvisit/old_rag.htm



The Pharmacist's Corner by Marty Pride, *Consultant Pharmacist*

One of the most important things that we can do for ourselves is to make sure we are getting all of the essential nutrients in our diets. If we fall short of this goal there is always the availability of vitamin and mineral supplementation. Most of the time supplements are available to us without a prescription. There are a few exceptions. In a few cases, the supplement cannot be absorbed orally; it is degraded immediately by stomach acid, so it must be administered by IM injection. The vitamin that is most commonly administered in this way is B12 or cyanocobalamin. Other vitamins requiring a prescription are those that contain above a certain level of folic acid, such as Berocca Plus and many prenatal vitamins. Another vitamin that falls into the "prescription only" category is Vitamin D by itself. It can be used to treat rickets in this form. It can also be used in addition to calcium to help combat osteoporosis. Many calcium supplements have added vitamin D and they are available without prescription. It is important to know that some vitamins are water soluble (B and C), and others are fat soluble. It is difficult to "overdose" on water soluble vitamins because these are just washed out in the urine.



Check out our community website for more Information:

www.LaPlataPT.com

YOGA sessions are available! (Click Wellness Tab to view Yoga times)