

In Touch with La Plata Physical Therapy & Wellness

101 Centennial Street Suite C • 103 Centennial Street Suite A • La Plata MD 20646

Physical Therapy (301) 392-3700 • Wellness (301) 392-5054 • website: www.LaPlataPT.com

THIRD EDITION

WINTER, 2012

Happy New Year 2012! Winter has arrived! La Plata Physical Therapy & Wellness would like to provide you with some simple tips for the season ahead. Do these simple stretches indoors before heading into the [cold](#) outside.

SNOW SHOVELING TIPS:

Try to do an **upper shoulder** stretch first. Hold arms outstretched in front of you with hands clasped to stretch your arms and shoulders. Hold for 15-20 seconds. Repeat if needed.

We also recommend doing a **trunk stretch** to warm up your abdominals and back. To do the trunk stretch, you hold your arms straight out and gently twist to one side until a stretch is felt on opposite side. Hold for 15-20 seconds. Repeat to other side.

The **hamstring/calf stretch** is performed by placing right heel on a step while keeping the leg straight. Gently lean forward until a light stretch is felt at the back of the leg which is on the step. Hold for 15-20 seconds. Repeat with opposite leg.

Most importantly, the **Squat** will need to be done when scooping the snow. Hold your shovel in front of you, with your back straight, knees bent (knees behind the toes). Scoop a moderate amount of snow; slowly stand up keeping the shovel in control closer toward your body. [Gently](#) place snow in desired area.

Healthy You! 2012 *OPEN HOUSE*

Sponsored by: La Plata Physical Therapy and Wellness & Grace Lutheran Church

On **Saturday, Jan. 14th** & **Saturday, Jan. 28th** from **10:00 a.m.-2:00 p.m.**

@ 101 Centennial Street Suite C La Plata, MD 20646

Our goal is to provide you with the opportunity to have your wellness questions answered. You will receive complimentary blood pressure checks, health screenings, stress evaluations, posture checks, nutritional coaching, pharmaceutical consultations and more!!!

Please call or email us to sign-up or for more information. **Email:** laplatawellness@verizon.net

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

It's that time of year when we are all making New Year resolutions, some of us are vowing to eat a more healthy diet and lose some weight; others are promising themselves to get more exercise and some of us are going to try to get more and better sleep. One of the wishes that every healthcare professional has is that every patient they see has a list of all of the medications that they take – including non-prescription medications and herbal supplements. A list like this can and should be kept in your wallet; and another copy at home where someone else would know where to look. The list should include the names of the medications, the strengths, when they're taken, and the prescriber's name. The purpose of this document is to make sure that any healthcare professional that is involved in your treatment has access to the complete picture of your health, especially in case of an emergency. This list is helpful when you are looking for an over-the-counter medication to treat a minor ailment and you want to ask the pharmacist what they might recommend. Typically, the first question a pharmacist will ask you is "what other medications are you on?" There are a lot of possible drug interactions between over-the-counter meds and prescriptions and a lot of contraindications between existing conditions that you may have and over-the-counter drugs. A list of your medications is also helpful to have when you are in a different pharmacy getting a prescription filled. Don't forget to list all vitamins and supplements also. A multiple vitamin with minerals can affect the absorption of many prescription medications. Maintaining an up-to-date list of everything that you take can be extremely important to the healthcare professionals involved in your care.